



**ARAFMI ILLAWARRA**  
*Caring for Carers*

## Carers Education Session !

### *CBT for Carers.....*

Mental Health Carers ARAFMI Illawarra will be hosting a free 2 Day CBT workshop for Carers. We are hoping this workshop will accommodate working carers who would like to attend. This workshop will be facilitated by the “*Australian College of Applied Psychology*”

*Topics that will be covered over the 2 days will include;*

- ⇒ *Stress Management*
- ⇒ *Relaxation*
- ⇒ *Sleep Hygiene*
- ⇒ *Pleasant events scheduling*
- ⇒ *Cognitive challenging*
- ⇒ *Cognitive defusing*



***Please Note: It is highly recommended that carers attend both sessions***

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**Venue:** ARAFMI Illawarra

17 Princes Highway Fairy Meadow (*opposite Woolworths next to community centre, please note\* google maps is incorrect with location*)

**When:** *Saturday 17th, and 24th August*

**Time:** *9.30am—4.00pm*

*Follow up Meeting and Morning Tea will be the 31st August 9.30–12.00*

*For more information or to register for this workshop please contact 42833 993 or 42833 499 - limited spots available register early.*