

# Supporting Recovery & Looking After Yourself as a Carer

**Date:** Monday 22 June 2026  
**Time:** 10:00am-2:00pm  
**Venue:** Recovery & Wellbeing College  
Unit 2, Ground Floor, Kirk Place  
15 Kensington Street Kogarah 2217

This course will explore how to support the person you care for in their recovery as well as looking after your own emotional health and wellbeing.

You will come away with information, skills and tips about caring for your own needs so that you can continue to support your loved one and maintain hope in their recovery.

Topics include: benefits of mindfulness, where to get help, maintaining healthy relationships, coping during difficult times, communication tips and supporting recovery.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Photo by Kelly Sikkema Unsplash



For more information  
please contact the  
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