



## Every carer has a story

Join a community  
of carers

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“I said at the MCCI Carers Group, this has saved me – and it was the truth. It’s difficult to have a dementia person at home. It’s very, very difficult. I’m saying this because I want people to understand it’s not easy. It’s very important to get help because you can’t manage mentally by yourself. It’s draining”

Toula

Contact Anica or Tania to learn more:

Call 02 4229 7566

Email [admin@mcci.org.au](mailto:admin@mcci.org.au)



# Join a community of carers

Are you a carer from a multicultural background who would like to meet others going through a similar experience?

- Free one-on-one support by phone or in person
- Free advice and support from MCCI
- Free monthly carers group

## We can help you

- deal with challenges
- navigate services
- look after yourself
- Make connections

