

**pole depot**  
Community Centre

Supporting you in our community



## **Pole Depot Carers Support Service**

# **Resilience**

What is it?

Can we learn to be more resilient?

To find out, we encourage you to attend this 3-session course on Resilience.

**Dates: Mondays — 5th, 12th & 19th March**

**Time: 10:30 am—12:30 pm**

**Venue: Pole Depot Community Centre  
23 St Georges Road, Penshurst**

**Cost: Gold Coin**

**RSVP: 24th February 2012**

This course is available to carers living in St George area.

**For more information or to register,  
contact Cares Support Team  
on 9580 0688**

**23 St Georges Road Penshurst NSW 2222**

**T (02) 9580 0688 F (02) 9580 4487**

**[www.poledepot.org](http://www.poledepot.org)**