



Southern Respite Services

A recovery program of MIND : 86 St Vincent Place, Albert Park 3206
 Tel: (03) 9686 4900 Fax: (03) 9645 8272 : Email: srespite@mindaustralia.org.au

JANUARY TO JUNE 2012- GROUP HOLIDAYS

Southern Respite Services provides Group Holidays for people with a mental illness, giving carers a break from their caring role. You may be eligible for this service if you live in the Southern region.

Mt Baw Baw Jan 16 - 19 Get active!	Carisbrook Jan 30—Feb 2 Women's Pamper	Balnarring Feb 13 - 16 Beach fun & Watersports
Mt Baw Baw Feb 27—Mar 1 Rest & Relaxation	Carisbrook Mar 13—16 Horse Riding	Balnarring Mar 26—29 Get Creative!
Geelong April 10—13 Backpacking Adventure!	Mt Baw Baw Apr 30—May 3 Bushwalking	Balnarring May 14—17 Fishing
Mt Baw Baw May 28—31 Get Creative!	Carisbrook Jun 12—15 Masterchef Kitchen	Balnarring Jun 25—28 Men's Getaway

★ Food, Travel, Accommodation, Activities and Equipment are provided free of charge ★

If you have a carer and live in Melbourne's South and you would like to go on a holiday...

Please contact your worker for details or call Southern Respite Services on:

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