MULTICULTURAL CARER SUPPORT GROUPS
ADEC – Action on Disabilities within Ethnic Communities
ADEC runs groups throughout the region for carers from culturally and linguistically diverse backgrounds.

Vietnamese, Turkish, Arabic, Chinese, Afghan
P: Intake Officer 03 9480 1666,
E: info@adec.org.au

Southern Chinese Speaking Carers Support
For Chinese speaking carers of a person with special needs.
Meetings are held monthly.
P: Lai Fong Liang 0430 483 049
E: laifong.liang@gmail.com

Multicultural Carers Support Group – Dandenong
For carers from culturally and linguistically diverse backgrounds.
Second Tuesday of the month, 10am–12pm
Second session for Mandarin and Vietnamese speaking carers, 12.30pm–2.30pm
P: Zlata Bukarica 03 9767 1958

Greek, Italian and other cultural groups – Bentleigh East
Dementia Carers Group
First Tuesday of the month, 10am–12.30pm
P: Carlo 0417 586 164
E: carolomrowan@gmail.com

Peninsula Carer Support Group – Frankston
Support: Third Monday of the month, 7.30pm–9.30pm
Drop-in: Second Tuesday of the month, Wildness Cafe, Frankston, 10.30am–12pm
Office open Thursdays, 9am–1pm
P: 1300 550 962 (24 hours)
E: info@peninsulacarercouncil.org.au

Peninsula Mental Health Services
For carers of people with a mental illness.
Rosebud: First Thursday of the month, 1.30pm
Hastings: Second Wednesday of the month, 1.30pm
P: Jacinta 03 5986 0684

Peninsula Autism Spectrum Support Group – Frankston
For family carers of children on the autism spectrum.
Third Monday of the month, 7.30pm
P: 03 5570 5024
E: info@peninsulacarercouncil.org.au

Rosebud Carer Support Group
For carers of people who are frail/aged, have dementia, a disability or a mental illness.
First Friday of the month, 10am–12pm
P: Lani Peach 03 5971 9100
E: lpeach@phcn.vic.gov.au

MyTime Seaford Gold
For carers of a child with a disability or chronic medical condition.
Playgroup Victoria, Wednesdays 9.30am
P: Genevieve O’Connor 1800 171 882
W: mytime.net.au

Down Syndrome Victoria
For carers of a child with a disability or chronic medical condition.
Alternate Thursdays, 9.30am
P: Sonia Bonadio 03 9486 9600
E: soniab@dsav.asn.au
W: mytime.net.au

St Peters Carers Group – Mornington
For carers of people who are frail/aged, have dementia, a disability or a mental illness.
Second Thursday of the month, 10am–12pm
P: Lani Peach 03 5971 9100

Do you provide care and support to a family member or friend who is an older person, or who has a disability, mental illness or dementia?
Support groups are a great way to meet others in similar situations to share information, experiences and learn more about the support services available.
This brochure lists support groups throughout Melbourne’s Southern Region.
GLEN EIRA, PORT PHILLIP AND STONNINGTON
Albert Park Carer Support Group
For carers of people with a mental illness.
Third Thursday of the month, 7pm–9pm
P: Salma Mahari 03 9866 4900

Grow – Better Together, Caulfield
For carers of people with a mental illness.
First and third Tuesday of the month, 7pm
P: Grow 1800 558 268 or 03 9528 2977
E: vic@grow.org.au

Inner South Family and Friends Support Group – St Kilda
For family and friend carers of people with mental illness.
Second Tuesday of the month, 7.30pm–9.30pm
P: Penny or Judi 03 9076 4713 or 0425 723 746
E: scia@allfried.org.au

Malvern/ Caulfield Carer Support Group
Primarily for carers of people who are frail/aged, however all enquiries welcome.
First Wednesday of the month, 1.30pm–3.30pm
P: Sue Bottomley 03 9076 8689
E: s.bottomley@cgm.org.au

Mecwacare Carer Support Group – Malvern East
Primarily for carers of people who are frail/aged, however all enquiries welcome.
Last Friday of the month, 10.30am–12pm
P: Maria Bono 03 9566 5101
E: maria.bono@mecwacare.org.au

MOIRA/Down Syndrome Coffee Morning
For carers of children with Down Syndrome.
First Friday of the month during term times, 10am–12pm
P: Li Chen 03 8552 2222
E: sridevi.kalli@monashhealth.org

Cheltenham Aged/Mental Health Group
For carers of an older person with a mental illness, excluding dementia.
First Tuesday of the month, 9.30am
P: Sri Kolli 03 9265 1750
E: sridevi.kalli@monashhealth.org

Cheltenham Carers Support Group
For carers of people with a mental illness.
A separate group is open to young carers aged 8–18.
P: Sri Kolli 03 8552 2222
E: sridevi.kalli@monashhealth.org

Cheltenham Aged/Mental Health Group
For carers of an older person with a mental illness, excluding dementia.
Second Tuesday of the month, 10am
P: Sri Kolli 03 9265 1750
E: sridevi.kalli@monashhealth.org

Cheltenham Carers Support Group
For carers of people with a mental illness.
A separate group is open to young carers aged 8–18.
Second Tuesday of the month, 10am
P: Sri Kolli 03 8552 2222
E: sridevi.kalli@monashhealth.org

Cheltenham Aged/Mental Health Group
For carers of an older person with a mental illness, excluding dementia.
Second Tuesday of the month, 10am–12pm
P: Leanne Mill 03 9587 0194
E: leanne.mill@monashhealth.org

Movement Disorders Support Group
For carers of people with neurological disorders.
A respite group operates during meetings to enable carers to attend.
First Monday of the month, 10.30am–12.30pm
P: Barbara Winkler 03 9021 1481
E: lechen@moira.org.au

