

# MENTAL HEALTH FAMILY & CARER SUPPORT

PRESENTS

# WELLNESS CIRCLE



Centrecare's Goldfields Mental Health Family & Carers Support Service provides an open group for individuals that would like some support with learning skills, building resilience, self awareness, and connecting to inner peace and strength.

## Supporting Carers To Manage:

- Anxiety
- Anger
- Low Mood
- Sleep Difficulties
- Interpersonal difficulties
- Loneliness



Tuesdays fortnightly starting 10 September  
Time: 10:30 am to 12:30 PM



Escare Inc.  
unit 8/53, The Esplanade  
Esperance 6450



REGISTRATION NECESSARY



CONTACT US 9083 2600