

SEEDing Carer Wellbeing

ART SPACE & MORNING TEA



A FREE ART WORKSHOP FOR UNPAID CARERS in celebration of Carers Week 2023.

This workshop invites carers with any level of art ability to enjoy creating a guided art project on concepts of self-reflection, affirmation, resilience, and preparedness as a carer living in the natural environment of the Shoalhaven.

Where: Ulladulla HealthOne

Corner of South Street, and Princes Highway, Ulladulla

Time: 9.30-11.30am

Date: Thursday 19th October 2023

To register, contact: Kellie Sale, Carer Program,
Illawarra Shoalhaven Local Health District at:

ISLHD-CarersProgram@health.nsw.gov.au or on 0422 004 119

This workshop includes information and tools for carers who feel their wellbeing has been affected by natural disasters in the Shoalhaven. Morning tea, activity supplies, and other resources are provided.

FACILITATED BY

CARE2PREPARE, CARERS NSW

ILLAWARRA SHOALHAVEN LOCAL HEALTH DISTRICT (ISLHD),

ISLHD CARER PROGRAM, AND ISLHD SEED PROGRAM/CLINICAL GOVERNANCE UNIT

EVENT SUPPORTED BY CARERS NSW CARERS WEEK GRANTS

