

## ***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 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 ◇

<b>Caulfield Carer Support Group</b>	Meets 1st Thursday of the month at 1pm. Caulfield Community Health Service Ashley Ricketson Centre Gate 2, 260 Kooyong Road, Caulfield	Sue Bottomley	9076 6666
<b>Malvern Carer Support Group</b>	Meets 1st Wednesday of the month at 1.30pm St Georges Anglican Church 296 Glenferrie Road, Malvern	Sue Bottomley	9076 6666
<b>Glen Eira Lupus Sjogren's Self Help Group</b>	Meets bi-monthly 4th Friday of the month at 10am. Bentleigh Bayside Community Health Centre Gardeners Road, Bentleigh East	Nona Hurrell	9598 0514
<b>Brighton Carer Support Group</b>	Meets 2nd Wednesday of the month 7.30 to 9.30pm. 3 Murphy Street, Brighton	Phone Intake	9575 5322
<b>Toorak Support Group</b>	Meetings every 3rd month. John MacRae Centre, 603 Toorak Rd, Toorak Demographic: Frail Aged, Mem- ory Loss. **Please call for details**	Katrina Szabo & Margaret Labb	9829 0320
<b>"Living with Dementia" Jewish Carer Support Group</b>	Meets every six weeks on Monday 7.30 to 9pm. 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 **	Kerrie Lyons (MOIRA)	8552 2222
<b>Port Phillip Carer Support Group</b>	Meets 2nd Wednesday of the month 12noon to 2pm, Cora Graves Centre (AGED demographic) 38 Blessington Street, St Kilda **First timers please call before attending**	Marg Moore	9209 6223
<b>Port Phillip Carer Support Group</b>	For parent carers of children with a disability. Meets each month at various venues.	Michelle Blannen	9534 7530
<b>Inner South Parents and Friends</b>	Meets 2nd Tuesday of the month at 7.30 to 9.30pm, 36 Bath Street, St.Kilda alfredpsych.parentsfriends@alfred.org.au	Office Penny Lewison	9076 4713 9690 1759
<b>GROW - Better Together</b>	Carer Support Group Caulfield	GROW	1800 558 568
<b>Bentleigh Bayside Community Health Service</b>	Offers groups such as: Parkinson's Support Group Cancer Support Group Chronic Fatigue Group Arthritis Group Prostate Cancer Partners Support Group	Bentleigh Bayside Community Health Service	9575 5333

◇ KINGSTON ◇ BAYSIDE ◇

<b>Chelsea Carer Support</b>	Meets 1st Wednesday of the month 1.45 to 3.00pm. Central Bayside Community Health Service 1/3 The Strand, Chelsea	Brian Sinclair (CBCHS)	9781 9333
<b>Clarinda Carers Group</b>	Meets 3rd Wednesday of month, 11am to 12.30pm. Central Bayside Community Health Service 58 Viney Street, Clarinda **First time attendees please call before meeting**	Maggie Cripps (CBCHS)	9552 4333
<b>Brighton Carer Support Group Self Help</b>	Meets 2nd Wednesday of month 7.30 to 9.30pm. Girrawheen Day Centre 3 Murphy Street, Brighton	Phone Intake	9575 5322
<b>Bentleigh East Carers Group</b>	Meets 3rd Thursday of the month from 10 to 11am. Bentleigh Bayside Community Health Centre Gardeners Road, Bentleigh East	Phone Intake	9575 5303
<b>Cheltenham Alzheimer's Carers Group</b>	Meets 2nd Thursday of the month 1.30 to 3.00pm. 335-337 Nepean Hwy, Parkdale	Jane Cheong	8587 0194
<b>Cheltenham Carers Group</b> For Carers of People with a Mental Illness	Meets 1st Wednesday of the month at 7.30pm. Lantern Cheltenham	Heather Geerts (Lantern)	9585 5677
<b>Partners Carers Group</b> For Carers of People with a Mental Illness	Meets 2nd Wednesday of the month at 7.00pm. Lantern Cheltenham	Heather Geerts (Lantern)	9585 5677
<b>Young Carers Group</b> For Carers of People with mental illness	Lantern Cheltenham **Please call for date of next meeting**	Heather Geerts (Lantern)	9585 5677
<b>Bridging the Gaps</b> For carers of young people 16+ with mental illness	Meets 1st Wednesday of the month, 7.30pm 197 Bluff Road, Sandringham **First timers please call before attending**	ARAFEMI Carer Helpline	1300 550 265
<b>Natural Therapies Awareness Group</b> To share information about therapies that may assist people with disabilities	Meets 3rd Thursday of the month from 10am Muffin Break at Parkmore Shopping Centre 317 Cheltenham Road, Keysborough	Leanne	9580 2353
<b>Cerebral Palsy Support Group</b>	Group for parents of children with Cerebral Palsy. Meets 3rd Thursday of the month at 10am.	Cerebral Palsy Network	9445 7488
<b>DUCKS</b> "Dads understanding challenging kids"	Meets 1st Thursday of the month from 7.30pm. Papagello's Pizza Restaurant 754 Hawthorn Road, Gardenvale	Kerrie Lyons (MOIRA)	8552 2222
<b>Reach Respite Program For Carers</b> For carers of the elderly and those with dementia.	Meets 3rd Friday of the month 1.30 to 3.00pm. Sandybeach Centre 2 Sims Street, Sandringham	Joy Supple/ Tim Gerrard (Sandybeach Centre)	9598 2155
<b>South East Anxiety Disorders Support Group</b>	2nd Monday of the month Bentleigh Bayside Community Health Services Gardeners Rd, Bentleigh	ARC	9886 9377
<b>Primary School Autism Spectrum Support Group</b>	Meets 1st Thursday of every month, except school holidays, at MOIRA, 920 Nepean Highway, Hampton East	Kerrie Lyons (MOIRA)	8552 2222

