

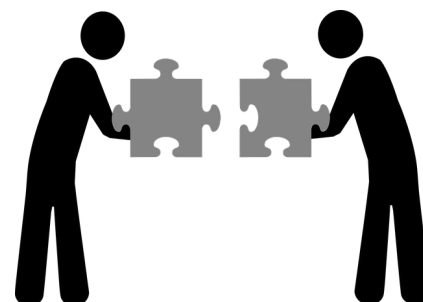
# Free Information Sessions for Carers at Wollongong Hospital 2021



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 Monday of the month in 2021:

15 Feb, 15 March, 19 April, 17 May, 21 June, 19 July,  
16 Aug, 20 Sep, 18 Oct, 15 Nov, 20 Dec

Please let us know you are coming on 4253 4501 or  
[evelyn.jelercic@health.nsw.gov.au](mailto:evelyn.jelercic@health.nsw.gov.au)

If you prefer to join via SKYPE please let us know and a link will be sent  
These sessions maybe affected by the Public Health Order during 2021

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