

Carer Support Groups in the Southern Metropolitan Region

Carer Support Groups offer family carers an opportunity to talk to others in similar situations and share their experiences. The Carer Support Groups also have valuable knowledge about conditions, disabilities and services that are available to assist carers in their caring role.

◇ GLEN EIRA ◇ PORT PHILLIP ◇ STONNINGTON ◇

Caulfield Carer Support Group	Meets 1st Thursday of the month at 1pm. Caulfield Community Health Service Ashley Ricketson Centre Gate 2, 260 Kooyong Road, Caulfield 3162	Sue Bottomley	9076 6666
Malvern Carer Support Group	Meets 1st Wednesday of the month at 1.30pm St Georges Anglican Church 296 Glenferrie Road, Malvern 3144	Sue Bottomley	9076 6666
Glen Eira Lupus Sjogrens Self Help Group	Meets bi-monthly 4th Friday of the month from 10 to 11 am. Self-help for people with Lupus. Bentleigh Bayside Community Health Centre Gardeners Road, Bentleigh East 3165	Nona Hurrell	9575 5336
Brighton Carer Support Group	Meets 2nd Wednesday of the month 7.30 to 9.30pm. Girrawheen Day Centre 3 Murphy Street, Brighton 3186	Jackie Gleeson	9575 5322
Toorak Support Group	Meetings every 2nd month. Please call for details. John MacRae Centre	Katrina Szabo & Margaret Labb	9829 0320
Cerebral Palsy Support Group	Meets 3rd Thursday of the month at 10am.	Kerrie Lyons (MOIRA)	8552 2222
“Living with Dementia” Jewish Carer Support Group	Meets every six weeks on Monday 7.30 to 9pm. Temple Beth Israel Synagogue Alma Road, St Kilda 3182 **Please call for date of next meeting**	Dot Nathan	9510 1488
Down Syndrome Carer Support Group	Meets last Monday of the month from 9.30am The Spotted Dog Café 260 Centre Road, Bentleigh 3204	Kerrie Lyons (MOIRA)	8552 2222
Port Phillip Carer Support Group (carers must live in Port Phillip)	Meets 2nd Wednesday of the month 12noon to 2pm. Cora Graves Centre 38 Blessington Street, St Kilda 3182 **First timers please call before attending**	Marg Moore	9209 6223
Port Phillip Carer Support Group	For parent carers of children with a disability. Meets each month at various venues.	Michelle Blannen	9534 7530
Inner South Parents and Friends	Meets 2nd Tuesday of the month at 7.30—9.30pm at 36 Bath Street, St.Kilda E:alfredpsych.parentsfriends@alfred.org.au	Office Penny Lewison	9076 4713 9690 1759
GROW –Better Together, Carer Support Group (Caulfield)	Contact GROW on 1800 558 568 E:vic@grow.net.au		

