



# Kitchen Table Conversations for Carers

Pull up a virtual chair and join fellow carers for honest chats, shared wisdom, and a few good laughs (or tears) along the way.

## 2025 Dates

**Sessions are held at 11am & 6:30pm**

Wednesday 9 July

Wednesday 3 September

Wednesday 1 October

Wednesday 29 October

Wednesday 10 December



**SCAN ME**



Register to Join: [carers@mndqld.org.au](mailto:carers@mndqld.org.au) | 07 3372 9004