

Making Space

Creative Peer Support for Carers



A shared space for all carers — including everyday parents — to pause, connect, and make some stuff together.

The session offers you time out, peer connection, and space to notice your own responses when caring for others — including becoming more aware of your limits, and what helps you continue when things feel stretched.

www.crayonsandstuff.com.au/workshops/peer-support-carers

Details

Thursday 19 February 1.30-3pm

Berninneit – Community Room (Medium)

91-97 Thompson Avenue, Cowes

With support from Uniting Vic Tas & Carer Gateway

Bookings and Information

www.crayonsandstuff.com.au/workshops/peer-support-carers

Who can attend

Open to parents and people who support or care for others — in families, communities, or informal caring roles. No prior art experience is needed — this is about simple, meaningful making, not artistic skill.

Pricing / Funding Options

\$50 / \$40 (concession) — with a sliding scale if needed

Some participants may be eligible for funding through Carer Gateway. This includes people caring for someone with a disability, mental illness, medical condition (incl. chronic conditions), or frailty due to age. Please get in touch if this applies to you — if you are not yet registered i can help you with the process.

About the facilitator

Alisoun Neville

Creative Arts & Somatic Therapy

info@alisounneville.com.au / 0405 778 518