



# CARERS GROUP

**1st, 2nd & 3rd Wednesday of the month, 10am–12pm**  
**Free, Senior Centre Balcony, Youth Centre & Mosman Art Gallery**  
**Bookings essential, call 9978 4119**

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
5 Feb	<b>Senior Centre Balcony:</b> Carers Café & Connection
12 Feb	<b>Mosman Youth Centre:</b> Changing relationships & loneliness in older age with Relationships Australia. <b>Bookings essential, call 9978 4119.</b>
19 Feb	<b>Mosman Art Gallery:</b> Creative Caregivers - Art & Wellbeing Session. <b>Bookings essential, Limited Spots, call 9978 4119.</b>
5 Mar	<b>Senior Centre Balcony:</b> Carers Café & Connection
12 Mar	<b>Mosman Youth Centre: TBA</b> <b>Bookings essential, call 9978 4119.</b>
19 Mar	<b>Mosman Art Gallery:</b> Creative Caregivers - Art & Wellbeing Session. <b>Bookings essential, Limited Spots, call 9978 4119.</b>
2 Apr	<b>Senior Centre Balcony:</b> Carers Café & Connection
9 Apr	<b>Senior Centre (IT training room):</b> Strength and Age with Physio from Kieser <b>Bookings essential, call 9978 4119.</b>
16 Apr	<b>Mosman Art Gallery:</b> Creative Caregivers - Art & Wellbeing Session. <b>Bookings essential, Limited Spots, call 9978 4119.</b>





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Date	Program
7 May	<b>Senior Centre Balcony:</b> Carers Café & Connection
14 May	<b>Mosman Youth Centre:</b> Pelvic Floor Health with Physio at Brain Physio. Bookings essential, call 9978 4119.
21 May	<b>Mosman Art Gallery:</b> Creative Caregivers - Art & Wellbeing Session. Bookings essential, Limited Spots, call 9978 4119.
4 Jun	<b>Senior Centre Balcony:</b> Carers Café & Connection
11 Jun	<b>Mosman Youth Centre:</b> Dignity, Values, Agism and intergenerational conflict with Relationships Australia Bookings essential, call 9978 4119.
18 Jun	<b>Mosman Art Gallery:</b> Creative Caregivers - Art & Wellbeing Session. Bookings essential, Limited Spots, call 9978 4119.

