

ONLINE EDUCATION AND SUPPORT



Keeping carers informed and connected

Carers NSW is introducing a new education module for carers - **Supporting Carers through COVID-19**. It is a free interactive session that provides carers with an opportunity to:

- Discuss the impacts of COVID-19 restrictions
- Learn about strategies and services available that support carer health and wellbeing and how to access these
- Explore strategies for keeping connected with other carers.

Carers NSW is also offering carers and service providers other online education sessions and opportunities to connect. These include:

- Understanding the new Carer Gateway
- Navigating My Aged Care
- Transitional Care
- Carer Support Groups: a workshop for facilitators
- Carer Hangouts
- Facilitator Meetups

For information about these sessions, including dates and registration, [click here](#)