



Mental Health Carers
ARAFMI ILLAWARRA
Caring for Carers

Mental Health Support Group for Carers – Thursday Evenings @ 6.30pm

June 2018

Thursday 7th @ 6.30 pm

Carer Information and Support

General Support Group for Carers, this group is focused around carers concerns or information carers may be looking for and general discussion.

Venue: 17 Princes Highway, Fairy Meadow

Thursday 14th @ 6.30pm

Education / Community Awareness

Communication & Boundaries for Carers supporting someone with Alcohol and other Drug addiction

Venue: 17 Princes Highway, Fairy Meadow

Thursday 21st @ 6.30pm

Carer Information and Support

General Support Group for Carers, this group is focused around carers concerns or information carers may be looking for and general discussion.

Venue: 17 Princes Highway, Fairy Meadow

Thursday 28th @ 6.30pm

Carers Social Event (DINNER)

2 for 1 dinner @ (Oscars Grill Towradgi Beach Hotel)

This group is available to carers who may like to socialise and connect with other carers in a social setting usually a dinner or coffee. These venues change monthly, contact us for details on this months venue

July 2018

Thursday 5th @ 6.30pm

Carer Information and Support

General Support Group for Carers, this group is focused around carers concerns or information carers may be looking for and general discussion.

Venue: 17 Princes Highway, Fairy Meadow

Thursday 12th @ 6.30pm

Education / Community Awareness

Evening with our Emergency Services

Update on their role within the Mental Health Community

Venue: 17 Princes Highway, Fairy Meadow

Thursday 19th @ 6.30pm

Education / Community Awareness

Responding to Self Harm

Venue: 17 Princes Highway, Fairy Meadow

Thursday 26th @ 12.00pm

Carers Social event (LUNCH)

\$10 lunch @ Collegians Club

This group is available to carers who may like to socialise and connect with other carers in a social setting usually a dinner or coffee. These venues change monthly, contact us for details on this months venue