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Unlock Your Caregiving Potential with Creative Mind Mapping!

Join Pamela for a fun and engaging workshop where you'll learn the art of mind mapping, a powerful tool to help you organise and prioritise your days.

This creative technique is perfect for both personal reflection and group planning, making it easier to manage the complexities of caring for a loved one with a mental health condition.

BOOKINGS ESSENTIAL

EMAIL Pamela

LibraryWorkshop2024@gmail.com

- **Saturday, October 5th** | 1:00 PM - 3:00 PM | **Armadale Library**
- **Wednesday, October 9th** | 1:00 PM - 3:00 PM | **Kelmscott Library**
- **Thursday, October 11th** | 1:00 PM - 3:00 PM | **Seville Grove Library**

CARERS

**DURING
MENTAL HEALTH
WEEK, COME
TO MY**

FREE

**WORKSHOP AT
YOUR LOCAL
LIBRARY**

