

Free Carer Day

Presented by EACH Family Relationship Support for Carers together with Maroondah City Council

Invitation: To all carers

Topics of the Day: Wills & Estate and Carer Well-being Forum

Wills & Estate session:

Presenter: Scott Goodman – locally based experienced lawyer from Goodman Group Lawyers. Bring along any legal questions you may have regarding Wills & Estate planning.

Learn About:

- Making wills – things to remember when you have a family member with a disability. What happens if you don't have a will when you die?
- Contesting the will
- Probates
- Appointing administrators and executors
- Powers of Attorney and the importance of having them
- The different types of trusts – and when they can be used
- The Disability Trust.

Carer Well Being Session:

Presenter: Evelyn Bugel - psychologist with lived experience, from Hearts and Mind Counselling Services. Evelyn will cover the importance of self-care and how to practice mindfulness in your daily lives as a carer.

Date: Tuesday 6th March 2018

Venue: Federation Estate, Geewood Avenue, Ringwood

Time: 10.30am - 2.15pm – Lunch Provided

RSVP: EACH Reception

Phone: 9847 4800 or **Email:** frsc@each.com.au

Bookings essential for catering purposes.

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