

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 21st May

Time: 10am to 1pm

Venue: The Salvation Army Rockingham Corps
1-5 Willmott Drive (Cnr Read St) Cooloongup WA 6168

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



Mental Illness Fellowship of WA

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