care2serve
YOU'RE ALWAYS FIRST
PART OF THE CARERS TASMANIA GROUP

Carer Events

October – December 2026

Free upcoming events for registered carers

SOUTH

Tai Chi

4 week series

Discover the benefits of gentle movement, including relaxation, improved balance, and reduced stress.

Mondays 5, 12, 19 and 26 October
10:00 am – 11:30 am
Jarrah Room, Bahá'í Centre, Hobart

Pressed Flower Lamp Workshop

Design and make a beautiful lampshade using pressed flowers in a relaxing, creative environment. Materials provided.

Tuesday 6 October
11:00 am – 1:00 pm
Moonah Arts Centre, Moonah

Quilt Making Workshop

4 week series

Discover the relaxing art of hand quilting and the simple pleasure of stitching alongside others in a welcoming and creative environment. Materials provided.

Wednesdays 4, 11, 18 and 25 November
10:00 am – 12:00 pm
Moonah Arts Centre, Moonah

NORTH

Pressed Flower Lamp Workshop

Design and make a beautiful lampshade using pressed flowers in a relaxing, creative environment. Materials provided.

Wednesday 7 October
10:30 am – 1:00 pm
Blackstone Christian Centre, Launceston

Tai Chi

4 week series

Discover the benefits of gentle movement, including relaxation, improved balance, and reduced stress.

Fridays 23, 30 October and 6, 13 November
10:30 am – 11:30 am
Melissa Wimmer Dance Studio, Launceston

Knitted Wire Bracelet Workshop

Create a bracelet with knitted wire and seed beads with multimedia textile artist Noelene Hammond.

Please note: basic knitting skills are required to participate. Materials provided.

Thursday 17 December
10:30 am – 12:00 pm
Blackstone Christian Centre, Launceston

NORTH WEST

Pressed Flower Lamp Workshop

Design and make a beautiful lampshade using pressed flowers in a relaxing, creative environment. Materials provided.

Thursday 8 October
10:00 am – 12:15 pm
Care2Serve, Burnie

Tai Chi

4 week series

Discover the benefits of gentle movement, including relaxation, improved balance, and reduced stress.

Mondays 9, 16, 23 and 30 November
2:00 pm – 3:00 pm
Platypus Room,
Burnie Library, Burnie

Mental Health First Aid

2 day workshop

Learn how to support someone experiencing mental health issues with care and confidence.

Tuesday 20 and Wednesday 21 October
10:00 am – 4:00 pm
Gateway Hotel, Devonport

hacc
home and community care

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

Want to suggest an event? Scan the code and let us know what you'd like to do!

To attend an event, please register online or contact us

www.care2serve.com.au/event-list

1800 422 737 (+ press 1) **events@care2serve.com.au**

National Carers Week 2026

Join us in celebrating Tasmania's 87,000+ family and friend carers as part of National Carers Week 2026 (11–17 October 2026).

NATIONAL CARERS WEEK

CARE FOR A CARER: MAKING CARERS VISIBLE
11–17 October 2026

SOUTH

Carer Fun Day & Expo

Wednesday 14 October
10:30 am – 2:30 pm
C3 Convention Centre, South Hobart

NORTH

Morning tea for all carers

Monday 12 October
10:00 am – 11:30 am
Tailrace Centre, Launceston

NORTH

Afternoon tea for all carers

Thursday 15 October
1:30 pm – 3:00 pm
Tailrace Centre, Launceston

NORTH WEST

Morning tea for all carers

Friday 16 October
10:00 am – 11:30 am
Windows On Westella, Ulverstone

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Caring For Older Tasmanians With Dementia

Join retired geriatrician Dr Jane Tolman for this free two-part deep dive into caring for someone living with dementia. Explore practical care strategies, finding community support and the services available to you as a carer. All sessions will be streamed online.

SOUTH

Friday 20 November and 4 December
10:00 am – 1:00 pm
Whitewater Room, Kingston Hub

NORTH

Wednesday 4 and 18 November
10:00 am – 1:00 pm
Launceston Eye Institute

NORTH WEST

Tuesday 3 and 17 November
10:00 am – 1:00 pm
Fenton Room, Gateway Hotel, Devonport

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Pre-employment Essentials for Carers

These free practical workshops are designed to help you make the transition into the workforce. Sessions will be held at Care2Serve's Moonah office, with the option to join online from anywhere in Tasmania.

Resume writing

Tuesday 6 October
10:00 am – 11:00 am

Starting your own business

Tuesday 10 November
11:00 am – 12:30 pm

Job applications

Thursday 12 November
10:00 am – 11:00 am

Interview skills

Tuesday 1 December
10:00 am – 11:00 am

Carer Support Groups

Groups meet once or twice a month in locations across Tasmania, with two online groups also available. Join other carers in a friendly, confidential space where you can talk and feel supported.

