

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>1</b></p> <p>Yoga - Northside (10am)            Yoga - Southside (10am)            Kinship Carers Support (10am)            Hungarian Carers (12pm)</p>	<p><b>2</b></p> <p>Northside Carers Support (10am)            My Choice My Support (10am)</p>	<p><b>3</b></p> <p>Daytime Singing Group (10am, Cooma)            T'ai Chi (10.30am)</p>	<p><b>4</b></p> <p>Aged Series: My Aged Care Assessment            Italian Carers (10am)            Navigating the MH System (2pm)</p>	<p><b>5</b></p> <p>Yoga – Southside (10.30am)            Meditation – Southside (12pm)</p>	<p><b>6</b></p> <p>Sunday Social Lunch (12pm)</p>
<p><b>7</b></p> <p>Gentle Walking (7.45am)            BPD Carers Support (5.30pm)            Mens Burgers &amp; Beer (6pm)            Yoga – Northside (7.30pm)</p>	<p><b>8</b></p> <p>Yoga - Northside (10am)            Yoga - Southside (10am)            Sthside Carers Support (10am)            My Health Record (1.30pm)            Mental Health Support– Northside            Keeping Families Connected (6pm)</p>	<p><b>9</b></p> <p>Chronic Pain (10.30am)            Beginners Photography 1 (2pm)            Meditation Course 1 (11am)</p>	<p><b>10</b></p> <p>Daytime Singing Group (10am, Cooma)            Indian Carers Group (10am)            T'ai Chi (10.30am)            ASD Carers (7pm)</p>	<p><b>11</b></p> <p>Veterans' Partners Support Group (10am)            Nguluway Aboriginal Art Group (11am)</p>	<p><b>12</b></p> <p>Yoga – Southside (10.30am)            Meditation – Southside (12pm)</p>	<p><b>13</b></p>
<p><b>14</b></p> <p>Gentle Walking (7.45am)            'Just Right Kids' Sensory Processing (9.30am)            Crafty Carers Group (10.30am)            Yoga – Northside (7.30pm)</p>	<p><b>15</b></p> <p>Helping Kids Stress Less (9am)            Yoga - Southside (10am)            Yoga - Northside (10am)            Art Appreciation (10.15am)            Keeping Families Connected (6pm)</p>	<p><b>16</b></p> <p>Mature Aged Carers Support            NDIS for Carers of Adult Children            NDIS for Carers of Young Children (12.30)            Beginners Photography 2 (2pm)            Meditation Course 2 (11am)</p>	<p><b>17</b></p> <p>Daytime Singing Group (10am, Cooma)            T'ai Chi (10.30am)</p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>
<p><b>21</b></p> <p>Gentle Walking (7.45am)            National Portrait Gallery (2pm)            Interpersonal Skills for MH Carers (6pm)            Yoga - Northside (7.30pm)</p>	<p><b>22</b></p> <p>Yoga - Southside (10am)            Yoga - Northside (10am)            ASD Carers Support– (12.30pm)            Self Care for Carers (6pm)            Keeping Families Connected (6pm)</p>	<p><b>23</b></p> <p>Beginners Photography 3 (2pm)            Mental Health Support (6pm)            Meditation Course 3 (11am)</p>	<p><b>24</b></p> <p>Daytime Singing Group (10am, Cooma)            T'ai Chi (10.30am)</p>	<p><b>25</b></p> <p>Nguluway Aboriginal Art Group (11am)</p>	<p><b>26</b></p> <p>Walk, Talk and Eat (9am)            First Aid (10am)            Yoga – Southside (10.30am)            Meditation(12pm)</p>	<p><b>27</b></p>
<p><b>28</b></p> <p><b>RECONCILIATION DAY</b></p>	<p><b>29</b></p> <p>Yoga - Southside (10am)            Yoga - Northside (10am)            Keeping Families Connected (6pm)</p>	<p><b>30</b></p> <p>Beginners Photography 4 (2pm)            Meditation Course 4 (11am)</p>	<p><b>31</b></p> <p>Daytime Singing Group            T'ai Chi (10.30am)            Reconciliation Week BBQ (11.30-2pm)</p>			

