Meditation for Carers

We would love you to join us at the Carer Retreat for Meditation sessions with our qualified instructor, Olivia

1pm – 1.30pm
Every Tuesday
From 13 February 2018 to 26 June 2018
Carer Retreat, 91 Holden Street, Gosford

You are also welcome to share some light refreshments with other carers and Carer Retreat volunteers and staff before or after the session.

What is the Carer Retreat?
A cottage across the road from the hospital where carers can rest, find information and support, use the internet, telephone and business services and speak to professionally trained staff about the supports available to assist carers. Sian, Maureen and Tia, call 4320 5556