

## Macramé and Card Making Workshops for Carers

Come and be creative and join other carers in a relaxing mindful sessions of Macrame and Card Making and feel connected.

Take some time out from the caring role for a fun interactive workshop via zoom where you can make your own macrame hanging planter, learn traditional macrame knots and then have the chance to design and create your own unique piece to keep. Or join in on a Creative Card Making workshop.

Materials are all sent to you!

**WHEN: Join Group 1 – Macramé workshop**

Monday 11 October 10am to 11.30am

Monday 18 October 10am to 11.30am

**Join Group 2 – Macramé workshop**

Thursday 14 October 10am to 11.30am

Thursday 21 October 10th to 11.30am

**Join Group 3 or 4 - Card Making Workshops**

Tuesday 26 October 10am to 12noon

Or Tuesday 26 October 1pm to 3pm

**WHERE:** Rita's Studio via Zoom!

**RSVP:** Via email: [peersupport@merrihealth.org.au](mailto:peersupport@merrihealth.org.au)

Phone: Merri Carer Services - 0417 128 300 or

0419 109 317



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