



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: At 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

Details: No cost to attend. For more information call the ARAFEMI Carer Helpline 1300550265 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 12 March 2009