



怡康全人發展中心
Centre for Holistic Health

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.

Carers Meetings

Date : 1/2/2016 (Mon)

Topic: Healthy eating & healthy brain

Date: 7/3/2016 (Mon)

Topic: Carer payment and carer allowance

Date: 7/3/2016 (Mon)

Topic: Awareness of Carer's stress

Time : 10:30am – 12:30pm

Target: Chinese speaking carers
age over 60

Fee : free (lunch provided)

Language : Cantonese & Mandarin

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

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