



Carer Health & Wellbeing

tips for practicing self care

**THURSDAY 15 OCTOBER
10:30 AM TO 12 NOON**

Your Presenter:

Alison Harris – carer and counsellor

Alison defines herself as a "jack of all trades", a wife of 34yrs, a mother of 4 and a committed health professional who is passionate about helping others to be the best version of themselves. Over the years, Alison and her husband have provided foster care to many children requiring support and care.

More recently in 2015, Alison noticed some changes in her husband and in 2018 he was diagnosed with younger onset dementia. Alison is looking forward to sharing more about her journey and how she finds the sunshine in her day even when the clouds are dark and stormy.



Further information
please contact
**Jason Watts or Kylie
Alletsee on 58 237081**

Session outline (1hr)

- Mindfulness activity
- Overview of Alison's story
- Struggles Alison has encountered in her caring journey
- What impacts on our ability to do self-care well as carers
- How and what carers can do to better look after themselves
- Followed by Q&A session (30 minutes)

FREE online event
please register here