BAYSIDE AND KINGSTON
Brighton Dementia Carer Support Group
For people caring for relatives or friends with dementia.
Second Thursday of the month, 10am–11.30am
P: Marilee Creaser 03 8256 9699
E: rmcreaser@aol.com

Brighton Carers Support Group
For carers of people who are frail/aged, including dementia.
Secio: Wednesday of the month, 7.30pm–9.30pm
P: Caryl Kay 03 9578 2412 or Helen Barry 03 9646 2106

Cheltenham Stroke Support Group
For carers of and people who have had a stroke.
First Friday of the month, 11am–2pm
P: Sandy Harris 03 9595 2373 or Pam Tulk 03 5986 8486

Casey Parents Carer Support Group
For carers of adult children with disability.
Meetings held every two months.
P: Elize Schutt 03 9707 5014

Cheltenham Carer Support Group
For carers of people who are frail/aged, have dementia, a disability or a mental illness.
Second Tuesday of the month, 1.30pm–3.30pm
P: Community Health Service 03 5990 7889

CARDINIA, CASEY AND DANDENONG
Cranbourne ADHD Support Group
For families of children with ADHD.
First Thursday of the month, 7.30pm–9.30pm
P: Sophie or Mina 03 9792 7912
E: GDCAdvised@community@monashhealth.org.au

Eamel Wellbeing Program (Dementia)
For carers and people living with dementia. The program includes social events, informal discussions and valuable information.
Tuesdays during school terms, 9.30am–11.30am
P: Emerald Community House 5968 3881

ERMAH Carer Support Group – Beaconsfield
For carers of people with a mental illness.
First Tuesday of the month.
P: ERMAH Respite 03 9796 1000

ERMAH Coffee Club – Beaconsfield
Last Tuesday of the month, 10.30am–11.30am
P: ERMAH Respite 03 9796 1000

Hills ASD and Special Needs Group
For carers of people who are on the autism spectrum or have special needs.
Meetings run approximately once per month.
P: Barb 0400 596 961

MyTime Cardinia, Casey, Dandenong
For carers of a child with a disability or chronic medical condition.
Cranbourne – Friday 9.30am
Lynbrook – Thursday 9.30am
Springvale – Monday 10am
P: Genevieve O’Connor 1800 171 882
W: mytime.net.au

Narre Warren Carer Support Group
For carers of people with a mental illness.
Four Wednesdays of the month, 6.30pm–8.30pm
P: Julie 0498 330 073

Pakenham Carer Support Group
For carers of people who are frail/aged, have dementia, a disability or a mental illness.
First Monday of the month, 10.30am–12.30pm
P: Mary Garrett 03 5990 6789

Dandenong Dementia Carer Support Group
For carers of people with dementia.
First Tuesday of the month, 10am–12pm
P: Sophie or Mina 03 9792 7912
E: GDCAdvised@community@monashhealth.org.au

MOIRA Carer Support Group – Malvern
For carers of people who are frail/aged, have dementia, a disability or a mental illness.
First Monday of the month, 1pm
P: Julie 0498 330 073

Port Phillip Carer Support Group
For carers of people with a mental illness.
Third Wednesday of the month, 12.30pm–2.30pm
P: Tracy McAlpine 03 9209 6557
E: tmcalpin@portphillip.vic.gov.au

Toorak Carer Support Group
For carers of older people and people with dementia.
Third Wednesday of February, May, August and November, 2pm–3.30pm
P: 03 9829 0320
E: johnmacrae@bigpond.com

ERMAH Carer Support Group – Beaconsfield
For carers of people with a mental illness.
First Tuesday of the month.
P: ERMAH Respite 03 9796 1000

ERMAH Coffee Club – Beaconsfield
Last Tuesday of the month, 10.30am–11.30am
P: ERMAH Respite 03 9796 1000

Hills ASD and Special Needs Group
For carers of people who are on the autism spectrum or have special needs.
Meetings run approximately once per month.
P: Barb 0400 596 961

MyTime Cardinia, Casey, Dandenong
For carers of a child with a disability or chronic medical condition.
Cranbourne – Friday 9.30am
Lynbrook – Thursday 9.30am
Springvale – Monday 10am
P: Genevieve O’Connor 1800 171 882
W: mytime.net.au

Narre Warren Carer Support Group
For carers of people with a mental illness.
Four Wednesdays of the month, 6.30pm–8.30pm
P: Julie 0498 330 073

Pakenham Carer Support Group
For carers of people who are frail/aged, have dementia, a disability or a mental illness.
First Monday of the month, 10.30am–12.30pm
P: Mary Garrett 03 5990 6789

MOIRA Art Therapy Group – Hampton
For families of children with Asperger’s syndrome.
One Thursday per month, 10am–11.30am
P: Barb 0400 596 961

Hills ASD and Special Needs Group
For carers of people who are on the autism spectrum or have special needs.
Meetings run approximately once per month.
P: Barb 0400 596 961

MyTime Cardinia, Casey, Dandenong
For carers of a child with a disability or chronic medical condition.
Cranbourne – Friday 9.30am
Lynbrook – Thursday 9.30am
Springvale – Monday 10am
P: Genevieve O’Connor 1800 171 882
W: mytime.net.au

Narre Warren Carer Support Group
For carers of people with a mental illness.
Four Wednesdays of the month, 6.30pm–8.30pm
P: Julie 0498 330 073

Pakenham Carer Support Group
For carers of people who are frail/aged, have dementia, a disability or a mental illness.
First Monday of the month, 10.30am–12.30pm
P: Mary Garrett 03 5990 6789