



CARERS GROUP

March & April 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
6 Mar	Harnett Room: Continence Care & advice, Continence Foundation Australia
13 Mar	Mosman Art Gallery: Creative Caregivers. Art and Wellbeing session
20 Mar	Café Jam: Bridgepoint Shopping Centre
27 Mar	Harnett Room: Savings for Seniors - Nenita Hammond, Services NSW
3 Apr	Harnett Room: Dementia, insight strategies & practical advice - Jo Macmillan, Clinical Nurse Consultant
10 Apr	Harnett Room: Feedback and input from Carers Re: Carers Group
17 Apr	Café Jam: Bridgepoint Shopping Centre
24 Apr	Mosman Art Gallery Creative Caregivers. Art and Wellbeing session

