

**Kilbride  
Centre**

## *Carers Program*

### *A Program for Carers*

If you care for a person who is suffering from a mental illness, we offer free-of-charge, a variety of courses and activities conducted at Kilbride, e.g. Shiatsu, counselling, drumming, gentle yoga, craft mornings, card making, and hand painted silk scarves.

*A Kilbride program co-sponsored by the Carers  
Respite Centre, Southern Region.*

**For more information, phone Judy Treacy on 9690 1076 on Tuesdays**

*Enquiries: 9690 1076*

