



CENTRAL COAST  
**ARAFMI**  
MENTAL HEALTH AND MORE

# Central Coast Carer Connection Meeting

10:30am-3:00pm

Last Thursday of Each Month  
21 Bellbowrie Ave, Narara

- ***Do you care for someone impacted by mental health issues at home or from afar?***
- ***Or are you a full-time carer for your grandchild?***

Join us for a chat and lunch at our monthly meetings to connect with others and share your issues and experiences.

Run by Mental Health Carers NSW (MHCN) and  
Central Coast ARAFMI.

## **Connection is more important than ever.**

The most important part of Mental Health Cares NSW's (MHCN) peak body work relies on connecting with carers and hearing directly from you about issues you or your family face, services and supports you want to access, and how you can provide the best support you can to your loved ones.

Through the Mental Health Carer Advocacy Network, MHCN wants to create relationships with Carers, families and friends of people with mental health issues. We want Carers to get to know their peak body and we want to understand the different experiences of Carers.

This Carer Connections Meeting will be run by MHCN's Carer Network Facilitator, a Carer who will talk with you about what is happening in your lives. It will be a space to catch up, meet new people, and talk about your advocacy interests and your interests outside of caring. These meetings will help build links between Carers for mutual support and will help inform MHCN's policy and advocacy work.

**For more information, contact Douglas Holmes:**  
[douglas.holmes@mentalhealthcarersnsw.org](mailto:douglas.holmes@mentalhealthcarersnsw.org)