

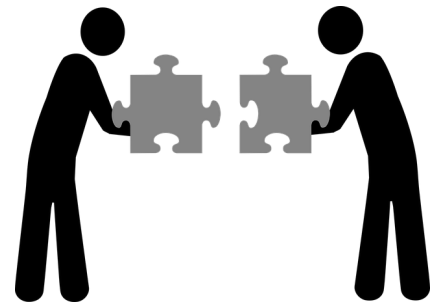
Free Information Sessions for Carers at Wollongong Hospital



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

We cover:

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



Held the 3rd Tuesday of the month in 2020:

18 February, 17 March, 21 April, 19 May, 16 June, 21 July,
18 August, 15 September, 20 October, 17 November,
15 December

No need to book, just turn up to a session

Wollongong Hospital, Block C, level 5, Allied Health
Meeting Room
10.00am to 11.00am

If you need the help of an interpreter to attend, contact 4253 4501, Social Work.
Please let us know early so we can book an interpreter.