# What's On

## FOR CARERS

### MAY



### Educational

- ◆ **My Choice, My Support**  
Wed 2 May, 10am-12noon, Carers ACT
- ◆◆ **Aged Series: My Aged Care Assessment**  
Fri 4 May, 10am-12 noon, Carers ACT
- ◆ **Navigating Mental Health System**  
Fri 4 May, 2-4pm, Carers ACT
- ◆ **Carers Pamper Day**  
Mon 7 May, 9am-7pm (booked out)
- ◆◆ **My Health Record**  
Tues 8 May, 1.30-3.30pm, Carers ACT
- ◆ **Keeping Families Connected**  
4 Tuesdays: 8-29 May, 6-8pm, Carers ACT
- ◆◆ **Chronic Pain**  
Wed 9 May, 10.30am-12pm, Carers ACT
- ◆ **Beginners Photography Course**  
Four Wed: 9-30 May, 2-4pm, Kaleen
- ◆ **Partners in Depression**  
Thursdays for 6 weeks, starting 10 May 6-8pm, Carers ACT
- ◆ **Just Right Kids Sensory Processing**  
Mon 14 May, 9.30am-4pm, Carers ACT
- ◆ **Helping Children Stress Less**  
Tues 15 May, 9am-12pm, Carers ACT
- ◆ **NDIS – for Carers of Adult Children**  
Wed 16 May, 10am-12pm, Carers ACT



### Nurturing

- ◆ **Gentle Walking & Cuppa**  
Weekly on Mondays, 7.45am, Kippax  
(\*not on 28 May)
- ◆ **Yoga**  
*Northside*  
Weekly Mon, 7.30-8.30pm, Holt  
Weekly Tues, 10am-11am, Holt  
*Southside*  
Weekly Tues, 10am-11am, Chifley  
Weekly Sat, 10.30am-11.30am, Qbyn\*
- ◆ **T'ai Chi**  
Weekly on Thurs, 10.30am-12 noon, Holt
- ◆ **Meditation**  
Weekly on Sat, 12 noon -1pm, Qbyn\*  
\* no class on Sat 19 May
- ◆ **Meditation – 4 week course**  
Four Weds: 9-30 May, 11am-12.30pm, Holt
- ◆ **NDIS – for Carers of Young Children**  
Wed 16 May, 12.30-2.30pm, Carers ACT
- ◆ **Interpersonal Skills for Mental Health Carers**  
Mon 21 May, 6-8pm, Carers ACT
- ◆ **Self-Care for Carers**  
Tues 22 May, 6-8pm, Carers ACT
- ◆ **Provide First Aid Course**  
Sat 26 May, 10am-4pm, Mitchell



### Social

- ◆ **Daytime Singing Group**  
Weekly Thursdays, 10am-12pm, Cooma
- ◆ **Sunday Social Lunch**  
Sun 6 May, 12 noon – 2.30pm  
Burns Club, Kett St, Kambah
- ◆ **Mens Burgers & Beer Night**  
Mon 7 May, 6-8pm, Gryphons Caffe Bar  
16 Barker St, Griffith
- ◆ **Crafty Carers Group**  
Mon 14 May, 10.30am-1pm, Carers ACT
- ◆ **Nguluway Indigenous Art Group**  
(Aboriginal carers only)  
Fortnightly Fridays: 11 & 25 May 11am-2pm
- ◆ **Art Appreciation**  
Tues 15 May, 10.15am-12pm  
National Gallery of Australia, Parkes
- ◆ **Photographic Exhibition**  
Mon 21 May, 2-4pm, NPG, Parkes
- ◆ **Walk, Talk & Eat**  
Sat 26 May, 9am-11am  
Lake Ginninderra
- ◆ **Reconciliation Week BBQ**  
Thur 31 May, 11.30am-2pm, Holt

For bookings and full details on activities please visit:

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

◆ = Registration essential

◆◆ = Session being live-streamed

**Carers**ACT