

## Carer Support Groups in the Southern Metropolitan Region

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

### ◇ GLEN EIRA ◇ PORT PHILLIP ◇ STONNINGTON ◇

<p><b>Bentleigh East Carers Support Group</b>           (Mainly carers of aged but all enquiries welcome)</p>	<p>Meets third Thursday of the month          10.00am -11.00am          Bentleigh Bayside Community Health Centre, Gardeners Road          Bentleigh East</p>	<p>Please phone for details</p>	<p>9575 5303</p>
<p><b>Malvern/Caulfield Carer Support Group</b>           (Mainly carers of aged but all enquiries welcome)</p>	<p>Meets first Wednesday of the month          at 1.30pm          St Georges Anglican Church          296 Glenferrie Road, Malvern</p>	<p>Sue Bottomley          s.bottomley@alfred.org.au</p>	<p>9076 6666</p>
<p><b>Bayside/Glen Eira Lupus-Sjogren's Self Help Group</b>          (education, mutual support and understanding to people with Lupus-Sjogrens, their families and interested others)</p>	<p>Meets fourth Friday of the month          1.00pm-3.00pm          Bentleigh Bayside Community Health Centre, Gardeners Road          Bentleigh East</p>	<p>Nona Hurrell or           Gail Perry  <a href="http://www.gleneira.vic.gov.au">www.gleneira.vic.gov.au</a>          (Look in Community Resource Guide)</p>	<p>9598 0514           9583 8396</p>
<p><b>Brighton Carer Support Group</b>           (Mainly carers of aged but all enquiries welcome)</p>	<p>Meets second Wednesday of the month          7.30pm-9.30pm          Girrawheen Centre          3 Murphy Street, Brighton</p>	<p>Please phone for details</p>	<p>9575 5322</p>
<p><b>Toorak Carer Support Group</b>          (supporting people who are frail aged and/or have memory loss)</p>	<p>Meets every third month.          John MacRae Centre          603 Toorak Road          Toorak. Please call for details</p>	<p>Katrina Szabo and          Margaret Labb          email:  <a href="mailto:johnmacrae@bigpond.com">johnmacrae@bigpond.com</a></p>	<p>9829 0320</p>

<b>“Living with Dementia” Jewish Carer Support Group</b>	Meets every six weeks on Monday evenings 7.30pm to 9.00pm Temple Beth Israel Synagogue Alma Road, St Kilda Please call for date of next meeting	Dot Nathan	9510 1488
<b>Down Syndrome Carer Support Group</b>	Meets last Thursday of the month from 9.30am. Please call for details	Kerri Rolfe (MOIRA – Disability and Youth Services) <a href="mailto:krolfe@moira.org.au">krolfe@moira.org.au</a>	8552 2222
<b>Port Phillip Carer Support Group</b>  (for carers of older people)	Meets second Wednesday of the month 12.00pm-2.00pm Cora Graves Centre 38 Blessington Street St Kilda Please call before attending	Marg Moore	9209 6223
<b>Inner South Parents and Friends</b>  (for carers of people with mental illness)	Meets second Tuesday of the month 7.30pm-9.30pm Betty Day Centre 67 Argyle Street St Kilda	Office Penny Lewisohn  email: alfredpsych.parentsfriends@alfred. org.au	9076 4713
<b>GROW – Better Together Caulfield Carer Support Group</b> (for carers of people with mental and emotional health issues)	Meets first and third Tuesday of the month at 7.00pm GROW Community Centre 707 Glenhuntly Road Caulfield South	GROW  Please also call for meetings in Dandenong and Frankston	1800 558 268

◇ KINGSTON ◇ BAYSIDE ◇

<b>Bentleigh Bayside Community Health Service</b>	This Community Health Service offers a range of support groups to the local community. Call for full details.	Bentleigh Bayside Community Health Service <a href="http://www.bbchs.org.au/">http://www.bbchs.org.au/</a>	9575 5333
<b>BBQ Boys</b> (for male carers)	Meets first Tuesday of the month 11.00am-2.00pm Chelsea Church of Christ 3-5 Blantyre Avenue, Chelsea	Nathan Diep Commonwealth Respite and Carelink Centre Southern Region	9212 3006
<b>Chelsea Carer Support Group</b>  (All carers welcome)	Meets first Wednesday of the month 1.45pm-3.00pm Central Bayside Community Health Service, 3/1 The Strand, Chelsea	Brian Sinclair	9781 9333

