

# Free Information Sessions for Carers at Nowra Community Health Centre



Do you help someone who has a disability, a chronic illness, mental health issue or is frail aged?

## We cover:

- How to get help at home
- Supports for carers
- Planning ahead
- How to have a break



## Held on the 1st Monday of the month in 2019:

4 Feb, 4 March, 1 April, 6 May, 3 June, 1 July, 5 August,  
2 September, (PH October), 4 November, 2 December

No need to book, just turn up to a session

**Nowra Community Health Centre—Small Meeting Room  
5-7 Lawrence Ave Nowra (opposite Centrelink)  
10.00am to 11.00am**

If you need the help of an interpreter to attend, contact 4424 6342. Please let us know early so we can book the interpreter prior to the session.