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| CARERS SUPPORT GROUP  A FREE SUPPORT GROUP FOR CARERS AND PEOPLE LIVING WITH MEMORY LOSS  YEPPOON |  |

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| **ABOUT THE GROUP:**  This monthly group program is designed to support and assist with the feelings experienced by carers and people living with memory loss.    INTERACTIVE GROUP EXCERISES INCLUDE:   * Picture therapy * Relaxation exercises |  | INTERACTIVE GROUP DISCUSSIONS INCLUDE:   * What has been lost? * The importance of caring for the carer * Coping mechanisms * Celebrating the present & looking towards the future   VENUE:  Capricorn Coast Hospital and Health Service 8 Hoskyn Drive, Hidden Valley 4703  WHEN:  First Tuesday of each month (First session February 2nd 2016)  1:00pm – 3:00pm |

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| FOR MORE INFORMATION OR TO BOOK YOUR PLACE:  **Rockhampton Dementia Support Centre**  **238 Richardson Road, North Rockhampton 4701**  **Phone: (07) 4928 1926**  **Email: qld.rockhampton@alzheimers.org.au** | NATIONAL DEMENTIA HELPLINE  1800 100 500  FIGHTDEMENTIA.ORG.AU |
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