



CARERS GROUP

Every Wednesday, 10am–12pm
Free - (NB: 4 sessions have a \$10 charge),
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
1 May	Harnett Room - Liz's Farewell
8 May	Café Jam: Bridgepoint Shopping Centre
15 May	Youth Centre: Seasons for Growth Lifeline Session, \$10 Limited spots, Bookings Essential
22 May	Harnett Room: Seasons for Growth Lifeline Session, \$10 Limited spots, Bookings Essential
29 May	Harnett Room: Seasons for Growth Lifeline Session, \$10 Limited spots, Bookings Essential
5 June	Harnett Room: Seasons for Growth Lifeline Session, \$10 Limited spots, Bookings Essential
12 June	Mosman Art Gallery: Creative Caregivers: Art and Wellbeing Session
19 June	Café Jam: Bridgepoint Shopping Centre
26 June	Harnett Room - Guest Speaker, Topic TBA

