

Family Support Services – Yarra Valley Carer Support Group

OCTOBER

Sarah Winter from Artful Awareness

- Date & time:** Thursday 27th October from 10am – 12pm
Venue: Yarraburn Centre – 1 Park Rd, Yarra Junction 3797
Activity: Come and enjoy a delicious morning tea with tea and coffee, and hear Sarah from Artful Awareness chat about her programs and the benefits of Art Therapy for your health and well being. Art Therapy is the creative process of making art to improve a person's physical, mental, and emotional wellbeing. It can help people to resolve issues as well as develop or manage behaviours and feelings, reduce stress, and improve self esteem and awareness.
Sarah will begin the group by talking a little about Art Therapy, and you will then have the opportunity to participate in a short focusing meditation, followed by an art therapy exercise, which will give you a taste of what Sarah's sessions entail. There will also be time to ask questions about her local Art and Dance Therapy sessions, and a potential program to incorporate into our future support groups.
- Cost:** Free
RSVP: Monday 24th October to support.groups@ioe.org.au or phone IOE reception on (03) 9758 5522.

NOVEMBER

Guest speaker from Uniting Care lifeAssist – Renee Brauer

- Date & time:** Thursday 17th November from 10am – 12pm
Venue: Yarraburn Centre – 1 Park Rd, Yarra Junction 3797
Activity: Come and enjoy a delicious morning tea of freshly baked pastries with tea and coffee, and hear Renee from Uniting Care lifeAssist speak about their organisation and services. Whether you are a carer of an older person, a person with a disability or a person living with a mental illness, lifeAssist supports you and helps you maintain your own health and wellbeing through a variety of support services and programs that will be discussed throughout the morning.
- Cost:** Free
RSVP: Monday 14th November to support.groups@ioe.org.au or phone IOE reception on (03) 9758 5522.

DECEMBER

SAVE THE DATE! Dinner @ a local restaurant / pub – Location TBA

- Date & time:** Friday 2nd December from 6 – 8pm
Venue: To be advised
Activity: Final get together for 2016 – Come and join us for a relaxed dinner at a local venue. Another social opportunity for us to catch up in a relaxed environment and discuss plans for our carer support groups in 2017!
Maximum: 15 places, please RSVP by Monday 28th November via email or phone details below.
Cost: Co-contribution of \$10 per person towards your meal (pre-payment required to confirm your place), and drinks at bar prices.
RSVP: Monday 28th November to support.groups@ioe.org.au or phone IOE reception on (03) 9758 5522.

Our term 4 carer support group activities and events in the Yarra Valley, are generously supported by a small grant from The Shire of Yarra Ranges

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Donations over \$2.00 are tax deductible

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