

Talk-Link Groups 2014

Talk-Link is a six-week group counselling program

conducted over the telephone and free for carers who live in NSW.

Talk-Link provides the opportunity for carers to explore the emotional impact of caring, identify ways of managing everyday life and share experiences with people who are in similar situations. Participation in Talk-Link is free - all you need is an ordinary landline telephone. It is also recommended you organise a space where you won't be disturbed and can talk freely. Carers NSW upcoming Talk-Link groups include:

Carer Wellbeing Group – *for carers in NSW*

When: Weekly - commencing **Tuesday 7 January 2014** // 1pm – 2pm
Register: **By Friday 20 December** (places limited so book early)

Carer Wellbeing Group – *for carers of someone with a mental illness*

When: Weekly - commencing **Thursday 9 January 2014** // 11am - 12pm
Register: **By Friday 20 December** (places limited so book early)

Carer Wellbeing Group – *for carers of someone with dementia*

When: Weekly - commencing **Thursday 9 January 2014** // 1pm - 2pm
Register: **By Friday 20 December** (places limited so book early)

Carer Wellbeing Group – *for male carers*

When: Weekly - commencing **Tuesday 21 January 2014** // 10am – 11am
Register: **By Friday 17 January** (places limited so book early)

For information or to register:

call the Carer Line on 1800 242 636 or email nccp.admin@carersnsw.org.au

