

Caring for Yourself Humour and Caring

The Program

“A day without laughter is a day wasted” Charlie Chaplin

Humour is an important part of life. It’s easy to forget the lighter side of life when you are caring for someone. We will share how humour can be an effective tool in assisting you in your caring role and how it can help you maintain health and well being.

You are invited to this workshop where we will explore why humour is important and discuss and share strategies to help you care for yourself.

A free program led by a Carers Victoria Community Educator

In Carer’s words: “I felt so much better after being with this group today.”

When and Where

Monday, 21 June 2010
7:00 pm—9:00 pm

The Nerve Centre
54 Railway Road
Blackburn

Parking via Solwood Lane
Easy walk from Blackburn Railway Station

Tuesday, 20 July 2010
7:00 pm—9:00 pm

Footscray MS Centre
398 Barkly Street
Footscray

Street Parking
Easy walk from West Footscray Railway Station

Full respite is available for your peace of mind, simply call to discuss

How to Register

Contact Andrea Salmon

Ph: (03) 9845 2765

Email: educationvic@msaustralia.org.au

No Cost

Interpreters available upon request

Programs will only run if we have sufficient registrations, therefore registration is essential.

Registrations close one week prior to the program

MS Australia - ACT/NSW/VIC is committed to promoting equal access to all its events and will not deny participation due to financial hardship. Please contact Andrea Salmon to discuss.