Guided by your feedback, sessions include a combination of educational, self-care activities and guest speakers.

Previous speakers have included Guide Dogs Tasmania, Dementia Australia, Tasmania Fire Service and Tasmania Police.

To join a group or find one near you, contact our team:
Phone 1800 422 737 (press 1) or email psg@care2serve.com.au

SOUTH

- **Eastern Shore**
  Fortnightly on Friday
  10:00 am – 11:30 am
- **Glenorchy**
  Fortnightly on Tuesday
  10:00 am – 11:30 am
- **Huonville**
  Monthly on Wednesday
  10:00 am – 11:30 am
- **Nubeena**
  First Wednesday every month
  12:00 pm – 1:30 pm
- **South Hobart**
  Fortnightly on Monday
  10:00 am – 11:30 am
- **ADHD and Busy Minds – Hobart**
  Last Wednesday every month
  10:00 am – 11:30 am
- **Alcohol or Other Drug Dependence – Hobart**
  Monthly on Monday
  10:00 am – 11:30 am
- **Children with Additional Needs – South Hobart**
  Monthly on Tuesday
  10:00 am – 11:30 am
- **Dementia – Kingston**
  Monthly on Wednesday
  10:00 am – 11:30 am
- **Dementia – South Hobart**
  Last Friday every month
  10:30 am – 12:00 pm
- **LGBTIQA+ – North Hobart**
  First Thursday every month
  10:00 am – 11:30 am
- **Mental Ill-Health – North Hobart**
  First Tuesday every month
  10:00 am – 11:30 am
- **Mental Ill-Health – South Hobart**
  Last Thursday every month
  10:00 am – 11:30 am

Are you interested in starting a support group in your area? Get in touch with us to find out more.

NORTH

- **Beaconsfield**
  Second Tuesday every month
  1:00 pm – 2:30 pm
- **George Town**
  Second Thursday every month
  12:00 pm – 1:30 pm
- **Kings Meadows**
  Third Wednesday every month
  10:00 am – 11:30 am
- **Launceston**
  Third Tuesday every month
  11:30 am – 1:00 pm
- **Newnham**
  Last Monday every month
  11:30 am – 1:00 pm
- **Northern Midlands**
  Second Monday every month
  11:30 am – 1:00 pm
- **St Helens**
  Fourth Tuesday every month
  1:30 pm – 3:30 pm
- **Children with Additional Needs – Launceston**
  Third Monday every month
  11:30 am – 1:00 pm
- **Male – Launceston**
  First and third Thursday every month
  12:00 pm – 1:30 pm
- **Mental Ill-Health/ Dementia – Launceston**
  Last Thursday every month
  11:30 am – 1:00 pm

NORTH WEST

- **Burnie**
  Second Thursday every month
  1:00 pm – 2:30 pm
- **Devonport**
  First Monday every month
  1:00 pm – 2:30 pm
- **Ulverstone**
  Second Monday every month
  2:30 pm – 4:00 pm
- **Wynyard**
  Fourth Thursday every month
  2:30 pm – 4:00 pm

ONLINE

Online groups available statewide – accessible from anywhere in Tasmania.

- **All Carers**
  Second Thursday every month
  6:30 pm – 7:30 pm
- **LGBTIQA+ – Online**
  Second Tuesday every month
  4:30 pm – 5:30 pm

CSG Sept 2026

Carer Retreats

Join us for a two-night, three-day all-expenses-paid retreat designed to nourish your body, mind and spirit.

Each retreat includes facilitated information sessions, wellness activities, wholesome food and the opportunity to connect with other carers.

Please note, our retreats are extremely popular! Visit our website to express interest or email events@care2serve.com.au. Successful applicants will be contacted.

SOUTH

Carer Retreat
Tuesday 1 to Thursday 3 December
Eastcoaster Resort, Orford

NORTH

Carer Retreat
Tuesday 17 to Thursday 19 November
Tamar Valley Resort, Grindelwald

NORTH WEST

Carer Retreat
Tuesday 27 to Thursday 29 October
Gateway Hotel, Devonport

Expressions of interest close three weeks prior to the retreat.

School Holiday Fun for Young Carers

Every school holidays, Care2Serve has a bunch of things to do for young carers 25 and under!

Visit our website for upcoming activities.
www.care2serve.com.au/youngcarerevents

Upcoming activities – NDIS and Veteran Support

Information sessions about accessing the NDIS and veterans' services will be launching soon. Watch this space!

www.care2serve.com.au/event-list

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Email: intake@care2serve.com.au
Phone: 1800 422 737
Website: carergateway.gov.au