

CARING FOR THE CARER



Quest for Life's Petrea King presents 4 **FREE** Online Workshops- Four Keys to Peace and Resilience.

Living with, and Caring for someone with a serious illness, chronic pain, dementia, mental health diagnosis or a psychological disorder can be distressing. Petrea's workshops will help you navigate an unknown landscape and manage the range of emotions associated with being a carer. Your ability to maintain hope, humour and optimism will be reinforced and you'll be motivated to implement the very necessary strategies for self-care.



(Petrea King- Quest for Life Foundation Founder and CEO)

Register for the FREE Online Workshops through the Try Booking links below. Numbers are limited. If you need assistance contact Carer Support on Ph: 02 9462 9488

Join us at 10.15am - Petrea will commence promptly at 10.30am and conclude at 11.30am These sessions are provided in partnership with Carer Support Services Northern Sydney Local Health District

<p><u>Workshop 1- Tuesday, May 4th</u> Control- Being present to life's challenges and recognising that while we can't always change what happens to us, we can change our response to what happens Try Booking Link to register for free workshop https://www.trybooking.com/BPZYD Zoom Link https://zoom.us/j/98017826745?pwd=MDY2b1duYURGanRTMGUzaG1uaGQzZz09</p>	<p><u>Workshop 2- Tuesday, May 18th</u> Commitment to living- Take responsibility and stop blaming or resisting what is- refocusing priorities and dealing with issues of forgiveness. Try Booking Link to register for Free workshop https://www.trybooking.com/BPZZZ Zoom Link https://zoom.us/j/93159929270?pwd=WxNuQ0ppSHV3cGkwRUdQZ0ZtSlhoZz09</p>
<p><u>Workshop 3- Tuesday June 1st</u> Challenge-Are we living life with a passion for who we are and what we are? Can we find meaning in our suffering? Try Booking link to register for free workshop https://www.trybooking.com/BQABI Zoom Link https://zoom.us/j/96470688578?pwd=RUNtOGlSWnpMU2w2dU9nazFJYmt2Zz09</p>	<p><u>Workshop 4- Tuesday June 15th</u> Connection- Feeling that we were loved and supported by those with who we share our life-family, friends, and community. Try Booking link to register for free workshop https://www.trybooking.com/BQACU Zoom Link https://zoom.us/j/99280692848?pwd=anJQd2F5YTVjcUJET0d2UmlLRHBwZz09</p>