<b>Clarinda Carer Support Group</b> (All carers welcome)	Meets third Wednesday of the month 11.00am-12.30pm Central Bayside Community Health Service, 58c Viney Street Please call before attending	Leeanne Mill	9552 4333
<b>Cheltenham Alzheimer's Carers Support Group</b>	Meets second Thursday of the month 1.30pm-3.00pm Central Bayside Community Health Centre 335-337 Nepean Highway, Parkdale	Jane Cheong	8587 0194
<b>Cheltenham Carers Support Group</b> (for carers of people with a mental illness)	Meets first Wednesday of the month at 7.30pm Lantern, Cheltenham	Heather Geerts (Lantern) <a href="mailto:hgeerts@reachout.org.au">hgeerts@reachout.org.au</a>	9585 5677
<b>Cheltenham Young Carers Support Group</b> (for young carers of people with a mental illness)	Lantern Cheltenham Meetings are scheduled regularly but please call for details	Heather Geerts (Lantern)	9585 5677
<b>Natural Therapies Awareness Group</b> (to share information about therapies that may assist people with disabilities)	Meets third Thursday of the month from 10.00am Muffin Break at Parkmore Shopping Centre, 317 Cheltenham Road Keysborough	Leanne	9580 2353
<b>Gardenvale DUCKS</b> (dads understanding challenging kids)	Meets first Thursday of the month from 7.30pm Papagello's Pizza Restaurant 754 Hawthorn Road Gardenvale	Kerri Rolfe (MOIRA - Disability and Youth Services) <a href="mailto:k.rolfe@moira.org.au">k.rolfe@moira.org.au</a>	8552 2222
<b>Sandringham Reach Respite Program for Carers</b> (for carers of the elderly and those with dementia)	Meets third Friday of the month 1.30pm-3.00pm Sandybeach Centre 2 Sims Street Sandringham	Joy Supple	9598 2155
<b>South East Anxiety Disorders Support Group</b> (for people with anxiety disorders)	Meets second Monday of the month 7.30pm-9.30pm Bentleigh Bayside Community Health Centre, Gardeners Road, Bentleigh	ARC <a href="http://www.arcvic.com.au/">http://www.arcvic.com.au/</a>	9886 9377
<b>Hampton East Primary School Autism Spectrum Support Group</b>	Meets first Thursday of the month (except during school holidays) MOIRA 920 Nepean Highway, Hampton East	Kerri Rolfe (MOIRA - Disability and Youth Services) <a href="mailto:krolfe@moira.org.au">krolfe@moira.org.au</a>	8552 2222

<p><b>Movement Disorders Community Support Group</b></p> <p>(for carers of people with neurological disorders)</p>	<p>Meets first Monday of the month 10.30am – 12.30pm Church of Christ 2-12 Chesterville Road Cheltenham</p> <p>Note that there is a respite group at the same time to enable carers to attend. Please call in the first instance.</p>	<p>Barbara Winkler</p>	<p>9265 1481</p>
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◇ CASEY ◇ CARDINIA ◇ GREATER DANDENONG ◇

<p><b>Dandenong Male Carer Support Group</b></p>	<p>Meets second Monday of the month 12.00noon – 2.00pm Commonwealth Respite and Carelink Centre Southern Region Level 1, 31 Princes Highway Dandenong</p>	<p>Graham Walker (carer)</p>	<p>9547 1883 or CRCCSR on 9212 3000</p>
<p><b>Families of Children with ADHD Support Group</b></p>	<p>Meets Thursdays Cranbourne Community House 49 Valepark Crescent Cranbourne</p>	<p>Flora or Ann</p>	<p>5996 3333</p>
<p><b>The Hills Autism and Special Needs Carers Support Group</b></p>	<p>Meets third Wednesday of the month from 12.30pm Café Marte, (Next to Comm Bank) Emerald</p>	<p>Barb</p>	<p>5968 9014 or 0400 596 961</p>
<p><b>Cranbourne Parents Special Needs Support Group</b></p>	<p>Meets second Thursday of the month from midday Various venues</p>	<p>Kerri Rolfe (MOIRA - Disability and Youth Services) <a href="mailto:krolfe@moira.org.au">krolfe@moira.org.au</a></p>	<p>8552 2222</p>
<p><b>Grandparents Support Group</b></p> <p>(for carers of grandchildren with a disability)</p>	<p>Meets third Wednesday of the month from 10.00am</p> <p>Please call for details</p>	<p>Kerri Rolfe (MOIRA - Disability and Youth Services) <a href="mailto:krolfe@moira.org.au">krolfe@moira.org.au</a></p>	<p>8552 2222</p>
<p><b>Grandparents Support and Activity Group</b></p> <p>(for carers of grandchildren with a disability)</p>	<p>Meets monthly for meetings and social outings.</p> <p>Please call for details.</p>	<p>Michael White Coordinator Disability Commonwealth Respite and Carelink Centre</p>	<p>9212 3002</p>

