

Carer Support Groups in the Southern Metropolitan Region

Carer Support Groups offer carers an opportunity to talk to others in similar situations and share their experiences. Joining a support group with other carers can be a great way to make new friends who really understand what it is to be a carer. It is also a great way to share information and experiences.

Groups are listed here according to the Local Government Areas in the Southern Region:

- Glen Eira, Port Phillip and Stonnington
- Kingston, Bayside
- Casey, Cardinia and Greater Dandenong
- Mornington Peninsula, Frankston

◇ GLEN EIRA ◇ PORT PHILLIP ◇ STONNINGTON ◇

<p>Bentleigh East Carers Support Group (Mainly carers of aged but all enquiries welcome)</p>	<p>Meets third Thursday of the month 10.00am -11.00am Bentleigh Bayside Community Health Centre, Gardeners Road Bentleigh East</p>	<p>Please phone for details</p>	<p>9575 5303</p>
<p>Malvern/Caulfield Carer Support Group (Mainly carers of aged but all enquiries welcome)</p>	<p>Meets first Wednesday of the month at 1.30pm St Georges Anglican Church 296 Glenferrie Road, Malvern</p>	<p>Sue Bottomley s.bottomley@alfred.org.au</p>	<p>9076 6666</p>
<p>Bayside/Glen Eira Lupus-Sjogren's Self Help Group (Education, mutual support and understanding to people with Lupus-Sjogrens, their families and interested others)</p>	<p>Meets fourth Friday of the month 1.00pm-3.00pm Bentleigh Bayside Community Health Centre, Gardeners Road Bentleigh East</p>	<p>Nona Hurrell or Gail Perry www.gleneira.vic.gov.au (Look in Community Resource Guide)</p>	<p>9598 0514 9583 8396</p>
<p>Brighton Carer Support Group (Mainly carers of aged but all enquiries welcome)</p>	<p>Meets second Wednesday of the month 7.30pm-9.30pm Girrawheen Centre 3 Murphy Street, Brighton</p>	<p>Please phone for details</p>	<p>9575 5322</p>

Toorak Carer Support Group (supporting people who are frail aged and/or have memory loss)	Meets every third month. John MacRae Centre 603 Toorak Road Toorak. Please call for details	Katrina Szabo and Margaret Labb email: johnmacrae@bigpond.com	9829 0320
“Living with Dementia” Jewish Carer Support Group	Meets every six weeks on Monday evenings 7.30pm to 9.00pm Temple Beth Israel Synagogue Alma Road, St Kilda Please call for date of next meeting	Dot Nathan	9510 1488
Down Syndrome Carer Support Group	Meets last Thursday of the month from 9.30am. Please call for details	Kerri Rolfe (MOIRA – Disability and Youth Services) krolfe@moira.org.au	8552 2222
Port Phillip Carer Support Group (for carers of older people)	Meets second Wednesday of the month 12.00pm-2.00pm Cora Graves Centre 38 Blessington Street St Kilda Please call before attending	Marg Moore	9209 6223
Inner South Parents and Friends (for carers of people with mental illness)	Meets second Tuesday of the month 7.30pm-9.30pm Betty Day Centre 67 Argyle Street St Kilda	Office Penny Lewisohn email: alfredpsych.parentsfriends@alfred.org.au	9076 4713
GROW – Better Together Caulfield Carer Support Group (for carers of people with mental and emotional health issues)	Meets first and third Tuesday of the month at 7.00pm GROW Community Centre 707 Glenhuntly Road Caulfield South	GROW Please also call for meetings in Dandenong and Frankston	1800 558 268

◇ KINGSTON ◇ BAYSIDE ◇

Bentleigh Bayside Community Health Service	This Community Health Service offers a range of support groups to the local community. Call for full details.	Bentleigh Bayside Community Health Service http://www.bbchs.org.au/	9575 5333
BBQ Boys (for male carers)	Meets first Tuesday of the month 11.00am-2.00pm Chelsea Church of Christ 3-5 Blantyre Avenue, Chelsea	Nathan Diep Commonwealth Respite and Carelink Centre Southern Region	9212 3006
Brighton Dementia Carer Support Group	Meets first Wednesday of the month 10.00am-11.30am Trinity House 15 Black Street, Brighton	Marlee Creaser	8256 9699
Chelsea Carer Support Group (All carers welcome)	Meets first Wednesday of the month 1.00pm-3.00pm Central Bayside Community Health Service, 3/1 The Strand, Chelsea	Brian Sinclair	9781 9333
Clarinda Carer Support Group (All carers welcome)	Meets third Wednesday of the month 11.00am-12.30pm Central Bayside Community Health Service, 58c Viney Street Clarinda Please call before attending	Leeanne Mill	9552 4333
Cheltenham Alzheimer's Carers Support Group	Meets second Thursday of the month 1.30pm-3.00pm Central Bayside Community Health Centre 335-337 Nepean Highway, Parkdale	Jane Cheong	8587 0194
Cheltenham Carers Support Group (for carers of people with a mental illness)	Meets first Wednesday of the month at 7.30pm 17 Taylor Street Moorabbin	Heather Geerts (Lantern) hgeerts@lantern.org.au	9093 5977
Cheltenham Young Carers Support Group (for young carers of people with a mental illness)	Lantern Cheltenham Meetings are scheduled regularly but please call for details	Heather Geerts (Lantern)	9585 5677

