



ARAFEMI

# Carers Coping Skills Workshop

## Tuesday 16th August

### 7pm—10pm

This workshop aims to assist carers to explore issues in supporting someone with a mental health issue. Carers will develop self-care skills and feel more confident in communicating in difficult situations. The course also provides assistance with planning, treatment and recovery pathways.

#### BOOKINGS ESSENTIAL

Seminars/Workshops: \$5.00 and are facilitated from ARAFEMI's head office, Ground Floor 270 Auburn Road Hawthorn.

Booking Form:

<http://www.arafemi.org.au/family-support/carers-education.html>

For further information or to book please contact the Carer Helpline

**1300 550 265** or e-mail [volunteers@arafemi.org.au](mailto:volunteers@arafemi.org.au)