

Carer Wellbeing Day



When



Where



Cost



RSVP

The Carer Wellbeing day will provide you with an opportunity to:

- Connect with other carers around your area who are in a similar situation
- Engage in activities that support your health and wellbeing
- Learn about the '5 Ways to Wellbeing' program
- Tell us more about what you want from peer support in your area



**Carers NSW
Australia**



**Carer
Gateway**

Carers NSW, the dedicated Carer Gateway service provider across the Central Coast, Hunter New England and North Coast regions of NSW.