

Meet with other carers who understand the complex nature of a caring role. They get it, because they've been there.

In-Person Peer Support

For more information or to register for this service, call Carer Gateway on **1800 422 737** Mon–Fri, 8am–5pm

wellways

Wellways Australia will be your first point of contact for all Australian Government funded Carer services across Queensland and the New South Wales regions of South West Sydney and Nepean Blue Mountains. We want your experience with us to be a positive one and make a real difference in your life.

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IN-PERSON PEER SUPPORT

Connecting you with other carers





Carers supporting carers

Providing care for someone can be an isolating experience, especially if people around you don't really understand what it's like.

Meeting with other carers to share ideas, strategies and experiences can help ease some of the stress or loneliness you might feel. There's nothing like talking with someone who just gets it.

In-Person Peer Support groups are an opportunity to meet other people in a similar caring role. With the support of a facilitator who has their own carer experience, groups explore common issues and concerns for carers and share ideas for managing challenges.

Get to know other carers in your area

The free In-Person Peer Support program is a great way to take some time out for yourself, meet new people in your area, consider new ideas and connect with a supportive community.

Your local Carer Gateway service provider will match you with other carers in your area who share similar caring circumstances.

Groups meet regularly at a time and location that suits the group.