



**Creating
Opportunities
& Choice.**

Mindfulness for Carers Training

Interchange Outer East and EACH invite you to join our FREE mindfulness for carers training; a series of sessions focussing on learning to be mindful in our day-to-day lives.

The art of looking after oneself is often overlooked by carers. There are simple things that can be done in a short space of time that can help calm your racing mind and help you get through the day in a more peaceful, less stressful way using a strategy called mindfulness. Mindfulness involves learning to pay attention to the present moment, instead of worrying about the future or dwelling in the past. It focuses on developing an attitude of friendliness toward yourself, as opposed to criticism or judgement.

There are many benefits to mindfulness with research showing that mindfulness can:

- Reduce levels of stress, anxiety and depressive symptoms
- Improve overall wellbeing
- Improvements in relationships
- Increase resilience and peace of mind
- Enhance cognitive performance e.g. concentration, memory

This training will run over three consecutive Wednesdays and sessions are two hours long. Register for our evening sessions in October in the outer east, or our daytime sessions in November in the inner east. Morning tea/supper provided. Just 10 places are available for each location, so be sure to confirm your attendance ASAP.

Details

EVENING SESSIONS

Dates: 5, 12 and 19 October
Time: 7.00 – 9.00pm
Venue: IOE training room,
5 – 7 Yose St, Ferntree Gully
RSVP: Wednesday 28 September

DAYTIME SESSIONS

Dates: 16, 23 and 30 November
Time: 12.00 - 2.00pm
Venue: Mount Street Neighbourhood
House, 6 Mount St, Glen Waverley
RSVP: Wednesday 9 November

RSVP: Please call IOE reception on
9758 5522 or email ioe@ioe.org.au
(Bookings are essential).

Generously supported by:

