



### **Want to join the Young Carers PeerSupport Group?**

Our school is taking a proactive approach to supporting young carers that attend Orelia Primary School. With the support of the Young Carer team at Carers WA this year and beyond, we want to do our best as a school and community to support all of our young carer students in our school.

On average at least 1 in 11 young people in Australia have some level of responsibility as a carer in their home, equating to an average of 2-3 young carers in every classroom.

This is an opportunity to socialise, engage in fun activities and discuss your caring role.

A young carer is a young person under the age of 25, providing unpaid care to a loved one who may have a chronic illness, disability, mental health, alcohol or other drug dependency or who is frail aged.

We would like to invite young carers along to attend our very first Young Carers Peer Support Group catch-up! This is a confidential and safe space for anyone interested to chat with others in similar situations, engage in activities and build on their self-care skills.

If you would like to be involved, you can speak with School Chaplain Mrs. D'Souza) who can provide you with more information and put you on the list. Please contact her (08 6174 1200 / [mariza.dsouza@education.wa.edu.au](mailto:mariza.dsouza@education.wa.edu.au)) for any questions about the group.