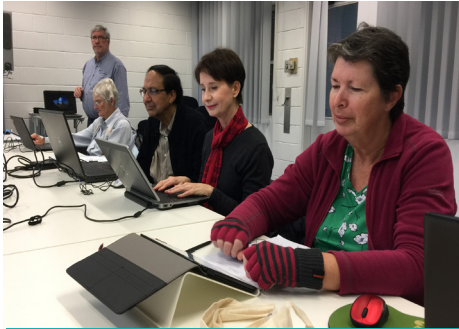


# What's On

## FOR CARERS

MAR



### Educational

#### ◆ Aged Series: Seniors Week

Fri 2 Mar, 10am - 12noon, Carers ACT

#### ◆ Aged Series: Weekend Edition

Sat 3 Mar, 10.30am - 4.30pm, NPG

#### ◆ Mental Health First Aid for the Suicidal Person

Sat 3 Mar, 1-5pm, Carers ACT

#### ◆◆ Foot Care

Tues 6 Mar, 6.30-8pm, Carers ACT

Wed 7 Mar, 2.30-4pm, Carers ACT

#### ◆◆ Palliative Care

Wed 7 Mar, 10am-12pm, Carers ACT

#### ◆ NDIS Information Session - Aboriginal & Torres Strait Carers

Wed 7 Mar, 10am, Carers ACT

#### ◆ Clickability - Disability Services

Thur 8 Mar, 2.00-3.30pm, Carers ACT

#### ◆ Assistive Equipment & Home Modifications

Tue 13 Mar, 10.30am-12pm, Carers ACT

#### ◆ Interpersonal Skills for Mental Health Carers

Tue 13 Mar, 1.30pm, Carers ACT

#### ◆ NDIS InFocus

Mon 19 Mar, 12.30-2.30pm, Carers ACT

Mon 19 Mar, 6.00-8.00pm, Carers ACT

#### ◆ Digital Learning Certificate

Wed 21 Mar, 9am-4.30pm, Carers ACT

#### ◆◆ Understanding Trauma

Mon 26 Mar, 10am, Carers ACT



### Nurturing

#### Gentle Walking & Cuppa

Weekly on Mon, 7.45am

Meet at Aldi, Kippax Shops, Holt

#### Yoga

*Northside:*

Weekly on Mon, 7.30 - 8.30pm, Holt

Weekly on Tues, 10 - 11am, Holt

*Southside:*

Weekly on Tues, 10 - 11am, Chifley

Weekly on Sat, 10.30 - 11.30am, Qbryn

#### T'ai Chi

Weekly on Thur, 10.30am - 12noon, Carers ACT

#### Meditation

Weekly on Sat, 12noon - 1pm, Qbryn

#### ◆◆ Caring for Your Bladder & Bowel

Tue 27 Mar, 2pm, Carers ACT

#### ◆ Self Care for Carers

Tue 27 Mar, 6pm, Carers ACT

#### ◆ Wills, Power of Attorney & Trusts

Wed 28 Mar, 1.30-3.30pm, Carers ACT

#### ◆ Get Your Finances in Order

Thur 29 Mar, 10-11.30am, Carers ACT



### Social

#### ◆ Daytime Singing Group

Weekly on Thursdays, 10am - 12noon

12 Mittagong Road, Cooma

#### ◆ Carers with Cameras

Thur 15 Mar, 10.30am

Hall (check website for details)

#### Nguluway Indigenous Art Group

*(Aboriginal carers only)*

Fortnightly on Fridays, 2 and 16 Mar

11am - 2pm, Carers ACT

#### ◆ Sunday Social Lunch

Sun 11 Mar, 12noon - 2.30pm

Southern Cross Club, Greenway, Tuggeranong

#### ◆ Art Appreciation

Tues 20 Mar, 10.15am-12.30pm

National Gallery of Australia, Parkes

#### ◆ Walk, Talk and Eat

Sat 24 Mar, 8am - 10.30am

Yerrabi Ponds, Gungahalin (check website for details)

NSW carers are very welcome to attend all ACT events.

