



Carers Vision Board Workshop

Are you ready to immerse yourself in a self-care experience, designed to nourish you in your caring role?

In celebration of Carers Week 2023, please join Stride, Anglicare & Illawarra Shoalhaven Local Health District (ISLHD), Carer Program in an experience for carers to focus on well-being, self-care, self-compassion, and self-care strategies.

Facilitated by Jessica Deans, Family and Life Skills Educator – Anglicare.

'Jessica is committed to equipping individuals with knowledge and skills to enhance wellbeing, improve daily living and promote community connection. Jessica partners with Anglicare services and other community organisations to deliver lifelong skills and wellbeing programs.'

Providing space for carers to explore how important self-care is in moving us from 'just surviving' to 'thriving' in everyday life.

This event will include a variety of activities, developing vision boards, and having discussions around self-care strategies, understanding what stops us from looking after ourselves physically, emotionally, and spiritually, and how to practice self-compassion.

DATE: Wednesday 18th October 2023

TIME: 10am-12pm

VENUE: All Saints Anglican Church - Corner of Plunkett St & Berry St, Nowra

NOTE: A morning tea celebration will be included in this event

Registration is essential!

Please contact Kellie Sale: ISLHD Carer Program Coordinator, or the Stride Family and Carer Program to register your attendance.

Email: ISLHD-CarersProgram@health.nsw.gov.au

Email: familyandcarer@stride.com.au