



# ARAFEMI

## Bipolar Consumer Support Group

What: Open support group for people experiencing bipolar disorder  
Where: ARAFEMI, Ground Floor, 270 Auburn Road, Hawthorn  
When: THIRD WEDNESDAY EVENING of each month from 7:30-9:30pm  
Contact: ARAFEMI Helpline 1300 550 265

<b>February</b>	Convened by Amanda Cotta.
<b>March</b>	Convened by Amanda Cotta.
<b>April</b>	Convened by Amanda Cotta. Daniella Di-Benedetto, Accredited Practising Dietician will present on nutrition and mental health.
<b>May</b>	Convened by Amanda Cotta.
<b>June</b>	Convened by Amanda Cotta.
<b>July</b>	Convened by Amanda Cotta. Tony Gilmour, Hypnotherapist specialising in Anxiety & Depression will be the guest speaker.
<b>August</b>	Convened by Amanda Cotta.
<b>September</b>	Convened by Amanda Cotta. Tim Twining: Employment Consultant with myrecruitment will present on mental health and employment.
<b>October</b>	Convened by Amanda Cotta. Christine Culhane, Pharmacist, Psychotropic Drug Advisory Service (to be confirmed) will present on mental health and medication.
<b>November</b>	Convened by Amanda Cotta.
<b>December</b>	Convened by Amanda Cotta. Please note in December the support group will be held on the Wednesday 16th due to the Christmas Holiday.

### Other ARAFEMI Support groups:

- 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/Carer Combined Support Group
- Bendigo Relatives and Friends 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