

**\* Interactive workshop!**

**\* Practical strategies...**

**....to help you enrich your caring role**

**.... Up to date NDIS information and planning**

**.... to build self identity, confidence and resilience**

**... to deal with difficult behaviors**

**CARERS QUEENSLAND  
Brisbane South Office**

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Mt Gravatt East

P.O. Box 492  
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Mt Gravatt East QLD 4121

Ph: 3723 5001  
8.30am – 5pm M-F

Carer Advisory Service:  
1800 242 636  
(free call except from mobiles)

[www.carersqld.asn.au](http://www.carersqld.asn.au)

Carers Queensland Inc. ABN 20 061 257 725

# **“The balanced carer”**

Carers, you are invited to join us for an interactive workshop to explore your journey as a parent/caregiver to a child or young person. We will be running a day time series and an evening series: Please register for either Wednesday or Thursday series (not both) and note that attendance to all (or most) is necessary.

## **Shailer Park Library**

Hyperdome, 66 Mandew St,  
Shailer Park

**TIME:** 5pm—8pm

**DATES: (Thursday)**

30th July

6th August

20th August

27th August

## **Topics covered:**

**Session 1:** “My caring journey”

**Session 2:** “Dealing with challenging behaviors”

**Session 3:** “Communicating with confidence”

**Session 4:** “NDIS and Future Planning”



## **Refreshments provided:**

*\*Please advise of any dietary requirements\**

If you would like to attend but need help arranging respite please call our office.



**\*\*Limited places\*\***

**Please RSVP by Wednesday the 22nd July  
to 3723 5001 or [ashaw@carersqld.asn.au](mailto:ashaw@carersqld.asn.au)**

**\*Please note, we are running 2 day series as well, if you have not received the flyer and would like to attend please contact us. \***