

Uniting

ARCvic
Anxiety Recovery Centre Victoria

In partnership are proud to present



Managing Anxiety and Stress

- *What is Anxiety and Stress and how does it affect us?*
- *What can I do to help myself and the person I care for who has anxiety?*
- *What services are available to provide support for anxiety?*

Join us for an informative seminar on understanding and managing anxiety and stress presented by the Anxiety Recovery Centre of Victoria. Learn new skills and techniques to enable you to manage anxiety and stress in your everyday life to support your caring role.

Who: Carers living in the Eastern Metropolitan region caring for a person with a Mental Illness, Autism, Intellectual Disability or Severe and Profound Disability and Carers in the council areas of Casey, Cardinia or Greater Dandenong, caring for a person with Mental Illness, Autism, or Intellectual Disability.

When: Wednesday 16th May 11.00am to 1.00pm (Lunch provided 1pm-2pm)

Where: Uniting lifeAssist, Ground Floor, Building 5, 530-540 Springvale Road, Glen Waverley

Cost: Free for non-NDIS carers, \$55 for carers of a person with an active NDIS plan

RSVP: Please register via the link <https://www.research.net/r/D3KJ3WC> by Monday 7 May, 2018. Places will be confirmed by email on Wednesday 9 May, 2018.

NB: Respite can be arranged if required.