



# ARAFEMI

## Bendigo Relatives and Friends Support Group



What: Open support and Information group for relatives and friends of people with a mental illness  
Where: 51 Creek Street, Bendigo  
When: SECOND SATURDAY of each month, 1-3pm  
Contact: Sandra Attwell at Golden City Support Services, (03) 5434 2777

<b>February</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>March</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>April</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>May</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>June</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>July</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>August</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>September</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>October</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>November</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.
<b>December</b>	Convenor: Sandra Attwell. The 1 <sup>st</sup> hour will have an educational focus and the 2 <sup>nd</sup> hour will be discussion time.

### Other ARAFEMI Support groups (Melbourne area):

- Support Group for Families & Carers of People with BPD
- Bridging the Gaps Southern (carers of young people)
- Bridging the Gaps Eastern (carers of young people)
- Bipolar Carer Support Group
- Bipolar Consumer Support Group
- Bipolar Consumer/Carer Combined Support Group

### Other ARAFEMI Carer Services:

- Workshops
- Carer Library
- Recreation Days
- Flexible Options Respite Service
- Seminars
- Online Support
- Carer Counselling
- COPES (Carers Offering Peers Early Support)

For more information call the ARAFEMI Carer Helpline 1300 550 265 or visit [www.arafemi.org.au](http://www.arafemi.org.au)

**Privacy:** ARAFEMI does not collect, store or share personal details of people attending support groups. ARAFEMI support groups are confidential, and disclosure of personal details must not be conducted with others outside the group.

Updated 28 Apr. 09

*Promoting and improving the well being of people affected by mental illness*

