

The ACCF Community Projects Grant 2024/25

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

Mental Health Workshops 心理健康工作坊

A series of 3 informative workshops for carers of PWD
at Cabra-Vale Diggers, 1 Bartley Street, Canley Vale

1



Workshop I

“Are you OK?”

心理健康失衡的警號

Awareness of mental
health issues and
symptoms

06 March 2025 Thursday
11:30am - 2:30pm

粵語講座

2



Workshop II

“I'm not alone”

社交聯繫不可或缺

Importance of
being socially
connected

01 May 2025 Thursday
11:30am - 2:30pm

粵語講座

3



Workshop III

Food & Mood

食物與心理健康的關係

The correlation
between mental
health and food

03 July 2025 Thursday
11:30am - 2:30pm

英語講座

Refresh - Recharge - Reconnect:

Carers reported high levels of psychological distress as shown by the 2022 National Carer Survey report. Also, carers “do not have the time or energy to prioritise their own health” and “nearly 2 in 3 carers have a chronic health condition, compared to 1 in 3 Australians overall.” (Carers NSW Australia).

Workshops
conducted by:



Noris Ma, Psychologist /
Melinda Overall,
Certified Nutritionist

Registration by 22/02/2025 is essential due to limited spots
Payment is required to secure your spot upon registration
報名截止日期 22/02/2025 名額有限, 額滿即止, 報名同時請繳付費用
@ admin@chineseparents.org.au / 0402 941 090 to Maria

Fee: \$10/session/carer
Light lunch included
費用包括簡便午餐



澳洲弱能兒童協康會

Chinese Parents Association-Children with Disabilities Inc.



澳洲華人公益金

Australian Chinese Charity Foundation Inc.