

CARERS EVENTS APRIL – JUNE

FREE WORKSHOPS

SOUTH

Nutrition Workshop "Building a Healthy Pantry for Energy & Convenience"

29 April

10:00am – 12:00pm
Multicultural Hub,
Moonah

Gentle Yoga Workshop

8, 15, 22 and 29 May

1:00pm – 2:00pm
Venue TBC

Mindfulness for Adults with ADHD and People with Busy Minds

20 and 27 May
3, 10, 17 and 24 June

10:30am – 1:00pm
Venue TBC

Alcohol and Other Drugs Information Workshop

12 June

10:00am – 11:30am
Care2Serve, 95 Albert Rd,
Moonah

NORTH

Chair Yoga & Massage Workshop

9, 16, 23 and 30 April

10:00am – 12:00pm
Blackstone Christian Centre,
8 Neptune Drive,
Blackstone Heights

Nutrition Workshop "Integrative Nutrition Theory"

4 June

10:00am – 12:00pm
Blackstone Christian Centre,
8 Neptune Drive,
Blackstone Heights

Alcohol and Other Drugs Information Workshop

17 June

10:30am – 12:00pm
Blackstone Christian Centre,
8 Neptune Drive,
Blackstone Heights

NORTH WEST

Chair Yoga & Massage Workshop

7, 14, 21 and 28 May

10:00am – 12:00pm
UTAS Burnie (Room 242),
Cradle Coast Campus,
4–8 Bass Hwy, Burnie

Nutrition Workshop

11 June

10:00am – 12:00pm
Hive Tasmania,
50 Main Street,
Ulverstone

Alcohol and Other Drugs Information Workshop

18 June

11:00am – 12:30pm
UTAS Burnie (Room 165),
Cradle Coast Campus,
4–8 Bass Hwy, Burnie



Our workshops are funded by the Tasmanian Government Home and Community Care (TAS HACC) Program.

Caring for Older Tasmanians

In May and June, this year, we are running a series of workshops to help you navigate our free online resource, 'Caring for Older Tasmanians.' These sessions will cover essential topics, from having difficult conversations to understanding the aged care system—and more.

South

16, 23 and 30 May
6, 13 and 20 June (Fridays)
10:00am – 12:30pm
Care2Serve Office, Moonah
and Online

North

14, 21 and 28 May
4, 11 and 18 June
(Wednesdays)
2:00pm – 4:30pm
Blackstone Christian Centre,
Blackstone Heights and Online

North West

13, 20 and 27 May
3, 10 and 17 June (Tuesdays)
10:00am – 12:30pm
Care2Serve Office, Burnie
and Online

Statewide

13, 20 and 27 May
3, 10 and 17 June (Tuesdays)
7:00pm – 8:30pm
Online

Eligibility: You must be a current carer who is registered with Carer Gateway to join.
Please register your interest as spots are limited.

☎ 1800 422 737 (& press 1 at the menu) ✉ events@care2serve.com.au 🌐 care2serve.com.au/event-list

CARER SUPPORT GROUPS

Enjoy tea and coffee with others who understand the caring journey. Connect in a warm, inclusive space with support from Care2Serve. Some sessions may include guest speakers, education, or mindfulness activities.

- ◆ This is an online group for all carers
- ▲ This is a group for all carers
- ◆ This is a group for male carers
- * This is a group for carers of people with mental ill health and/or Dementia
- ☺ This is a group for carers of young people
- ▶ This is a group for carers who identify as LGBTIQ+
- ★ This is a group for carers of people with mental ill health
- This is a group for carers of people with Dementia
- ◆ This is a group for parents/grandparents caring for children who has special needs.

South

- **Dementia Carers Group**
South Hobart
Last Friday of every month
10:00am – 12:00pm
- ▲ **Eastern Shore Carers Group**
Geilston Bay
Fortnightly on Friday mornings
10:00am – 11:30am
- ▲ **Glenorchy Carers Group**
Glenorchy
Fortnightly on Tuesday mornings
10:00am – 11:30am
- ▲ **Hobart Carers Group**
South Hobart
Fortnightly on Monday mornings
10:00am – 11:30am
- ▲ **Huonville Carers Group**
Huonville
Second Wednesday of every month
10:00am – 11:30am
- **Kingston Dementia Carers Group**
Kingston
Monthly on Wednesday mornings
10:00am – 11:30am
- ▶ **LGBTIQ+ Carers Group**
North Hobart
First Thursday of every month
10:00am – 11:30am
- ▶ **LGBTIQ+ Online Carers Group**
Online
Second Tuesday of every month
4:30pm – 5:30pm
- **Moonah Dementia Carers Group (Hybrid model)**
Moonah and Online
Second Thursday of every month
10:00am – 11:30am
- ★ **North Hobart Mental Ill Health Carers Group**
North Hobart
First Tuesday of every month
10:00am – 11:30am
- ★ **South Hobart Mental Ill Health Carers Group**
South Hobart
Last Thursday of every month
10:00am – 11:30am

- ▲ **Nubeena Carers Group**
Nubeena
First Wednesday of every month
12:00pm – 1:30pm

North

- ▲ **Beaconsfield Carers Group**
Beaconsfield
Second Tuesday of every month
1:00pm – 2:30pm
- ▲ **George Town Carers Group**
George Town
Second Thursday of every month
12:00pm – 1:30pm
- ▲ **Kingsmeadows Carers Group**
South Launceston
Third Wednesday of every month
11:30am – 1:00pm
- ◆ **Male Carers Group**
Launceston
First and third Thursday
of every month
12:00pm – 1:30pm
- ▲ **Meander Valley Carers Group**
Deloraine
Fourth Wednesday of every month
12:00pm – 2:30pm
- * **Mental Health/Dementia Carers Group**
Launceston
Last Thursday of every month
11:30am – 1:00pm
- ▲ **My Time Carers Group**
Launceston
Third Tuesday of every month
11:30am – 1:00pm
- ▲ **Newnham Carers Group**
Newnham
Last Monday of every month
11:30am – 1:00pm
- ▲ **Northern Midlands Carers Group**
Northern Midlands
Second Monday of every month
11:30am – 1:00pm
- ◆ **Parents Caring For Children with Special Needs Carers Group**
Launceston
Third Monday of every month
11:30am – 1:00pm

- ▲ **Scottsdale Carers Group**
Dorset
Fourth Tuesday of every month
12:00pm – 1:30pm
- ▲ **St Helens Carers Group**
St. Helens
Fourth Tuesday of every month
2:00pm – 3:30pm

North West

- ☺ **Burnie (YP) Carers Group**
Burnie
First Wednesday of every month
1:00pm – 2:30pm
- ▲ **Burnie Carers Group**
Burnie
Second Friday of every month
1:00pm – 2:30pm
- ▲ **Devonport Carers Group**
Devonport
First Monday of every month
1:00pm – 2:30pm
- ▲ **Ulverstone Carers Group**
Ulverstone
Second Monday of every month
2:30pm – 4:00pm
- ▲ **Wynyard Carers Group**
Wynyard
Fourth Thursday of every month
2:30pm – 4:00pm

Statewide

- ◆ **Online Carers Group**
Online
Second Thursday of every month
7:00pm – 8:00pm

All registered carers are welcome to join. As some of these sessions include light refreshments. Please RSVP before attending so we can cater to your requirements.

