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SKILLS FOR CARERS

Centre for Health, Community
and Wellbeing

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A Course for Family Carers: Mindfulness & Relaxation

This four week course will explore ways to create more time for ourselves despite often having to juggle competing demands and caring for a family member.

Taking time to care for ourselves is time well spent for our well-being and health. Each week we will discuss various aspects of mindfulness and meditation and the benefits of relaxation.

Each session will include practical exercises and conclude with a relaxation practice or mindfulness exercise.

Facilitator: Suzie Williams is a registered nurse, teaches aromatherapy, yoga and massage and is a consultant within the aged care and disability sectors.

Date: Thursdays – 7, 14, 21, 28 MARCH

Time: 1-2.30pm

Venue: Hartley LifeCare, 6 Hodgson Pl, Pearce

Cost: Free

To Register: 6207 3628 or
CarerSkills@cit.edu.au

Note: By family carers we mean family and friends of a frail older person, or a person with a disability, chronic illness or mental health issues. Paid support/care workers are not eligible to attend. For more information, 62073628 or CarerSkills@cit.edu.au