*Note:* Fees apply to some events.

For full details on each activity and to book please visit our website:

[www.carersact.org.au/events](http://www.carersact.org.au/events)

◆ = Registration essential. Limited numbers

◆ = Session being live-streamed.

*NOTE: some dates may be subject to change*

**Carers**ACT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> Daytime Singing Group (10am, Cooma) Computer Training (10.30am) Partners in Depression (6pm)	<b>2</b> Aged Series: COTA & Seniors Week (10am) Italian Carers Support Group (10am) Aboriginal Art Group	<b>3</b> Aged Series - Weekend Edition (10.30am) Yoga – Southside Meditation (12pm) Mental Health First Aid	<b>4</b>
<b>5</b> Gentle Walking (7.45am) Spanish Carers Group BPD Carers Support Group (5.30pm) Yoga – Northside (7.30pm)	<b>6</b> Yoga - Northside (10am) Yoga - Southside (10am) Hungarian Carers (12pm) Mental Health Nthside Support Group Kinship Carers Support Group (10am) Foot Care (6.30pm)	<b>7</b> Nthside Carers Support Group (10am) Palliative Care (10am) NDIS Information Session for Aboriginal & Torres Strait Islander Carers (10am) Foot Care (2.30pm) Art Therapy (6pm)	<b>8</b> Daytime Singing Group Indian Carers Group (10am) Computer Training (10.30am) T'ai Chi (10.30am) Clickability- Disability Services (2.30pm) ASD Carers Support Group – Southside (7pm) Partners in Depression (6pm)	<b>9</b> Veterans' Partners Support Group (9.30am)	<b>10</b> Yoga – Southside (10.30am) Meditation (12pm)	<b>11</b> Sunday Social Lunch (12pm, Tuggeranong SCC)
<b>12</b> <b>CANBERRA DAY</b>	<b>13</b> Yoga - Southside (10am) Sthside Carers Support Group (10am) Yoga - Northside (10am) Assistive Equipment & Home Modifications (10.30am) Interpersonal Skills (1.30pm) MH Support Group – Nthside (5pm)	<b>14</b> Art Therapy (6pm)	<b>15</b> Daytime Singing Group (10am, Cooma) T'ai Chi (10.30am) Carers with Cameras (10.30am)	<b>16</b> Aboriginal Art Group (11am)	<b>17</b> Yoga – Southside (10.30am) Meditation (12pm)	<b>18</b>
<b>19</b> Gentle Walking (7.45am) NDIS InFocus (12.30pm and 6pm) Yoga - Northside (7.30pm) Spanish Carers Group	<b>20</b> Yoga - Southside (10am) Yoga - Northside (10am) Art Appreciation (10.15am)	<b>21</b> Art Therapy (6pm) Mature Aged Carers Support Group (10am) Digital Learning Certificate (9am-4.30pm)	<b>22</b> Daytime Singing Group (Cooma) Computer Training (10am) T'ai Chi (10.30am)	<b>23</b> Dementia Education Series: Grief and Loss (10am)	<b>24</b> Yoga – Southside (10.30am) Meditation (12pm) Walk, Talk and Eat (8am, Yerrabi Ponds)	<b>25</b>
<b>26</b> Gentle Walking (7.45am) Yoga - Northside (7.30pm) Spanish Carers Group Understanding Trauma (10am)	<b>27</b> Yoga - Southside (10am) Yoga – Northside (10am) Caring for your Bowel & Bladder (2pm) Self Care for Carers (6pm) ASD Carers Support Group – Northside (12.30pm)	<b>28</b> Wills, Power of Attorney & Trusts (1.30pm) Mental Health Support Group – Southside (6pm)	<b>29</b> Get Your Finances in Order (10am) Tai Chi (10.30am)	<b>30</b> <b>GOOD FRIDAY</b>	<b>31</b> <b>EASTER SATURDAY</b>	