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| CARERS SUPPORT GROUPA FREE SUPPORT GROUP FOR CARERS AND PEOPLE LIVING WITH MEMORY LOSSYEPPOON |  |

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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 4703WHEN: 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 HELPLINE1800 100 500FIGHTDEMENTIA.ORG.AU |
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