



# ARAFEMI

## **Bipolar Combined Carer and Consumer Support Group & Bipolar Carer Support Group (alternate monthly)**

**What:** These groups alternate monthly to provide additional support to carers of people with bipolar disorder and people experiencing bipolar disorder.  
**Where:** ARAFEMI, Ground Floor, 270 Auburn Road, Hawthorn  
**When:** FIRST THURSDAY EVENING of each month from 7:30pm to 9:30pm  
**Contact:** ARAFEMI Helpline 1300 550 265

<b>February</b>	(no group this month)
<b>March</b>	COMBINED CARER & CONSUMER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>April</b>	CARER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>May</b>	COMBINED CARER & CONSUMER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>June</b>	CARER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>July</b>	COMBINED CARER & CONSUMER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>August</b>	CARER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>September</b>	COMBINED CARER & CONSUMER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>October</b>	CARER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>November</b>	COMBINED CARER & CONSUMER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.
<b>December</b>	CARER SUPPORT GROUP. Convenor: Amanda Cotter Topic/Speaker to be advised.

### **Other ARAFEMI Support groups:**

- Support Group for Families & Carers of People with BPD
- Bendigo Relatives and Friends Support Group
- Bridging the Gaps Southern (carers of young people)
- Bipolar Consumer Support Group
- Bridging the Gaps Eastern (carers of young people)

### **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

