

Sutherland Community Mental Health invites you to

# Carers in the Know:

*...an information session*

February

Friday, 2pm – 4pm

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Engadine Community Centre  
1034/1036 Old Princes Hwy  
Engadine

**FREE EVENT**

## Find out about:

- ✓ Navigating the public mental health system
- ✓ Sutherland Shire Council – carer support
- ✓ Supporting children of people who need our help



Registration essential – please contact:

Alex (Family & Carer Peer Worker)

(02) 9540 7800

[seslhd-tsh-mh-adultcmhs@health.nsw.gov.au](mailto:seslhd-tsh-mh-adultcmhs@health.nsw.gov.au)

(or scan QR code to the left)

South Eastern Sydney Local Health District

