



**Glenroy  
Neighbourhood  
House**



# Parent & Guardian Carers Support Group

1st Thursday of the Month

9.30am to 11.30am

Peer-to-Peer Support

Professional Speakers

Workshops

Access to Resources

Connection to Local Supports and Services

Come along to connect, increase your knowledge and allow yourself some time to look after your own wellbeing, recharge and learn how to practice selfcare.



\*Scan the QR code to register attendance

**5B Cromwell St, Glenroy**  
**[www.gnh.org.au](http://www.gnh.org.au)**  
**9304 3910**