

- \* **Fun, interactive workshop**
- \* **Share ideas with others**
- \* **Recognise healthy vs unhealthy stress**
- \* **Identify symptoms and causes of stress**
- \* **Explore techniques to manage stressful situations**
- \* **Mindfulness and relaxation**

**CARERS QUEENSLAND**  
**Brisbane South Office**  
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Ph: 3723 5001  
8.30am – 5pm M-F

Carer Advisory Service:  
1800 242 636  
(free call except from mobiles)

[www.carersqld.asn.au](http://www.carersqld.asn.au)

Carers Queensland Inc. ABN 20 061 257 725

# Cultivating Calm

## Strategies for Stress Management

Do you provide care and support to a family member or friend with a disability, mental health concern, chronic illness or who is frail aged?

Would you like to explore techniques to help minimise stress in your life?

Please join Carers Queensland for an interactive free workshop on ways to cultivate calm and wellbeing.



**Two dates available—please let us know which session you would like to attend!**

### **Cleveland**

**Date:** Monday 22 February

**Time:** 10am-12pm

**Venue:** Cleveland Library Meeting Room

Cnr Bloomfield & Middle Streets, Cleveland

### **Coopers Plains**

**Date:** Friday 26 February

**Time:** 10.15am-12.15pm  
(library opens at 10am)

**Venue:** Coopers Plains Library Meeting Room

107 Orange Grove Road, Coopers Plains

**\*\* Places limited \*\* Please RSVP to [3723 5001](tel:37235001) or [kschneider@carersqld.asn.au](mailto:kschneider@carersqld.asn.au)**

*Light refreshments provided— please advise of dietary requirements*

Funded by the Australian Government Department of Social Services. Visit the Department of Social Services website ([www.dss.gov.au](http://www.dss.gov.au)) for more information

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