



FREE
Includes
Morning Tea



Do you need
a break from
looking after
and supporting
others?

Community Centre Caring for Others Group

Do you help look after an elderly family member, friend, child or parent with an illness, addiction, disability, or mental health condition?

- Take some time for you to relax and unwind
- Meet other carers, get support, share what works for you, share your frustrations, and also have some fun!
- Morning tea provided

When: 10.00am – 12.00pm

6 February, 6 March, 3 April, 1 May, 5 June, 3 July,
7 August, 4 September, 2 October, 6 November,
4 December

Where: 24 Toomuc Valley Rd, Pakenham, VIC

BOOK NOW!

Online: www.outlookaust.org.au

Call: 5940 4728

Email: communitycentre@outlookaust.org.au



Outlook
an inclusive society for all