

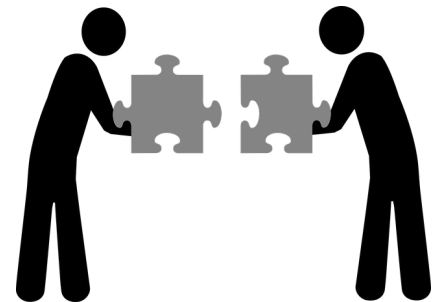
## Free Information Sessions for Carers at Nowra Community Health Centre in 2021



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



**Drop-In Time: 10-11am Monday dates for 2021 :**

**3 May, 7 June, 5 July, 2 August, & 1 November**

Contact Carla on 0422 004 119 or [carla.farrar@health.nsw.gov.au](mailto:carla.farrar@health.nsw.gov.au)

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

Note these sessions maybe affected by the Public Health Order during 2021.

**Nowra Community Health Centre**  
**5-7 Lawrence Ave Nowra 2541**  
Small Meeting Room (parking adjacent & opposite Centre)