

Carers Week 2026



South Eastern Sydney Local Health District, Carer Gateway and Carers NSW
invite you to a free information session

A welcoming space for carers to feel seen, supported and connected

When: 10 am - 11:30 am, Monday 12 October 2026

Where: Rockdale library, level 2, 444/446 Princes Highway, Rockdale

Learn more about:

- Carers NSW
- Carer Gateway
- Free resources for carers
- How carers can access support



Spaces limited, registration essential
Click or scan the QR code to register