



Inner West Commonwealth Respite and Carelink Centre,
invites Inner West carers, to participate in

Carers' Retreat at COOLANGATTA ESTATE

1335 Bolong Road – Shoalhaven Heads NSW 2535



**Are you caring for person who is over 65 years or age; or
has dementia**

Date: Friday 2 June 2017 –
Sunday 4 June 2017

Location: Meet at 83 Milton St
ASHFIELD

Time: Departure from 83 Milton
St ASHFIELD @ 12pm
Arrival back at 83 Milton St
ASHFIELD Sunday 4 June
2017 by 3pm

Cost: Complimentary

Two nights' accommodation, meals, group
sessions and transport included.

Respite can be provided, upon request.

- Participate in group workshops:
- Resilience for carers
- Grief and loss for carers
- self care for carers

**For more information, contact
Almarza Habib on 02 9641 7081**