



ARAFMI ILLAWARRA

Caring for Carers

Me and My Relationships

What is it? A 12 week group program aims to assist carers to overcome interpersonal problems and build stronger and healthier relationships with others. Participants in this program will learn a range of skills that can increase their capacity and willingness to experience rather than avoid unpleasant thoughts and emotions, in order to experience healthier relationships and live life in the way that they value. The program is offered at no cost.

Who is this program suited for? This program is suited to anyone who experiences ongoing difficulties and distress related to their caring role, for example those experiencing strong emotions or using unhelpful coping strategies.

What does it involve? Education and skill building. There are set topics that will be covered each week & particular activities we will do. Participants receive a MMR workbook.

Venue: Mental Health Carers ARAFMI Illawarra
17 Princes Highway, Fairy Meadow

When: Held periodically throughout the year. Contact Fiona to register your interest for the next group.

To register for this group please contact ARAFMI Illawarra on 42833 993 or 42833 499 or email us on arafmi.illawarracarers@gmail.com



