

carers community hub

A place and time for YOU



INSPIRING PEOPLE WITH DISABILITIES THROUGH
AWARENESS, RESOURCES, EMPOWERMENT AND UNITY.

**Refreshments
Relax
Read
Chat**

**Informal activities
(No charge)
Drop in whenever**

**disability
resource library**



**Carers Acting Up
Fun Theatre
Programme \$10
2.00 pm – 4.00 pm**

**Formal activities
Set times
Need to book \$10**

**Meditation, laughter
classes, vision
boards, information
sessions, much more!**



Come along, recharge and connect!!!

**Sunday 10 February
1.00pm – 4.30pm**

Venue: Yarrunga Community Centre, 78-86 Croydon Hills Drive, Croydon Hills
For more information and bookings go to connect@idareu.org.au