

# Care Matters Workshop

Current, relevant, practical information for family, whanau and carers of children and adults with disabilities.

## Nelson

### FREE WORKSHOP

**Date: Tues, 30 August**  
**Time: 9.30am – 2.30pm**

Venue confirmed on registration

Lunch provided

Facilitators with lived experience

### EXPLORE – LEARN – CONNECT

We aim to ensure workshops meet local interests and needs.

Topics many carers have requested at previous workshops include:

- Understanding Funding
- Managing Stress
- Effective communication
- Enabling Good Lives and Planning for the Future

Please fill out the

[registration form](#) or contact us on:

Freephone: 0508 726 769

Txt: 027 414 5267

Email: [samsno@actrix.co.nz](mailto:samsno@actrix.co.nz)

A service provided by SAMS  
and Parent to Parent



CARE MATTERS  
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[www.carematters.org.nz](http://www.carematters.org.nz)

