

Caring for Carers is a hands-on FREE therapeutic group that will engage you in fun activities with Art Therapist Patti Archis. The group is designed to bring our carers much-needed respite, help connect with other like-minded community members and support emotional and physical wellbeing.

BURWOOD COMMUNITY WELFARE
SERVICES INC

Invites Carers to a

***CARING FOR
CARERS GROUP***

When: May 5th & 12th 2022

Time: 9:30-3:00pm

Where:

2 Wyatt Ave, Burwood



Inspire and create your dreams on a Vision Board with your representation of ideas for future using craft.

Paint your own Mandala of your emotions, visions and goals in full vibrant colours.



Then we get down and get dirty with designing your own clay dream pot to manifest goals and dreams while you sleep.



To finish off our group, we will make a Dream Catcher for your happy dreams and protect to from nightmares.



If you would like to attend, please call Rhonda 0423 265 349 or

Email info@bcw.org.au

Morning Tea and a light lunch will be provided

Child Minding available