



# “Our Time” (West)

## 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:** **Bower Cottages  
Community Centre**  
200 Bower Rd Semaphore Park

**Time:** 10:00am – 12:00pm

**Dates:** Wednesday, 18 July 2018  
Wednesday, 15 August 2018  
Wednesday, 19 September 2018  
Wednesday, 17 October 2018  
Wednesday, 21 November 2018  
Wednesday, 19 December 2018

**RSVP:** Please call 8245 7196 or email [customer@ucwb.org.au](mailto:customer@ucwb.org.au) to register your interest.



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