

# Mindfulness for Carers Peer Support Group



Caring for someone with a  
terminal or life-limiting illness?  
**YOU ARE NOT ALONE.**

Join a warm, confidential group of fellow carers who understand the ups and downs of caregiving. Connect, reflect, and learn simple mindfulness tools to support your wellbeing. Enjoy peer-led discussions in a safe space, share experiences, and explore topics like grief, identity, and practical supports. Sessions are co-designed by carers and held weekly or fortnightly. Find connection, strength, and self-care together.

## When and Where:

This is an expression of interest. We'll set the dates, times, and location once we know who's keen to join and the areas that work best, so the group is as accessible and convenient as possible for everyone.

## RSVP and additional info:

If you are interested in this group follow this link [www.karuna.org.au/carers-support](http://www.karuna.org.au/carers-support) and complete the enquiry form and one of our team will be in touch. To speak with someone directly call Karuna on 36328300.

To find out more about Carer Gateway visit [carergateway.gov.au](http://carergateway.gov.au) or call **1800 422 737** Monday to Friday, 8am to 5pm. Emergency respite support available 24/7.