



ARAFEMI

Bridging the Gaps - Eastern

What: Education, Information and support for Parents & Family Carers
Where: ARAFEMI, Ground Floor, 270 Auburn Road, Hawthorn
When: 2nd THURSDAY EVENING of each month from 7:30-9:30pm
Contact: ARAFEMI Helpline 1300 550 265

February	Planning for the year ahead - all welcome.
March	Support group. Guest speaker - Frances Sanders from ARAFEMI.
April	Social evening - Cinema and supper (bookings essential - please phone ARAFEMI)
May	Support group - Details to be advised.
June	Support group - Details to be advised.
July	Support group. Guest speaker talking about creative respite options.
August	Support group. Guest speaker from Housing Crisis Australia.
September	Support group - Details to be advised.
October	Support group - Details to be advised.
November	Support group - Details to be advised.
December	Support group - Details to be advised.

Other ARAFEMI Support groups:

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

Other ARAFEMI Carer Services:

- Workshops
- Seminars
- Carer Library
- Online Support
- Recreation Days
- Carer Counselling
- Flexible Options Respite Service
- 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.

Updated 15 Jun. 09

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