

Alice Springs Calendar 2019

Carer Support and Education Group Sessions

Event	Date	Time	Location	Description
 Care For A Cuppa	Tues 15th Jan	10am to 12pm	Café to be determined	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 C.A.R.E Support Group	Fri 01 Feb	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 19 Feb	10am to 12pm	Carers NT 1/9 Parsons St	Coping with Stress Session Saltbush will be conducting a session for Carers to learn how to cope with stresses of their caring role. Snacks/refreshments provided
 C.A.R.E Support Group	Fri 01 Mar	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 19th Mar	10am to 12pm	Café to be determined	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 C.A.R.E Support Group	Fri 05 Apr	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 16 Apr	10am to 12pm	Carers NT 1/9 Parsons St	Education Session
 C.A.R.E Support Group	Fri 03 May	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 21 May	10am to 12pm	Café to be determined	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 C.A.R.E Support Group	Fri 07 Jun	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 18 Jun	10am to 12pm	Carers NT 1/9 Parsons St	Wellness Session
 C.A.R.E Support Group	Fri 05 Jul	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 16 Jul	10am to 12pm	Café to be determined	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Christmas In July Party	Sun 28 July	TBA	TBA	Carers Christmas in June Carers Support Group winter celebrations
 C.A.R.E Support Group	Fri 02 Aug	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 20 Aug	10am to 12pm	Carers NT 1/9 Parsons St	Education Session
 C.A.R.E Support Group	Fri 06 Sep	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 17 Sep	10am to 12pm	Café to be determined	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 C.A.R.E Support Group	Fri 04 Oct	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Carer Support Luncheon	Sun 13 Oct	12-2pm	TBA	Carer Support Luncheon Carers luncheon to celebrate Mental Health and Carers Weeks
 Care For A Cuppa	Tues 15 Oct	10am to 12pm	Carers NT 1/9 Parsons St	Education Session
 C.A.R.E Support Group	Fri 01 Nov	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa	Tues 19 Nov	10am to 12pm	Café to be determined	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 C.A.R.E Support Group	Fri 06 Dec	10am to 12pm	Watertank Café	Carer Support Join our Carer Support group and enjoy a relaxing morning sharing stories
 Care For A Cuppa Christmas Party	December	TBA	TBA	Carer Support Christmas Party Join our Carer Support group Christmas Party