



# CARERS GROUP

**January & February 2024 / Every Wednesday, 10am–12pm**  
**Free, Harnett Room, Mosman Council Civic Centre**  
**Bookings essential, call 9978 4089**

The Mosman Carers Group is a support group for people who are caring for a friend or family member. Please note that these programs are for carers only.

Date	Program
10 Jan	<b>Harnett Room:</b> Catch up and info share
17 Jan	<b>Harnett Room:</b> Community Care Staff. "How we can help and support you"
24 Jan	<b>Café Jam:</b> Bridgepoint Shopping Centre
31 Jan	<b>Harnett Room:</b> Mosman Fire Brigade, "What to do til help arrives"
7 Feb	<b>Harnett Room:</b> Carers Group 20th Anniversary, "Morning tea with the Mayor"
14 Feb	<b>Harnett Room:</b> Preparing for residential care. Annette Watson, Carer
21 Feb	<b>Café Jam:</b> Bridgepoint Shopping Centre
28 Feb	<b>Harnett Room:</b> Carers Health and Wellbeing / Financial support. Wendy Hill Cares NSW

