



**St George Migrant  
Resource Centre Inc.**

## **CALD COMMUNITY CARE PROGRAM Carer Support Services**

**For carers from Culturally and Linguistically Diverse (CALD) communities in the St George and Sutherland Shire regions**

The CALD Community Care Program can provide you with:

- ◆ **Information** about services available to support you in your caring role, **guided referral**, follow up and **advocacy**
- ◆ **Individual advice**, counselling and emotional support
- ◆ Regular **telephone support**
- ◆ **Opportunities to learn** and develop your caring skills and learn about self care through educational workshops and information sessions on specific topics
- ◆ **Opportunities to connect with other carers** and share experiences at regular monthly Carer Support Groups, quarterly outings and other social gatherings.
- ◆ **Appropriate language and cultural support** by bilingual Home and Community Care (HACC) Case Workers

*Let us support you through your caring journey!*

### Contact details:

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