

New Horizons

This specialist three-day program is for bereaved carers and is facilitated by a Carers Victoria counsellor. It offers an opportunity to explore issues of loss and grief in a safe and supportive environment.

This is a closed group and numbers are kept small.

Attendance at each session is important.

Topics may include:

- Acknowledging the carer journey
- Understanding grief
- Strategies for managing loss
- Strategies for self-care
- New horizons – hopes and aspirations.

Date/Time

Wednesday Sept 11 th 2019	10.00am – 3.00pm
Wednesday Sept 18 th 2019	10.00am – 3.00pm
Wednesday Oct 2 nd 2019	10.00am – 3.00pm

Venue - Carers Victoria

Level 1 / 37 Albert Street,
Footscray 3011

Low cost parking available at K-Mart nearby

Tea/Coffee and light lunch provided

**For further information and to register your interest, please contact:
Mary O'Mara, Counsellor on 1800 242 636**

Event 6260