

# DE-STRESSING FOR CARERS

*This demonstration is for carers with a family member living with mental illness*

Caroline Wood carer facilitator, will share her experiences with the de-stressing technique Meridian Tapping.

Meridian Tapping is a tool that may help navigate and manage stress.

The technique requires you to focus on emotions that are bothering you.

While maintaining your mental focus and Tapping, on the issue, participants may find acceptance and resolution.

**Date:** Tuesday 12<sup>th</sup> March

**Time:** 1pm to 4pm

**Venue:** Cannington LeasurePlex  
233 Sevenoaks & Wharf Street, Cannington WA 6107

**Cost:** Free to Carers of a person with family member living with mental illness.

**Aim:** To increase the capacity of families, carers and friends to care effectively for themselves, other family members and their relative living with mental illness.

*Bookings essential call Caroline 9237 8900 or 0408 202 705 or email [caroline.wood@mifwa.org.au](mailto:caroline.wood@mifwa.org.au)*



**Mental Illness Fellowship of WA**

Level 3, 9 The Avenue, Midland  
P.O. Box 1947, Midland WA 6936

Telephone: (08) 9237 8900

Email: [info@mifwa.org.au](mailto:info@mifwa.org.au)

[www.mifwa.org.au](http://www.mifwa.org.au)