



## Monthly - first Thursday

3 February, 3 March, 7 April, 5 May and  
2 June 2022

## Our time - South

Come along and connect with other carers, share your experiences, increase your knowledge of support services within your community and optimise your capacity to care - while taking time out for yourself.

*Brought to you by the Resource Options and Support for Carers program*



FREE social activities connecting and supporting carers of adults experiencing mental illness

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10am- 12pm

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Woodcroft Morphett  
Vale Neighbourhood  
Centre  
175 Bains Rd  
Morphett Vale

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RSVP  
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 **UCWB**

UnitingCare Wesley Bowden