



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

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

If you are attending a group for the first time please call the designated contact prior to attending.

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
- Bendigo Relatives and Friends 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

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.

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