

# Time Out for me!



**CARER SUPPORT SERVICES**



**Ph 1800 786 227\***

[www.suncare.org.au](http://www.suncare.org.au) | [info@suncare.org.au](mailto:info@suncare.org.au)

# Carer Support Services

## New groups and activities for carers!

Suncare Community Services is excited to announce new **free** support groups for carers living in the **Sunshine Coast** and **Gympie** regions.

Our team appreciate the importance for those who care for others to have time out just for yourself to rejuvenate, connect and engage.

Our **“Time Out for Me”** groups offer peer support and time out in a relaxed environment with a complimentary morning or afternoon tea.

Groups are available in

- Buderim
- Caloundra
- Cooroy
- Cotton Tree
- Gympie
- Nambour
- Tewantin
- Tin Can Bay

*Are you interested in participating in social & educational activities?*

Suncare hosts various activities for eligible carers in the Sunshine Coast region. Call us to register your interest!

## Who is eligible?

Any person who is in a caring role can attend a free group.

*Call our friendly team today for more details!*

Ph **1800 SUNCARE** (1800 786 227)

\*Free call except from mobiles

