

FOR PEOPLE WHO PROVIDE SUPPORT
FOR SOMEONE WITH A MENTAL ILLNESS
THE CARERS PROGRAM OFFERS ASSISTANCE TO
ACCESS INFORMATION, SERVICES & ACTIVITIES

BRADFIELD PARK WELLBEING CENTRE CARERS PROGRAM

THE CARERS PROGRAM AT BRADFIELD PARK WELLBEING CENTRE IS TAILORED TO MEET INDIVIDUAL NEEDS AND PROMOTES HEALTH & WELL BEING FOR CARERS & PEOPLE WITH MENTAL ILLNESS.

THE CARERS PROGRAM CAN:

- ✦ PROVIDE A RANGE OF WELLBEING ACTIVITIES ON SITE
- ✦ PROVIDE INFORMATION & ADVICE ABOUT RESPITE OPTIONS
- ✦ ASSIST WITH PLANNING OF RESPITE TO SUIT YOUR NEEDS
- ✦ GIVE YOU SUPPORT TO ACCESS SERVICES
- ✦ PROVIDE LINKS TO CARER SUPPORT NETWORKS
- ✦ IDENTIFY WAYS TO REDUCE STRESS & ENHANCE WELLBEING



KNC *Serving Our Community*

LUINA PARK &
SYDNEY HARBOUR
◀

ALFRED ST

MILSONS PT
TRAIN STATION ▶

BURTON ST

Bradfield Park
Wellbeing Centre