



# CARERS GROUP

**Every Wednesday, 10am–12pm**  
**Free, Harnett Room, Mosman Council Civic Centre**  
**Bookings essential, call 9978 4128**

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
3 July	<b>Creative Space Mosman Library:</b> Explore Creative Games for people living with dementia at the Creative Space. Limited spots, Bookings Essential 9978 4128
10 July	<b>Café Jam:</b> Bridgepoint Shopping Centre
17 July	<b>Mosman Art Gallery:</b> Creative Caregivers: Art and Wellbeing Session
24 July	<b>Harnett Room:</b> Carers Group meeting
31 July	<b>Café Jam:</b> Bridgepoint Shopping Centre
7 Aug	<b>Harnett Room:</b> Guest Speaker, Wendy Hills - <i>Topic, Carers Skills and Strengths</i>
14 Aug	<b>Mosman Art Gallery:</b> Creative Caregivers: Art and Wellbeing Session
21 Aug	<b>Café Jam:</b> Bridgepoint Shopping Centre
28 Aug	<b>Harnett Room:</b> Carers Group meeting

