



FREE CARER WORKSHOPS

Kelmscott: March - June 2018

Workshop 1: 'State of Mind'

Wednesday 14th March, 12.30 - 3.30pm

Workshop 3: 'Agent of Change'

Wednesday 16th May, 12.30 - 3.30pm

Workshop 2: 'Compassion Fatigue'

Wednesday 18th April, 12.30 - 3.30pm

Workshop 4: 'Grief and You'

Wednesday 20th June, 12.30 - 3.30pm

See reverse side of flyer for workshop details.

Registrations are essential! Please call 1300 CARERS (1300 227 377) or email events@carerswa.asn.au to register or for more information.

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WORKSHOP OVERVIEW

Kelmscott: March - June 2018

'State of Mind'

The first part of this workshop explores the link between our bodies and minds. This workshop details, from a neurophysiological perspective, links between your body and mind using examples such as Depression and Anxiety. The second part involves exploring constructive and creative ways of managing our bodies and minds when we feel distress.

'Compassion Fatigue'

Compassion fatigue is a natural process in the caring role which often leads to burn-out. Maintaining empathy is hard and can take its toll at times. The aim of this workshop is to enable carers to have skills that might prevent compassion fatigue, giving them a deeper understanding and keys to maintaining the empathic position.

'Agent of Change'

Part of maintaining positive health in your role as a carer is often about knowing where to draw the line between yourself and the person you care for. How do we create positive boundaries within our relationships? This workshop explores the communication patterns we have, how they prevent us from hearing and receiving what we need to support ourselves and those we care for. Learning to move beyond anger, guilt and shame to move towards healthy long lasting relationships.

'Grief and You'

In this workshop we focus on loss and the process of grief as separate to the experience of bereavement. All of us experience loss in life, especially carers and these losses can result in feelings of grief that are often difficult to hold and explore. Being a part of the workshop will help you find a perspective on the losses you may have experienced in your caring role and explore the process of grieving, allowing it to be seen and experienced as a natural part of life.

- VENUE:** Kelmscott (full details provided upon RSVP)
TIME: 12.30pm - 3.30pm (registrations from 12.15pm)
COST: Free! Afternoon tea provided. Please notify Carers WA if you have dietary or any other special requirements. Unfortunately we may not be able to meet all requests.

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