



## Professionals Navigating the East with Carers



**Thursday  
12th August  
9am–12.30pm**

**Registration is free and essential  
via [Eventbrite link](#)**

**Webinar link provided on registration**

Carers often feel left out of the care, and can be ill-equipped to navigate to the right supports for their loved ones. As professionals, we need to understand what kind of supports are available for carers, and how we can best help them as they hold the majority of responsibility for the people they are caring for. This forum aims to help you do this better. The following sessions are included:

- **Challenges for Carers navigating supports**
- **Applying the Trauma Lens**
- **Carer Self-care**
- **Carer Entitlements**
- **Carer Supports and Resources**
- **Carer Participation**

A recording of the webinar will be available on the EMHSCA webpage at <https://www.emphn.org.au/what-we-do/mental-health/eastern-mental-health-service-coordination-alliance-emhsca> following the event.