◇ CASEY ◇ CARDINIA ◇ GREATER DANDENONG ◇

<b>Dandenong Hills Autism &amp; Special Needs Support Group</b>	Meets 3rd Wednesday of the month from 12.30pm. Jewel's Café 348 Belgrave-Gembrook Rd, Emerald	Barb	5968 9014
<b>Cranbourne Parents Special Needs Support Group</b>	Meets 2nd Thursday of the month at 12noon. **Various venues**	Kerrie Lyons (MOIRA)	8552 2222
<b>ERHMA's Carer Support Group Berwick</b>	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
<b>Multicultural Mental Illness Group</b>	For people with mental illness and their carers from non-English speaking backgrounds. Meets weekly in Dandenong.	Ellen (ERHMA)	9706 7388
<b>Grandparents Support Group</b> (For carers of grandchildren with a disability)	Meets 3rd Wednesday of the month from 10.00am. **Call for details**	Kerrie Lyons (MOIRA)	8552 2222
<b>CALD Carer Support Group</b> (For parents who were born overseas and have a child with a disability)	Meets 3rd Thursday of the month 12 noon Dandenong **CURRENTLY ON HOLD**	Kerrie Lyons (MOIRA)	8552 2222
<b>Cranbourne Carer Support Group</b>	Meets 2nd Tuesday of month, 1.30pm to 3.30pm. Cranbourne Integrated Care Centre 140-154 Sladen Road, Cranbourne **First timers please call before attending**	Jill Rees (Community Health Service) Dian Hoey	5990 6789 5990 6341
<b>Cranbourne Stroke Support Group</b> For carers and people who have suffered CVA.	Meets 1st Friday of the month 1:30 - 3:30pm. Valepark Community Centre Cnr Fairbairn Rd and Valepark Dr, Cranbourne **First timers please call before attending**	Jenny Alcorn (Carer) & Lyn Meagher	5971 5299 5996 6446
<b>CAS Carer Support Group</b> For carers for people with neurological disorders.	Meets 1st Monday of month 10.30am to 12.30pm. Education Building at the Kingston Centre Cnr Warrigal & Heatherton Rd, 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
<b>Pakenham Carer Support Group</b> For carers of all ages.	Meets first Monday of month, 10.30am to 12.30pm. Pakenham Community Health Centre Princes Highway, Pakenham	Mary Garrett (Community Health Service)	5990 6161

◇ CASEY ◇ CARDINIA ◇ GREATER DANDENONG ◇

<b>Casey Parents Group</b> For carers of adult children	Meets first Wednesday of everyone second month at 12noon, in Cranbourne.	Elize Schutt	9707 5014
<b>GROW –Better Together, Carer Support Group (Dandenong)</b>	1st & 3rd Wednesday of the month at ERMHA 67 Robinson Street, Dandenong	GROW	1800 558 268
<b>Multicultural Carers Support Activity Group</b>	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
<b>Aged Carer Support Group</b>	Meets 3rd Monday of the month at Dandenong 10am-12pm.	Helen Cook (Carer)	9703 1916 / 0414 467 007
		Denise Broesdor (Carer)	9795 9315
<b>Dementia Carer Support Group, Dandenong</b>	Meets 3rd Tuesday of the month 10.30am-12.30pm Commonwealth Respite & Carelink Centre, Dandenong office	Lynn Brayshaw (Community Health Service)	9554 8405

◇ MORNINGTON PENINSULA ◇ FRANKSTON ◇

<b>Carer Support Group</b>	Meets 1st Friday of the month 9.30 to 11.30am at Rosebud Rehabilitation Centre, 288 Eastbourne Road, Rosebud.	Lani Peach	9788 1276
<b>Relinquishing Carers Support Group</b>	Meets 1st Friday of month for lunch at 12noon. Every other Friday from 2pm. **Please call for location details**	Joan Blonk	5986 6353
<b>St Peters Carers Group</b>	Meets 2nd Thursday of the month 10am to 12 noon at St Peter's Church Meeting Room, Octavia Street, Mornington.	Lani Peach	9788 1276
<b>Parent/Carers Support Group</b>	Meets 4th Wed of the month 10am to 12 noon at Orwil Street (not taking any more referrals). Community House, Frankston.	Val Mayer	9788 1370
		Lani Peach	9788 1276
<b>Peninsula Carer Council</b>	3rd Monday of the month at 7.30pm Brotherhood of St Laurence Complex High Street, Frankston	Phone Intake	5970 5024
<b>Peninsula Mental Health Services (Rosebud)</b>	1st Thursday of the month at 1.30pm Baptist Church (near Plaza) Boneo Rd, Rosebud	Carmel	9784 7099
<b>Southern Autism Spectrum Family Support Group</b>	Meets at Lyrebird Community Centre, 203 - 205 Lyrebird Drive, Carrum Downs	Cristina	9795 0328
		Melanie	9782 8022