◇ KINGSTON ◇ BAYSIDE ◇

Chelsea Carer Support	Meets 1st Wednesday of the month 1.45 to 3.00pm. Central Bayside Community Health Service 1/3 The Strand, Chelsea 3196 **Starts back up Feb 08**	Brian Sinclair (CBCHS)	9781 9333
Clarinda Carers Group	Meets 3rd Wednesday of month, 11am to 12.30pm. Central Bayside Community Health Service 58 Viney Street, Clarinda 3978 **First time attendees please call before meeting**	Maggie Cripps (CBCHS)	9552 4333
Brighton Carer Support Group Self Help	Meets 2nd Wednesday of month 7.30 to 9.30pm. Girrawheen Day Centre 3 Murphy Street, Brighton 3186	Phone Intake	9575 5322
Bentleigh East Carers Group	Meets 3rd Thursday of the month from 10 to 11am. Bentleigh Bayside Community Health Centre Gardeners Road, Bentleigh East 3165	Phone Itake	9575 5303
Cheltenham Alzheimer's Carers Group	Meets 2nd Thursday of the month 1.30 to 3.00pm. 335-337 Nepean Hwy, Parkdale	Jane Cheong	8587 0194
Cheltenham Carers Group For Carers of People with a Mental Illness	Meets 1st Wednesday of the month at 7.30pm. Reach Out Southern Mental Health 3 Stanley Ave, Cheltenham 3192 E: hgeerts@smha.org.au	Heather Geerts (Southern Mental Health Association)	9585 5677
Partners Carers Group For Carers of People with a Mental Illness	Meets 2nd Wednesday of the month at 7.00pm. Reach Out Southern Mental Health 3 Stanley Ave, Cheltenham 3192 E: hgeerts@smha.org.au	Heather Geerts (Southern Mental Health Association)	9585 5677
Young Carers Group For Carers of People with mental illness	Reach Out Southern Mental Health 3 Stanley Ave, Cheltenham 3192 **Please call for date of next meeting**	Heather Geerts (Southern Mental Health Association)	9585 5677
Bridging the Gaps For carers of young people 16+ with	Meets 1st Wednesday of the month, 7.30pm 197 Bluff Road, Sandringham 3191 **First timers please call before attending**	ARAFEMI Carer Helpline	1300 550 265
Natural Therapies Awareness Group (To share information about therapies that may assist people with disorders and disabilities)	Meets 3rd Thursday of the month from 10am Muffin Break at Parkmore Shopping Centre 317 Cheltenham Road, Keysborough 3173	Leanne	9580 2353
Cerebral Palsy Support Group	Group for parents of children with Cerebral Palsy. Please call for details.	Kerrie Lyons (MOIRA)	8552 2222
DUCKS "Dads understanding	Meets 1st Thursday of the month from 7.30pm. Papagello's Pizza Restaurant 754 Hawthorn Road, Gardenvale 3185	Kerrie Lyons (MOIRA)	8552 2222
Reach Respite Program For Carers For carers of the elderly and those	Meets 3rd Friday of the month 1.30 to 3.00pm. Sandybeach Centre 2 Sims Street, Sandringham 3191	Joy Supple/ Tim Gerrard (Sandybeach Centre)	9598 2155
South East Anxiety Disorders Support Group	2nd Monday of the month Bentleigh Bayside Community Health Services Gardeners Rd, Bentleigh	ARC	9886 9377
Primary School Autism Spectrum	Meets 1st Thursday of every month, except school holidays, at the MOIRA meeting room- 920 Nepean	Kerrie	8552 2222

◇ CASEY ◇ CARDINIA ◇ GREATER DANDENONG ◇

Dandenong Hills Autism & Special Needs Support Group	Meets 3rd Wednesday of the month from 12.30pm. Jewel's Café 348 Belgrave-Gembrook Rd, Emerald 3782	Barb	5968 9014
Cranbourne Parents Special Needs Support Group	Meets 2nd Thursday of the month at 12noon. Park Hill Plaza Shopping Centre 215-225 Parkhill Drive, Bewick 3806	Kerrie Lyons (MOIRA)	8552 2222
ERHMA's Carer Support Group Berwick	For carers of people with mental illness. Meets 1st Wednesday of the month 7pm-8.30pm. Old Cheese Factory, Homestead Rd, Berwick.	EHRMA Deirdre	9796 1000
Multicultural Mental Illness Group	For people with mental illness and their carers from non-english speaking backgrounds. Meets weekly in Dandenong.	Ellen (ERHMA)	9706 7388
Grandparents Support Group (For carers of grandchildren with a disability)	Meets 3rd Wednesday of the month from 10.00am. **Call for details**	Kerrie Lyons (MOIRA)	8552 2222
CALD Carer Support Group (For parents who were born overseas and have a child with a disability)	Meets 3rd Thursday of the month 12 noon Dandenong **Please call for details**	Kerrie Lyons (MOIRA)	8552 2222
Cranbourne Carer Support Group Support, Guest Speakers, Social activities, information sharing	Meets 2nd Tuesday of month, 1.30pm to 3.30pm. Cranbourne Integrated Care Centre 140-154 Sladen Road, Cranbourne 3977 **First timers please call before attending**	Jill Rees (Community Health Service) Dian Hoey	5990 6789 5990 6341
Cranbourne Stroke Support Group For carers and people who have suffered CVA. Information sharing, support & social	Meets 1st Friday of the month 1:30 - 3:30pm. Valepark Community Centre Cnr Fairbairn Rd and Valepark Dr, Cranbourne 3977 **First timers please call before attending**	Jenny Alcorn (Carer) & Lyn Meagher	5971 5299 5996 6446
Movement Disorders Support Group For carers for people with neurological disorders. (Doesn't run Jan)	Meets 1st Monday of month 10.30am to 12.30pm. Church of Christ, Cheltenham **First timers please call before attending** **Please note there is also a respite group that runs at the same time to enable carers to attend**	Barbara Winkler	9265 1481
Pakenham Carer Support Group For carers of all ages. Support, information sharing, guest speakers and social activities	Meets first Monday of month, 10.30am to 12.30pm. Pakenham Community Health Centre Princes Highway, Pakenham 3810	Mary Garrett (Community Health Service)	5990 6161

