

Camden Carers Group



**Do you look after a loved one with mental health concerns and
would you like some time out?**

**Then why not come and join us for monthly fun activities,
conversation and a cuppa**

- ⇒ The group meets the 4th Tuesday of each month
- ⇒ **23 January**—morning tea at Cake Biz Narellan 10-12pm (pay for your own)
- ⇒ **27th February**—meditation and fun activities. Venue to be confirmed 10-12pm (no cost)
- ⇒ **27th March**—Picnic in the Park—Macarthur Park Camden 10-12pm. (bring a plate to share and portable chair or picnic blanket)
- ⇒ **24th April**—Guest Speakers 10-12pm . (no cost)
- ⇒ **22nd May**—Craft Activity. Crepe Flower Cards & Inexpensive napkin rings (\$5.00)
- ⇒ **26th June**—Let's do lunch 11.30am-1.30pm. Venue to be confirmed (pay for your own)

For more information, or to register for the group or to RSVP for activities, contact Janelle on 0423 767 501 or via email at Janelle.hint@onedoor.org.au