<p><b>Cranbourne Carer Support Group</b> (All carers welcome)</p>	<p>Meets second Tuesday of the month 1.30pm - 3.30pm Cranbourne Integrated Care Centre 140-154 Sladen Street, Cranbourne</p> <p>Please call before attending</p>	<p>Jill Rees (Community Health Service)</p> <p>Dian Hoey</p>	<p>5990 6789</p> <p>5990 6341</p>
<p><b>Cranbourne Stroke Carers Support Group</b> (for carers and people who have had a stroke)</p>	<p>Meets first Friday of the month 1.00pm - 3.00pm Valepark Community Centre Cnr Fairbairn Road and Valepark Drive, Cranbourne</p> <p>Please call before attending</p>	<p>Lyn Meagher</p> <p>Jenny Alcorn</p>	<p>5996 6446</p> <p>5971 5299</p>
<p><b>ERMHA Carers Support Group, Berwick</b> (for carers of people with a mental illness)</p>	<p>Meets first Tuesday of the month 1<sup>st</sup> Floor, 2 Beaconsfield-Emerald Rd Beaconsfield</p>	<p>Kerrie-Anne ERMHA</p>	<p>9796 1000</p>
<p><b>Pakenham Carer Support Group</b> (All carers welcome)</p>	<p>Meets first Monday of the month 10.30am -12.30pm Pakenham Community Health Centre Princes Highway, Pakenham</p>	<p>Mary Garrett (Community Health Service)</p>	<p>5990 6161</p>
<p><b>Casey Parents Carer Support Group</b> (for carers of adult children with disability)</p>	<p>Meets first Wednesday of every second month at midday Kelly's Bistro at Kelly's Motor Club Hotel, High Street, Cranbourne</p>	<p>Elize Schutt</p>	<p>9707 5014</p>
<p><b>GROW – Better Together Dandenong Carer Support Group</b> (for carers of people with mental and emotional health issues)</p>	<p>First and third Tuesday of the month at ERMHA from 12.30pm 67 Robinson Street Dandenong</p>	<p>GROW Email <a href="mailto:vic@grow.net.au">vic@grow.net.au</a></p>	<p>1800 558 268</p>
<p><b>Multicultural Carers Support Activity Group</b></p>	<p>Meets last Tuesday of the month 10.00am - 2.00pm South Eastern Migrant Resource Centre, Level 1, 314 Thomas Street Dandenong</p> <p>Please call to check eligibility before attending</p>	<p>Zlata Bukarica (Migrant Resource Centre)</p>	<p>9706 8933</p>

<b>Dandenong Aged Carer Support Group</b>	Meets third Monday of the month at Dandenong	Marion Crocos Denise Broesdor	8790 5154 9795 9315
<b>Dandenong Dementia Carer Support Group</b>	Meets third Tuesday of the month 10.30am -12.30pm Call for meeting location	Lynn Brayshaw (Community Health Service)	9554 8405

◇ **MORNINGTON PENINSULA** ◇ **FRANKSTON** ◇

<b>Carrum Downs Dementia Carer Support Group</b>	Meets fourth Tuesday of the month. Every second meeting is a social outing. 10.00am -12.00noon Banksia Carrum Downs Centre 65 Williams Road Carrum Downs	Lisa Astete	8781 4247
<b>Rosebud Carer Support Group</b>  (for carers of older people and those with dementia)	Meets first Friday of the month 9.30am - 11.30am Rosebud Rehabilitation Centre 288 Eastbourne Road, Rosebud	Lani Peach	9788 1276
<b>Relinquishing Care Carers Support Group</b>	Meets first Friday of the month for lunch at midday Every other Friday from 2.00pm  Please call for location details	Joan Blonk	5986 6353
<b>St Peters Carers Group</b>  (for carers of older people and those with dementia)	Meets second Thursday of the month 10.00am -12.00pm St Peter's Church Meeting Room Octavia Street, Mornington	Lani Peach	9788 1276
<b>Parents and Carers Support Group</b>  (for the parents or carer of adults or young children with a disability)	Meets fourth Wednesday of the month Orwill Street Community House Frankston	Lani Peach <a href="http://www.orwilst.org.au/">http://www.orwilst.org.au/</a>	9788 1276
<b>Peninsula Carer Council</b>  (for carers of people with a mental illness)	Meets third Monday of the month 7.30pm Brotherhood of St Laurence Complex High Street, Frankston	Please phone for information <a href="mailto:info@peninsulacarercouncil.org.au">info@peninsulacarercouncil.org.au</a>	5970 5024

<p><b>Peninsula Mental Health Services (Rosebud)</b>  (for carers of people with a mental illness)</p>	<p>Meets first Thursday of the month 1.30pm Baptist Church (near Plaza) Boneo Road, Rosebud</p>	<p>Carmel</p>	<p>9784 7099</p>
<p><b>Southern Autism Spectrum Family Support Group</b></p>	<p>Meets third Monday of the month Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs</p>	<p>Cristina  Melanie</p>	<p>9795 0328  9782 8022</p>
<p><b>GROW - Better Together Frankston Carer Support Group</b>  (for carers of people with mental and emotional health issues)</p>	<p>Meets second and fourth Wednesday of the month at 10.00am Parish Offices, St Francis Xavier Church, Cnr Baxter and Davey Sts Frankston</p>	<p>GROW Email <a href="mailto:vic@grow.net.au">vic@grow.net.au</a></p>	<p>1800 558 268</p>
<p><b>Hastings Carer Support Group</b>  (for carers of older people and those with dementia)</p>	<p>Meets first Tuesday of the month 10.00am – 12.00noon Hastings Community Health Centre 185 High Street, Hastings</p>	<p>Lani Peach</p>	<p>9788 1276</p>