

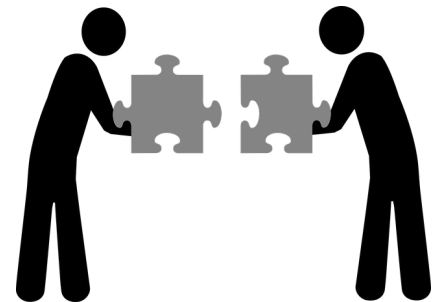
Free Information Sessions for Carers at Kiama Community Health Centre in 2021



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

Contact Carla on 0422 004 119 or carla.farrar@health.nsw.gov.au

If you prefer to join via SKYPE please let me know and a link will be sent.

These sessions maybe affected by the Public Health Order during 2021.

Kiama IP Community Health Centre
14B Bonaira St Kiama (rear parking available)
10.00am to 11.00am