

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 2020:

3 Feb, 2 March, 6 April, 4 May, 1 June, 6 July, 3 August,
(7 Sept Milton & 5 October PH), 2 November, 7 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.