

# CARERS SUPPORT PROGRAM

Caring for a loved one is an important role. Sometimes it is easy and rewarding, other times it can be difficult, lonely or overwhelming.



This FREE program supports carers with a wide range of flexible options to suit their needs. We offer social, wellbeing and individual care sessions that help you maintain your physical, social, emotional and mental health in your role as a carer.

Carers in the LGBTIQ+ community will be offered all necessary support to access our services.

*The Carers Support Program is funded to provide support for carers in the Loddon, Mallee, Campaspe and Greater Bendigo area.*

## UPCOMING EVENTS 2024

We are running 3 **FREE** self-care events at Yoga Earth Love in North Bendigo, for carers in the LGBTIQ+ community. The facility is fully accessible for anyone with mobility requirements. Run by experienced yoga teacher & masseur, Kate Robinson, who is part of our LGBTIQ+ community in Bendigo.



### SELF-CARE DAY

**THURSDAY 28TH MARCH**

**10AM - 4PM**

**@ YOGA EARTH LOVE**

This small group retreat will include gentle yoga, reflection time, yoga massage and sound healing. Lunch will be provided.

### FRIDAY WIND DOWN

**FRIDAY 10TH MAY**

**6PM - 8PM**

**@ YOGA EARTH LOVE**

A small group session of gentle yoga and sound healing. We will finish with a cuppa and light snack.

### SELF-CARE DAY

**SATURDAY 25TH MAY**

**10AM - 4PM**

**@ YOGA EARTH LOVE**

This small group retreat will include gentle yoga, reflection time, yoga massage and sound healing. Lunch will be provided.

## REGISTER:

Anne-Maree Britt | Carers Support Practitioner

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