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Casey Parents Group For carers of adult children	Meets first Wednesday of everyone second month at 12noon, in Cranbourne.	Elize Schutt	9707 5014
GROW –Better Together, Carer Support Group (Dandenong)	1st&3rd Wednesday of the month at ERMHA 67 Robinson Street, Dandenong E: vic@grow.net.au	Grow	1800 558 268
Multicultural Carers Support Activity Group	Meets last Tuesday of the month, 10am to 12noon. Migrant Resource Centre Level 1, 314 Thomas Street, Dandenong 3175 **Please call to check eligibility before attending**	Zlata Bukarica (Migrant Resource Centre)	9706 8933
Aged Carer Support Group Support, information sharing, guest speakers, social activities.	Meets 3rd Monday of the month at Dandenong 10am-12pm.	Helen Cook (Carer)	9703 1916 / 0414 467 007
Dementia Carer Support Group, Dandenong Support, information sharing, guest speakers, social activities	Meets 3rd Tuesday of the month 10.30am-12.30pm Commonwealth Carer Respite Centre Southern Reg. 50 Walker Street, Dandenong 3175	Lynn Brayshaw (Community Health Service)	9795 9315
Male Carer Support Group (for male carers of older people & people with dementia)	Meets every 2nd Monday of the month, 12noon to 2pm. Meets at Commonwealth Respite & Carelink Centre Southern Region, Level 1 - 31 Princes Hwy, (service road), Dandenong.	Graham Walker (Carer)	9554 8405
◇ MORNINGTON PENINSULA ◇ FRANKSTON ◇			
Carer Support Group	Meets 1st Friday of the month 9.30 to 11.30am at Rosebud Rehabilitation Centre, 288 Eastbourne Road, Rosebud.	Lani Peach	9547 1883 / 9212 3000
Relinquishing Carers Support Group	Meets 1st Friday of month for lunch at 12noon. Every other Friday from 2pm. **Please call for location details	Joan Blonk	9788 1276
St Peters Carers Group	Meets 2nd Thursday of the month 10am to 12 noon at St Peter's Church Meeting Room, Octavia Street, Mornington.	Lani Peach	5986 6353
Parent/Carers Support Group	Meets 4th Wed of the month 10am to 12 noon at Orwil Street (not taking any more referrals). Community House, Frankston.	Val Mayer Lani Peach	9788 1370 9788 1276
Peninsula Carer Council	3rd Monday of the month at 7.30pm Brotherhood of St Laurence Complex High Street, Frankston	Phone Intake	5970 5024
Peninsula Mental Health Services (Rosebud)	1st Thursday of the month at 1.30pm Baptist Church (near Plaza) Boneo Rd, Rosebud	Carmel	9784 7099
Southern Autism Spectrum Family Support Group	Meets at Lyrebird Community Centre, 203 - 205 Lyrebird Drive, Carrum Downs	Cristina Melanie	9795 0328 9782 8022