

# Wellness Morning Tea



Come along and meet with other families, enjoy some morning tea with us, and learn about the six dimensions of Self Care.

Run by Social Work students under the guidance of our Occupational Therapist .

Venue: Dome Gosnells meeting room  
Every Wednesday for 6 weeks  
Time: 9.30—10.30am  
RSVP: 92624900

Email: [therapy@directions.asn.au](mailto:therapy@directions.asn.au)



**Directions**  
Disability Support Services