

Mirrabooka Carers Group

2018 Program – Term 3

July	Program
18th	Craft- Stick Art
25th	Helping Minds Workshop- Understanding Mental Illness
August	
1st	Art Therapy by Elzara
8th	Bring A Plate
15th	Helping Minds Workshop- Understanding Mental Illness
22nd	Share your story
29th	My Health Records
September	
5th	Talk by Ishar Health Promotion Officer
12th	Activity- Tree of Connection
19th	Helping Minds Workshop- Understanding Mental Illness

Supported by the **Mental Health Commission** and the following organisations:



NOTE: Program may change or cancel without notice

Ishar Multicultural
Women's Health Centre,
21 Sudbury Rd,
Mirrabooka.

Wednesdays

10:30am – 12:30pm

Contact:

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Multicultural Women's
Health Centre

Inspiring women, families & communities
ishar.org.au