“Precious”
BMS Multicultural Carer Support Group
A project of Boronia Multicultural Services in partnership with The Meadows SaCC

Are you caring for a child with special needs?
Concerned about the changes to the disability services?
Want to know how can other services support your role as a Carer?

Come and join us for a session on ‘Feelings’ with Mary Magias from Carers NSW
‘Feelings’ explores some of the feelings and emotions that carers often say they experience and how to deal with difficult feelings.

Meditation Session covering many topics such as Awareness, Gratitude, Forgiveness, Unconditional Love by Bharani Bussari
Bharani is a Reiki Master Teacher, Yoga Instructor, Pranic Healer and Siddha Science Healer

The support group can offer Carers:
• Confidential listening and support
• Help to access existing services, activities and resources

When: 31st August 2015 from 10am – 12pm
The group meets every fortnight (School term)
Next meeting date — 14th September 2015

Where: Toongabbie Community Centre (Billiard Room)
244 Targo Road, Toongabbie, NSW 2146

Contact: Malaika Raheja R.S.V.P is essential on (02) 9631 1777

Morning Tea provided
Childcare available upon request—booking needs to be made by 26th August 2015

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