



怡康全人發展中心
Centre for Holistic Health

Carers' get-together

Date : 13/10/2015 (Tue)

Time : 10:30am – 12:30pm

Content: Sharing of carers' needs,
contribute ideas for future
programs.

Target: Chinese speaking carers
age over 60

quota : 20 people

Fee : free (lunch provided)

Venue : Whitehorse Community Resource Centre, Level 1, 79 Mahoneys Road, Forest Hill 3131
(Near Forest Hill Chase Shopping Centre, 736, 735, 765 can reach there. Free car park available in the area)

Enquires and registration, please call : 0401 718 043 / 03 88067532

(This program is funded by City of Whitehorse Council.)

CARERS ZONE

Caring for yourself while Caring for others

Carers Zone is a place for Chinese-speaking carers to meet up, to share, to get support and services. A holistic and culturally appropriate service approach is adopted to address the diverse needs of carers. A wide range of activities such as workshops, information sessions, stress and emotion management groups, relaxation exercises, sharing etc are available in the Zone, through which to improve their physical, psychological, mental and social well-being.