



Are you caring for someone?

# Let us care for you

STEPS Care For Carers would like to invite carers of all ages and backgrounds to join us for coffee and information sharing.

Meet other carers who understand the highs and lows of caring for someone due to age or disability.

ONE ON ONE COUNSELLING ALSO AVAILABLE

## We have regular meetings in your area

**WHEN**

3<sup>rd</sup> Wednesday of each month  
10.30am to 12.30pm

**WHERE**

Kingaroy RSL in the Tobruk Room  
Markwell Street, Kingaroy

**COST**

Morning tea is provided at no cost to the Carer

New Carers always welcome!



**GROUP  
AUSTRALIA**

*Ready. Step. Go.*

### STEPS CARE FOR CARERS PROGRAM

For all enquiries across the Wide Bay Burnett

A Shop 3 / 2 Bourbong Street BUNDABERG, QLD 4670

P 07 4150 1900

E bundaberg@stepsgroup.com.au

W [www.careforcarers.com.au](http://www.careforcarers.com.au)

 [www.facebook.com/groups/careforcarers](https://www.facebook.com/groups/careforcarers)



**Australian Government**  
Department of Health and Ageing



home and community care