

# Carers get frustrated too

Caring for a family member or friend can be demanding and tiring, causing frustration at times. It is common and normal to feel this way.

This workshop, presented by Carers Victoria, will bring together a group of carers to explore:

- Why we get frustrated and angry, and what we can learn from it
- How to safely manage these feelings
- How to use it to motivate us to make positive changes

## Who should attend?

Carers, family members, and friends who are supporting a person with dementia, a frail older person, a person with a disability or a person experiencing mental illness.

Assistance with in-home respite, transport and interpreters can be arranged; please make a request when booking.



## FREE CARER EVENT



## WHEN

Friday 25 May 2018  
10.00am - 1.00pm

## WHERE

Old Cheese Factory  
Chapel  
34 Homestead Road  
Berwick

## REFRESHMENTS

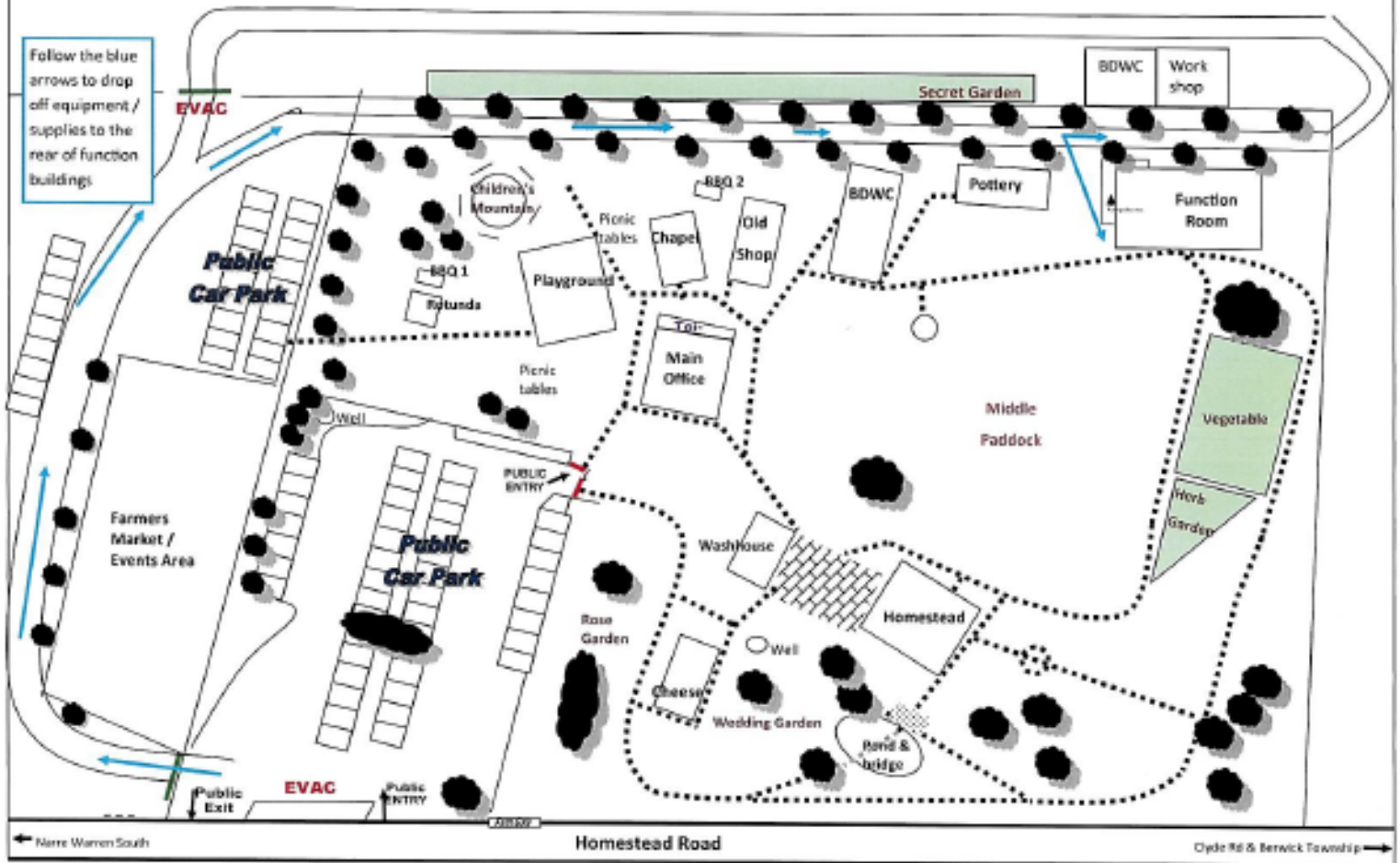
Light lunch will be provided  
(Please advise of any dietary issues when booking)

## BOOK NOW

By Thursday 17 May 2018  
by phoning 9212 3000 or  
book online at  
[www.carersouth.org.au](http://www.carersouth.org.au)  
You'll find all carer  
workshops under  
Who do you care for? on  
our website

# Old Cheese Factory

14 Homestead Rd, Berwick.



This venue has a gravel car park - a poor surface for walkers with wheels. Please advise when booking if you need assistance from your vehicle into the venue.