



ARAFEMI

2009 Support Groups

Support Group for Families & Carers of People with a Borderline Personality Disorder

What: Open support and information group for carers of people with a Borderline Personality Disorder
Where: ARAFEMI, Ground Floor, 270 Auburn Road, Hawthorn
When: FIRST WEDNESDAY EVENING of each month, from 7.00pm to 9.00pm
Contact: ARAFEMI Carer Helpline on 1300 550 265

Bridging the Gaps – Southern

What: Education & Information sessions for Parents & Family Carers of Young People
Where: At 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

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

Bendigo Relatives and Friends Support Group

What: Open support and information group for relatives and friends of people with a mental illness
Where: 51 Creek St, Bendigo
When: Starting Feb 2009, SECOND SATURDAY of each month 1-3pm
Contact: Sandra Attwell at Golden City Support Services, 54342777

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 7.30pm to 9.30pm
Contact: ARAFEMI Helpline 1300 550 265

ARAFEMI Bipolar Carer Support Group / ARAFEMI Bipolar Combined Carer and Consumer Support Group

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 Rd, Hawthorn
When: FIRST THURSDAY EVENING of each month from 7.30pm to 9.30pm: Combined group commencing 5th March(bi-monthly), Carers Group commencing 2nd April (bi-monthly)
Contact: ARAFEMI Helpline 1300 550 265

Groups Starting Later 2009

- Support Group for Carers of Young People
- New Carers Support Group

Other ARAFEMI Family Services:

- COPES (Carers Offering Peers Early Support)
- Flexible Options Respite Service
- Carer and Consumer Recreation Days
- Carer Library
- Online Support
- Carer Counselling

For more information call the ARAFEMI Carer Helpline 1300 550 265 or visit www.arafemi.org.au