

# CARER WELLBEING TALK-LINK



## Is English your second language and do you look after a person in NSW?

Carers NSW is running a Carer Wellbeing group for culturally diverse carers whose first language is not English.

The Carer Wellbeing group is a six week telephone support program, facilitated by two counsellors.

You will:

- Connect with other carers
- Share your story in a safe, caring space
- Gain ways to cope better in your caring role

What: Telephone counselling group

Date: Thursday 4th April

Time: 10am - 11am

1 hour weekly sessions for 6 weeks

How: Connect via landline phone (free) or mobile phone (mobile rates)

Cost: Free

Who: For carers from a culturally diverse background

How: To register call the Carer Line on 1800 242 636