

# CARER'S CIRCLE PROGRAM SCHEDULE



Are you a family member, friend or support person of a Peter Mac patient?

Carer's Circle is your chance to meet other carers, share stories and experiences in a supportive environment and learn something new. Join us **ONLINE every Tuesday 2:00pm - 3:00pm** and be part of the Peter Mac carer community!

## AUGUST

**4** - Let's Chat! - Carers Circle relaunch & what to expect

**11** - A Carer Story (Ros)

**18** - Let's Chat!

**25** - Let's Chat!

## SEPTEMBER

**1** - Let's Chat!

**7** - Keeping well during COVID-19 (Psychologist, Peter Mac)

**8** - Cancer Prevention & Treatment Available (Chief Medical Officer, Peter Mac)

**15** - Allied Health Services at Peter Mac (Department Heads, Peter Mac)

**22** - Let's Chat!

**29** - Grief & Loss (Psychologist, Peter Mac)

## OCTOBER

**6** - A Carer Story

**13** - Cancer & Finances (Social Worker, Peter Mac)

**20** - Getting a Better Night's Sleep (Psychologist, Peter Mac)

**27** - Let's Chat!

## NOVEMBER

**3** - No session due to Public Holiday

**10** - Community carer supports: Where do I go? (Carer and Community Educator, Carers Victoria)

**17** - Let's Chat!

**24** - Let's Chat!

## DECEMBER

**1** - Feeling stressed & frustrated? That's normal (Psychologist, Peter Mac)

**8** - Let's Chat!

## How to join?

Join us via Zoom on your computer, laptop or tablets

[Click here to join](#)

(same link every week)

Meeting ID: 932 9485 0733

Password: 087007

For more information, please call (03) 8559 6260 or email [wellbeingcentre@petermac.org](mailto:wellbeingcentre@petermac.org).