

The ACCF Community Projects Grant 2024/25

Project **Triple R** - Refresh, Recharge and Reconnect -
mental health essentials for CALD carers/families of PWD



Fitness Class 健身課 for Carers

Program

- 11:00 am - 12:00 pm Fitness Class
- 12:00 pm - 1:30 pm buffet lunch at the Food Choice Family Buffet Restaurant, Merrylands Bowling Club

Fee 費用

- Fee per parent-carer \$15 including fitness class & buffet lunch

Registration 報名

- Closing date for registration
報名截止日期 05/07/2025
名額有限, 額滿即止
@ admin@chineseparents.org.au /
0402 941 090 to Maria
- Priority will be given to the participants of the Triple R Mental Health Workshops
心理健康工作坊參加者優先
- Payment is required upon registration
報名同時請繳付費用
- Cancellation - full fee \$15 will be forfeited
如退出 - 全額費用將不會退還

17 July 2025
Thursday
11:00 am - 1:30pm
Merrylands
Bowling Club
65 Newman St,
Merrylands