



of Technology

IT & WELL

Welcome to Semester 2 2022 for CIT Skills for Carers!

Let's welcome Semester 2, 2022 with happiness, joy, and aspiration. CIT Skills for Carers will give you loads of reasons to come along and join us. We hope that your

of Technology

GPO Box 826

T (02) 6207 3628

E carerskills@cit.edu.au

W cit.edu.au

This semester, Hatha Yoga and Healthier Carers are continuing every week at Kaleen Community Hall, Kaleen. Dru Yoga is continuing every Wednesday at Weston Creek Community Centre. We are scheduling First Aid and Mental Health First Aid Workshops for this semester, Mindfulness and Meditation together with Creative Sessions including Mixed Media and Gifts for Christmas.

This semester, CIT Skills for Carers continues to encourage carers to take time out to care for themselves. We encourage carers to take advantage of our

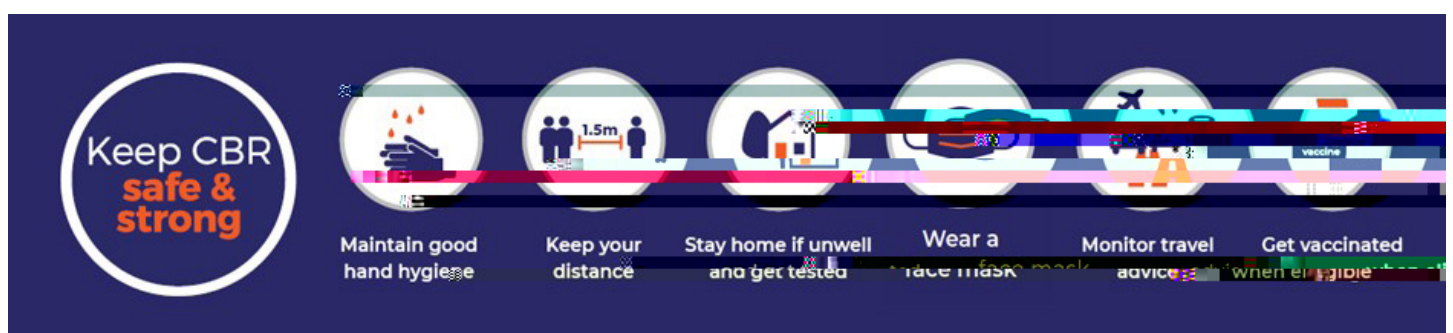
may assist you in your carer role.

All our courses are for family or unpaid carers, not

course fees.

Provided with assistance from the ACT Government, Community Assistance Support Program (CASP).

This is non-accredited training.





Activity program

designed to improve the health and wellness of carers through physical activity sessions. Classes run twice

Mental Health First Aid:

You are invited to attend an information accredited Mental Health First Aid introduced to Mental Health First Aid. recognise and frightening to deal with.

assisting in mental health emergencies.

Facilitator:	
Date:	Tuesday 23 August 2022
Time:	
Venue:	Weston Creek Community Centre — Meeting Room 2
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

Mixed Media Creative Sessions

In these mixed media sessions held over two weeks, picture, special greeting cards or journal pages.

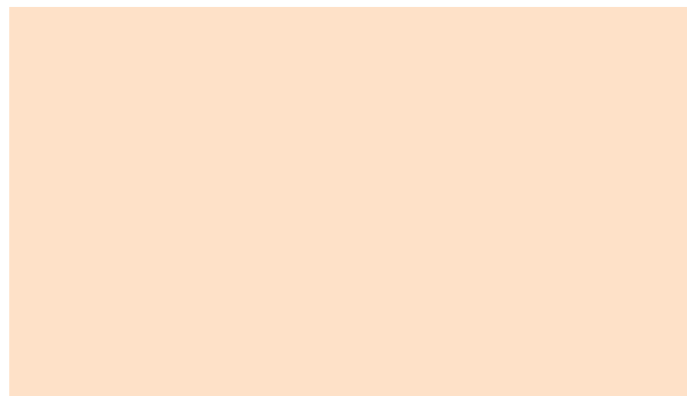
don't forget your journal if you would like to do some journal pages.

Facilitator:	Carol Guy
Date:	
Time:	
Venue:	Weston Creek Community
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

Mindfulness and Meditation

In this Skills for Carers event, we will explore Mindfulness and Meditation. It will include the importance of mindfulness and meditation if you are new to the practices, an introduction to a selection of mindfulness and meditation practices and discover

This workshop is a mixture of seated learning and sized towel and any yoga props you may have.





Mini Yoga Retreat for Carers

together as we discuss how you can support yourself through small rituals of self-care, creating a mini-

Facilitator:	Sarah Nuttridge
Date:	
Time:	
Venue:	Weston Creek Community
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

First Aid Basics Workshop



This First Aid Basics workshop is help you cope with emergencies.

Facilitator:	
Date:	
Time:	
Venue:	Weston Creek Community
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

of healthy eating, key nutrients to support good cholesterol and how to reduce the risk of heart disease and wrap up the session with practical advice for

Facilitator:	Claire Buechel
Date:	
Time:	
Venue:	Weston Creek Community
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

