



ARAFEMI

Bridging the Gaps - Southern

What: Education & Information sessions for Parents & Family Carers of Young People
Where: Family Life, 197 Bluff Road, Sandringham (Melways ref: 76,K12)
When: FIRST WEDNESDAY EVENING of each month from 7:30-9:30pm
Contact: ARAFEMI Helpline 1300 550 265

February	Convenor Linda Giddings. Guest speaker Monica O'Kelly will run a workshop about Cognitive Behaviour Therapy.
March	Convenor Linda Giddings. A guest speaker from the Office of the Public Advocate will speak about their role in relation to mental health services.
April	Convenor Linda Giddings. Guest speaker Grace Couchman (Family Therapist) will speak about issues for siblings and how parents can best support them.
May	Convenor Linda Giddings. Guest speaker Joyce Rebeiro from Carers Vic. will speak about the impact of caring on an individual and how they may be supported.
June	Convenor Linda Giddings. Guest speaker Seok Yeoh from Commonwealth Respite and Carelink Centre—Southern Region and a respite representative from ARAFEMI.
July	Convenor Linda Giddings. Guest speaker Jade Farren will speak about the new Hearing Voices Young Persons group run by Prahran Mission.
August	Convenor Linda Giddings. Topic and/or guest speaker to be advised.
September	Convenor Linda Giddings. Topic and/or guest speaker to be advised.
October	Convenor Linda Giddings. Topic and/or guest speaker to be advised.
November	Convenor Linda Giddings. Topic and/or guest speaker to be advised.
December	Convenor Linda Giddings. Topic and/or guest 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 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

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 19 Jun. 09

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