



Support for you, while you support a little one



Caring for little ones can be an important and meaningful part of life. **Carers Connect** gives you dedicated time to focus on your own wellbeing, what matters to you, and everyday life.

What is **Carers Connect**?

Carers Connect offers free, confidential, one-to-one sessions designed around you.

- ✓ Practical support
- ✓ A listening ear
- ✓ Time for you.

You might want help working through a decision, managing stress, building confidence, finding more time for yourself, or simply talking things through with someone outside your usual circle.

Carers Connect is informed by evidence-based wellbeing approaches, including Low Intensity Cognitive Behavioural Therapy (LiCBT) and Social Prescribing. Your Coach can help you explore practical strategies and connect with other services or community supports when useful.

What can I **expect**?

- ✓ A space to focus on you
- ✓ Time to talk about what matters to you
- ✓ Practical ideas and strategies
- ✓ Support with everyday challenges and decisions
- ✓ Flexible sessions by phone, video or in person
- ✓ Support at a pace that works for you
- ✓ Help connecting with other supports when useful
- ✓ Completely free and confidential.

There are many reasons to **connect**.

You may want to:

- Make more time for your own wellbeing
- Talk through something on your mind
- Manage stress, worry or competing responsibilities
- Build confidence or strengthen everyday routines
- Work through a change or difficult decision
- Stay connected with people and activities that matter to you.

You do not need to know exactly what you want to work on before getting in touch.

How can I **connect**?

Carers Connect is provided at no cost to people aged 12 and over who live, work or study on the Gold Coast and have a caring role. Visit the website below or scan the QR code to learn more and register.

You can reach out whenever some extra support would be useful.

Contact **PCCS**

☎ (07) 3186 4000

✉ enquiries@pccs.org.au

🌐 pccs.org.au/cc



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This service is supported by funding from Gold Coast Primary Health Network (GCPHN) through the Australian Government's PHN Program.