

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			31 Beginners Computer 1 (10am)	1 Aged Series: Contract Law Italian Carers (10am) Advanced Photography 1 (12.30pm)	2 Yoga – Southside (10.30am) Meditation – Southside (12pm)	3
4 Gentle Walking (7.45am) Borderline Personality Disorder Carers Support (5.30pm) Yoga – Northside (7.30pm)	5 Yoga - Northside (10am) Yoga - Southside (10am) Kinship Carers Support Group (10am) Hungarian Carers (12pm)	6	7 Daytime Singing Group (10am, Cooma) Beginners Computer 2 (10am) Indian Carers Group (10am) T'ai Chi (10.30am) Autism Support - Southside (7pm)	8 NPG Photo Exhibition (10.30am) Nguluway Aboriginal Art Group (11am) Advanced Photography 2 (12.30pm)	9 Yoga – Southside (10.30am) Meditation – Southside (12pm)	10
11 PUBLIC HOLIDAY	12 Yoga - Southside (10am) Yoga - Northside (10am) Womens Health (10am) Sthside Carers Support (10am) Mental Health First Aid for the Suicidal Person (1pm) Mental Health Support– Nthside (5pm)	13 Mature Aged Carers Support (10am) Funeral Planning (10.30am)	14 Daytime Singing Group (10am, Cooma) Financial Planning (10am) Beginners Computer 3 (10am) T'ai Chi (10.30am)	15 Advanced Photography 3 (12.30pm)	16 Yoga – Southside (10.30am) Meditation – Southside (12pm)	17
18 Gentle Walking (7.45am) Yoga - Northside (7.30pm) Mens Burgers & Beer (6pm)	19 Yoga - Southside (10am) Yoga - Northside (10am) Art Appreciation (10.15am) FORUM: Mental Health Issues for Young People (7pm)	20 Mental Health Support - Sthside (6pm)	21 Daytime Singing Group (10am, Cooma) Beginners Computer 4(10am) T'ai Chi (10.30am)	22 Nguluway Aboriginal Art Group (11am) Advanced Photography 4 (12.30pm)	23 Digital Literacy (9.30am) Yoga – Southside (10.30am) Meditation(12pm)	24
25 Gentle Walking (7.45am) Yoga - Northside (7.30pm) Distress Tolerance for Mental Health Care (6pm)	26 Yoga - Southside (10am) Yoga - Northside (10am) Autism Support - Northside (10am) FORUM: Caring for Someone Who Doesn't Want To Be Cared For (10am)	27 Self Care for Carers (1.30pm)	28 Daytime Singing Group T'ai Chi (10.30am) Beginners Computer 5 (10am) Cartier – The Exhibition (10.30am or 2.30pm)	29	30 Walk, Talk and Eat (9am) Yoga – Southside Meditation – Southside (12pm)	

What's On

FOR CARERS

JUN



Educational

◆◆ Aged Series: Contract Law

Fri 1 Jun, 10am-12 noon, Carers ACT

◆ Advanced Photography Course

Fridays for 4 weeks starting 1 Jun,
12.30-2.30pm, Kaleen

◆ Beginners Computer Course

Thursdays for 6 weeks, starting 31 May
10am-12pm, Carers ACT

◆ Mental Health First Aid for the Suicidal Person

Tue 12 Jun, 1-5pm, Carers ACT

◆◆ Women's Health Session

Tues 12 Jun, 10am-12pm, Carers ACT

◆◆ Funeral Planning

Wed 13 Jun, 10.30am-12pm, Carers ACT

◆◆ Financial Planning

Thur 14 Jun, 10am-12pm, Carers ACT

◆ FORUM: Youth Mental Health Issues

Tues 19 Jun, 7-9pm, Hellenic Club, Woden

◆ Digital Literacy

Sat 23 Jun, 9.30am, Carers ACT

◆ Distress Tolerance for MH Care

Mon 25 Jun, 6-8pm, Carers ACT

◆ FORUM: Caring for Someone Who Doesn't Want To Be Cared For

Tues 26 Jun, 10am-4.30pm, NPG, Parkes

◆ Self-Care for Carers

Wed 27 Jun, 1.30-3.30pm, Carers ACT

Gentle Walking & Cunna



Nurturing

**not on 11 June*

Yoga

Northside

Weekly Mon, 7.30-8.30pm, Holt*

**not on 11 June*

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



Social

◆ Daytime Singing Group

Weekly Thursdays, 10am-12pm, Cooma

◆ NPG Photographic Exhibition

Fri 8 Jun, 10.30am-12.30pm, NPG, Parkes

Ngulway Indigenous Art Group

(Aboriginal carers only)

Fortnightly Fridays, 11am-2pm, Carers ACT

◆ Mens Burgers & Beer Night

Mon 18 Jun, 6-8pm, Gryphons Caffe Bar
16 Barker St, Griffith

◆ Art Appreciation

Tues 19 Jun, 10.15am-12pm

National Gallery of Australia, Parkes

◆ Cartier – The Exhibition

Thur 28 Jun, 10.30-11.30am or 2.30-3.30pm,
NGA, Parkes

◆ Walk, Talk & Eat

Sat 30 Jun, 9am-11am

Venue tbc

CarersACT

For bookings and full details
on activities please visit:

www.carersact.org.au/events

- ◆ = Registration essential
- ◆◆ = Session being live-streamed