



# *Carer Wellbeing Series*

## **Your Presenter / Facilitator- Alison Harris:**

Alison is a counsellor and owner of Totally Holistic Counselling and Consulting. She defines herself as a 'jack of all trades', a wife of 34 years, a mother of 4 and a committed health professional who is passionate about helping others to be the best version of themselves. Alison also cares for her husband who has younger onset dementia.

## **Session outline:**

- Provide an opportunity for carers to connect with peers who share similar experiences
- What impacts on our ability to do self-care well as carers
- How and what carers can do to better look after themselves
- Provide opportunity for carers to explore a range of strength based tools to assist in improving their wellbeing
- Mindfulness Activity

Further information please contact  
Carer Support Services on 58 237081

4 FREE wellbeing sessions facilitated by Alison Harris. Attend one or all sessions.

25 October  
1 November , 8 November  
& 15 November

10:30am to 11:30am  
Online via ZOOM  
[register here](#)



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