Caboolture Mental Health Carer Support Group

**Facilitated by:** Elizabeth Haffey from STRIDE (Caboolture).

**When:** 2nd Thursday of the month.

**Where:** Chisel Room at the Caboolture RSL

(Cnr Hasking and Beerburrum Road, Caboolture).

 **Time:** 11:30am to 1:30pm.

This is a time for Carers to connect with one another and learn about different topics that can assist in your Caring role.

We have a large space so people can meet physically while still social distancing. There is no cost to attend and attendees do not have to become members of the RSL.

Free Counselling Service for Carers who Support Someone with a Mental Health Condition

(STRIDE- Caboolture)

[This Photo](http://mennoknight.wordpress.com/2014/09/25/an-open-letter-to-every-celebrity-christian) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/)

A FREE one-to-one Counselling service is also available for local Carers/Families through STRIDE at the STRIDE office at Central Lakes Shopping Centre, Caboolture. This service is in collaboration with Wellways Australia.

**Contact:**

Allison Cuskelly (STRIDE) **Phone:** (07) 45930500 or M. 047 869 3166 **Email:** Allison.Cuskelly@stride.com.au

Aleta Walker (Caboolture Mental Health) **Phone:** (07) 5433 8775 **Email:** Aleta.Walker@health.qld.gov.au