



Caring for a Parent- Circle of Support

[Register](#)
[HERE](#)

Being a carer is a full-time job, and it can sometimes feel overwhelming.

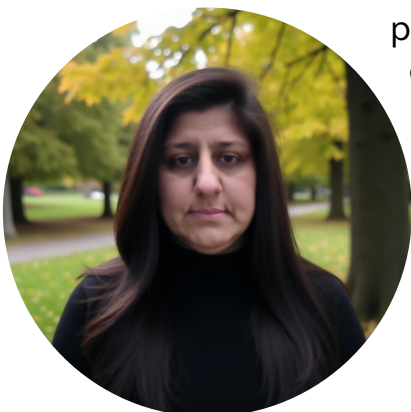
Are you caring for an older age parent?

Our Carer Support Group is designed to provide you with the emotional and practical support you need.

- Connect with other carers with similar experiences: Share your journey, find and offer support, form connections.
- Reduce isolation: Join a community of people who understand your journey.
- Access resources: Find helpful tools and resources to lighten your load.

When: Four-week program Feb 7th, 14th, 21st and 28th 2:00pm-3:30pm

Where: 301 Burwood Highway Ground Floor Building 1 Burwood, VIC 3125



Nidhi Khanna is a qualified counsellor and psychotherapist who creates safe spaces for carers to connect, share experiences, and access practical and emotional support through peer support groups.

Phone Nidhi for more information on: 0435501421


Merri Health


Carer
Gateway

An Australian Government Initiative

Uniting