



Are you aged between 13 – 15 Years?

Do you **help** look after your brother or sister, parent, grandparent, other relative or friend who has a disability, mental illness, chronic medical condition, drug and/or alcohol related condition or who is frail aged?

Yes! Then...Come along to our **i-care 6 Week Young Carer Peer Support Group!!**

What will I be doing in the Group?

- ▶ Meet New Friends
- ▶ Share Experiences
- ▶ Talk about Coping & Supports
- ▶ Explore your Strengths
- ▶ Free Food
- ▶ Most of all have Fun
- ▶ Week 6 Celebrate with a Game of Tenpin Bowling!!!



WHEN: Each Tuesday from 6 August til Tuesday 10 September 2013
WHERE: PCYC, 3 James Street, Maitland
TIME: 3.45pm – 5.45pm
COST: **FREE** – Includes all Activities, Tenpin Bowling in last week and Food
RSVP: **ESSENTIAL** - Tuesday 30 July 2013
Email: Educare-Admin@hnehealth.nsw.gov.au or Ph: 4921 4895

Limited Places, so Don't Miss Out on this Opportunity!

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