

Carer Program Calendar

We are making life better | March 2024

We know how incredible carers are. You do so much for others and now it's time to do something for you!

Join us as we laugh, connect with other carers, learn something new and have the chance to press pause on life's pressures. There are so many opportunities to recharge your batteries with our wide range of monthly events. We hope to see you soon!

All activities are **FREE** for carers. Check out all of our events and register on [Eventbrite](#).



MARCH 2024



Brisbane

FORT LYTTON AT NIGHT - FOR WORKING CARERS

Friday, 1 March
6.00 pm – 8.30 pm

Submit an Expression of Interest to join us for an evening of history and connection with other working carers at Fort Lytton at night.

To register visit [Eventbrite](#).

For more information contact Tamsyn on 07 3384 1613.



Brisbane North

COMPASSION FOR THE CAREGIVER

Wednesday, 6 March
9.45 am – 12.00pm

Shannon Swales, Clinical Psychologist, will provide a 90 minute face to face experiential workshop where caregivers can explore self-compassion with a compassionate guide. To register visit [Eventbrite](#).

For more information contact Sandra 07 3384 1659



Online

PUT YOURSELF FIRST AS A CARER WITH KYLIE BRENNAN

Thursday, 7 March
10.00 am – 11.30am

We welcome back Kylie Brennan, Mindset Coach and NeuroLingistic Programming expert, to guide carers through how they can put themselves first. To register visit [Eventbrite](#).

For more information contact Tamsyn 07 3384 1613

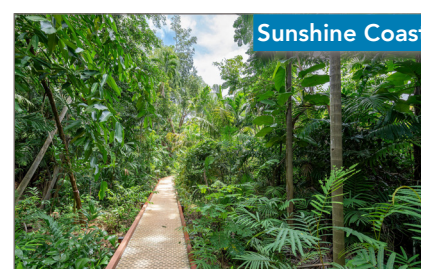


Online

ONLINE SKETCHING

Thursday, 7 March
6.30 pm – 7.30 pm

Experienced artist, Stevie Dela Merced, will guide you through the process to create your own pencil-to-paper masterpiece. To register visit [Eventbrite](#). For more information contact Sandra 07 3384 1659.



Sunshine Coast

MAROOCHYDORE BOTANIC GARDENS WALK

Tuesday 12 March
10.00 am – 11.30 am

Come and join us for a walk around these beautiful Bushland Botanic Gardens and experience nature. We will then have a lovely morning tea at the cafe. To register visit [Eventbrite](#). For more information contact Sandra 07 3384 1659.



Gold Coast South

MORNING TEA WITH BEYOND BLUE

Wednesday, 13 March
10.00 am – 12.00 pm

Join us for a delightful morning tea with Beyond Blue to connect with others, enjoy delicious treats, and support mental health awareness. To register visit [Eventbrite](#).

For more information contact Nina on 07 5671 7600.

Carer Program Calendar

We are making life better | March 2024

MARCH 2024



PREVENTING CARER BURNOUT - SELF-CARE STRATEGIES

Thursday, 14 March
10.30 am – 12.30 pm

Join us for a fun and interactive self care workshop and enjoy a delicious morning tea! Learn practical tips to help you prioritise self-care in your daily life. To register visit Eventbrite. For more information contact Nina 07 5671 7600.



CRIME SAFETY WORKSHOP WITH QUEENSLAND POLICE

Monday, 18 March
10.00 am – 12.00 pm

Join us for a Morning Tea with a representative from Queensland Police Services. They will talk on crime safety in the home and while in public. To register visit Eventbrite. For more information contact Di on 07 4994 1603.



CENTRELINK INFORMATION SESSION

Tuesday, 19 March
9.30 am – 11.00 am

Services Australia (Centrelink) will provide up-to-date information and Q&A about Carer Payment and Carer Allowance Payment eligibility criteria, other payments and medical reports. To register visit Eventbrite. For more information contact Tamsyn on 07 3384 1613.



TOOWOOMBA GOLF DRIVING RANGE & LUNCH

Tuesday, 19 March
11.00 am – 1.00 pm

Channel your inner golfer, and join us at the City Golf Driving Range in Toowoomba for a fun-filled morning and light lunch at the cafe onsite. To register visit Eventbrite. For more information contact Lilly 07 3384 1610.



CARER SOCIAL - SOUL OP SHOP AND COFFEE

Thursday, 21 March
10.00 am – 12.00 pm

Come and join us at Soul Op Shop & Espresso located in the quaint precinct of the Bridgeman Baptist Community Church. This beautiful area will relax the mind and rejuvenate the senses. To register visit Eventbrite. For more information contact Sandra on 07 3384 1659.



HOTA EXHIBITIONS AND LIGHT LUNCH

Thursday, 21 March
10.30 am – 12.30 pm

Join Carers Queensland in highlighting the spirit of Harmony Day by immersing yourself in the world of art and culture at Home of the Arts, followed by lunch. To register visit Eventbrite. For more information contact Nina 07 5671 7600

Carer Program Calendar

We are making life better | March 2024

MARCH 2024



Logan

RESTORE BALANCE TO YOUR MENTAL HEALTH WORKSHOP

Tuesday 26 March
10.00 am – 11.30 am

During this workshop, you will be supported to bring balance back to your mental health, identifying strategies and activities that can support your mental health on a daily basis. To register visit Eventbrite. For more information contact Tamsyn on 07 3384 1613.



Rockhampton

MAKE SOLAR LIGHTHOUSE ORNAMENTS - BUNNINGS

Wednesday, 27 March
10.00 am – 11.30 am

We will be making Solar Lighthouse Ornaments out of terracotta pots with Bunnings Warehouse staff. Bring out your creative side and connect with other carers over a coffee and cake. To register visit Eventbrite. For more information contact Di 07 4994 1603.

IMPORTANT
PLEASE
HELP US WITH
CANCELLATIONS

IF YOU CANNOT ATTEND AN EVENT, PLEASE LET US KNOW

We would like to offer as many carers as possible the opportunity to attend our events. If you are unable to attend an event you have registered for, please contact us as soon as possible so we can allow another carer to attend the event. It's about being fair to other carers! If you need to cancel, contact 1300 747 636 or email carerprogram@carersqld.com.au

JOIN OUR "CARER HEALTH AND WELLBEING" GROUP

Get connected at our "Carer Health and Wellbeing" Facebook group.

Create new connections, stay up-to-date with our services and share your experiences and photos from our Carer Health and Wellbeing events.

Be part of a caring community and join today!



 JOIN NOW

For more information, connect with us:



1300 747 636



healthandwellbeing@carersqld.com.au



facebook.com/carersqueensland