

SELF-CARE WORKSHOP

FOR CARERS

Thursday 20 July 2023 • 6pm to 8:30pm

Online via Zoom



Join other carers for some reflections and conversations about self-care.

The very nature of the term 'self-care' implies caring for oneself.

Let's explore:

- Why is self-care important?
- How do we learn to do that well?
- What factors should we consider?
- How can those that support others support their own well-being?
- How can we be deliberate about self-care and plan for it?
- What might it look like for you?

Secure your spot today (carers only)

to Robyn on 9237 8900 • 0409 523 666

or by email to robyn.stone@mifwa.org.au



Mental Illness Fellowship of WA