

Supporting Recovery & Looking After Yourself as a Carer

Date: Wednesday 21 October 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: www.seslhd.health.nsw.gov.au/recovery-wellbeing-college



Photo by Kelly Sikkema on Unsplash



For more information
please contact the
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