

## Caring for Carers



### **Support, contact and resources for parents and carers of children with a disability**

This is a new and free addition to the range of services offered by Muddy Puddles to assist and provide support to carers and families. Caring can be many different things to different people, but when the going gets tough it can be a stressful and isolating place. There is good evidence that carers often get forgotten, and we know that caring is a health hazard. However it is also true that there are major health benefits for everyone if the carer is doing well.

Come and have a cuppa, meet some new people who 'get it', share your knowledge and have some time just for you.

**9.30 – 11.00am on the fourth Tuesday of the month**

**Muddy Puddles, Batemans Bay**

**FREE childcare provided**

**Call us on 4472 6939 for more info**