



“Our Time” (North)

A Peer Support Group for Carers

This group is designed to bring together adult carers of people over 18 years who are experiencing mental illness.

Come along to connect with other carers, share your experiences, increase your knowledge of support services within your community & optimise your capacity to care while taking time out for yourself.

Venue: The Paddocks Centre

Corner of Bridge & Kesters Roads,
Para Hills West

Time: 1:30pm – 3:30pm

Dates: Thursday, 22 March 2018
Thursday, 26 April 2018
Thursday, 24 May 2018
Thursday, 28 June 2018

RSVP: Please call 8245 7196 or email customer@ucwb.org.au to register your interest.