

# Mates Breaks

*Social Connection and Activities for MALE Carers*



*Mates breaks provides support for male carers of adults experiencing mental illness*

**Venue: Lounge on Gibson, UCWB**  
77 Gibson Street, Bowden SA 5007

**Time:** 12 noon – 2:00pm

**6 July - 3 August - 7 September**  
**5 October - 2 November - 7 December**

**RSVP:** Call 8245 7196 or email [customer@ucwb.org.au](mailto:customer@ucwb.org.au)