



2010 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: SECOND THURSDAY evening of each month from 7.30—9.30pm
Contact: ARAFEMI Helpline 1300 550 265

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 4th February (bi-monthly), Carers Group commencing 4th March (bi-monthly)
Contact: ARAFEMI Helpline 1300 550 265

ARAFEMI Caring 4 Carers Group- Hotham street

What: Open support and information group for carers of someone with a mental illness. These groups are run by ARAFEMI in partnership with NAMHS.
Where: At 83 Hotham street, Preston. Effective from July 14th- address to change to Preston Neighborhood House, 218 high Street, Preston
When: SECOND WEDNESDAY evening of each month, from 7.00pm to 9.00pm
Contact: ARAFEMI Helpline 1300 550 265

ARAFEMI Caring 4 Carers Group- Wood Street

What: Open support and information group for carers of someone with a mental illness. These groups are run by ARAFEMI in partnership with NAMHS.
Where: At 131 Wood Street, Preston.
When: FOURTH WEDNESDAY of each month, from 12.30 to 2.30pm. Effective from August 27th- the group will run on the FOURTH FRIDAY of each month from 12.30 to 2.30pm.
Contact: ARAFEMI Helpline 1300 550 265

Other ARAFEMI Family Services:

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

Details: No cost to attend. For more information Please contact the ARAFEMI Carer Helpline on 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.