<p>Natural Therapies Awareness Group (to share information about therapies that may assist people with disabilities)</p>	<p>Meets third Thursday of the month from 10.00am Muffin Break at Parkmore Shopping Centre, 317 Cheltenham Road Keysborough</p>	<p>Leanne</p>	<p>9580 2353</p>
<p>Gardenvale DUCKS (dads understanding challenging kids)</p>	<p>Meets first Thursday of the month from 7.30pm Papagello's Pizza Restaurant 754 Hawthorn Road Gardenvale</p>	<p>Kerri Rolfe (MOIRA - Disability and Youth Services) k.rolfe@moira.org.au</p>	<p>8552 2222</p>
<p>Sandringham Reach Respite Program for Carers (for carers of the elderly and those with dementia)</p>	<p>Meets third Friday of the month 1.30pm-3.00pm Sandybeach Centre 2 Sims Street Sandringham</p>	<p>Joy Supple</p>	<p>9598 2155</p>
<p>South East Anxiety Disorders Support Group (for people with anxiety disorders)</p>	<p>Meets second Monday of the month 7.30pm-9.30pm Bentleigh Bayside Community Health Centre, Gardeners Road, Bentleigh</p>	<p>ARC http://www.arcvic.com.au/</p>	<p>9886 9377</p>
<p>Hampton East Primary School Autism Spectrum Support Group</p>	<p>Meets first Thursday of the month (except during school holidays) MOIRA 920 Nepean Highway, Hampton East</p>	<p>Kerri Rolfe (MOIRA - Disability and Youth Services) krolfe@moira.org.au</p>	<p>8552 2222</p>
<p>Movement Disorders Community Support Group (for carers of people with neurological disorders)</p>	<p>Meets first Monday of the month 10.30am – 12.30pm Church of Christ 2-12 Chesterville Road Cheltenham</p> <p>Note that there is a respite group at the same time to enable carers to attend. Please call in the first instance.</p>	<p>Barbara Winkler</p>	<p>9265 1481</p>

◇ CASEY ◇ CARDINIA ◇ GREATER DANDENONG ◇

Dandenong Male Carer Support Group	Meets second Monday of the month 12.00noon – 2.00pm Dandenong Club (Bistro) Cnr Heatherton & Stud Roads Dandenong North	Graham Walker (carer)	9547 1883 or CRCCSR on 9212 3000
Families of Children with ADHD Support Group	Meets Thursdays Cranbourne Community House 49 Valepark Crescent Cranbourne	Flora or Ann	5996 3333
The Hills Autism and Special Needs Carers Support Group	Meets third Wednesday of the month from 12.30pm Café Marte, (Next to Comm Bank) Emerald	Barb	5968 9014 or 0400 596 961
Cranbourne Parents Special Needs Support Group	Meets second Thursday of the month from midday Various venues	Kerri Rolfe (MOIRA - Disability and Youth Services) krolfe@moira.org.au	8552 2222
Grandparents Support Group (for carers of grandchildren with a disability)	Meets third Wednesday of the month from 10.00am Please call for details	Kerri Rolfe (MOIRA - Disability and Youth Services) krolfe@moira.org.au	8552 2222
Grandparents Support and Activity Group (for carers of grandchildren with a disability)	Meets monthly for meetings and social outings. Please call for details.	Michael White Coordinator Disability Commonwealth Respite and Carelink Centre	9212 3002
Cranbourne Carer Support Group (All carers welcome)	Meets second Tuesday of the month 1.30pm - 3.30pm Cranbourne Integrated Care Centre 140-154 Sladen Street, Cranbourne Please call before attending	Jill Rees (Community Health Service) Dian Hoey	5990 6789 5990 6341
Cranbourne Stroke Carers Support Group (for carers and people who have had a stroke)	Meets first Friday of the month 1.00pm - 3.00pm Valepark Community Centre Cnr Fairbairn Road and Valepark Drive, Cranbourne Please call before attending	Lyn Meagher Jenny Alcorn	5996 6446 5971 5299

ERMHA Carers Support Group, Berwick (for carers of people with a mental illness)	Meets first Tuesday of the month 1 st Floor, 2 Beaconsfield-Emerald Rd Beaconsfield	Kerrie-Anne ERMHA	9796 1000
Pakenham Carer Support Group (All carers welcome)	Meets first Monday of the month 10.30am -12.30pm Pakenham Community Health Centre Princes Highway, Pakenham	Mary Garrett (Community Health Service)	5990 6161
Casey Parents Carer Support Group (for carers of adult children with disability)	Meets first Wednesday of every second month at midday Kelly's Bistro at Kelly's Motor Club Hotel, High Street, Cranbourne	Elize Schutt	9707 5014
GROW – Better Together Dandenong Carer Support Group (for carers of people with mental and emotional health issues)	First and third Tuesday of the month at ERMHA from 12.30pm 67 Robinson Street Dandenong	GROW Email vic@grow.net.au	1800 558 268
Multicultural Carers Support Activity Group	Meets last Tuesday of the month 10.00am - 2.00pm South Eastern Migrant Resource Centre, Level 1, 314 Thomas Street Dandenong Please call to check eligibility before attending	Zlata Bukarica (Migrant Resource Centre)	9706 8933
Dandenong Aged Carer Support Group	Meets third Monday of the month at Dandenong	Marion Crocos Denise Broesdor	8790 5154 9795 9315
Dandenong Dementia Carer Support Group	Meets third Tuesday of the month 10.30am -12.30pm Call for meeting location	Lynn Brayshaw (Community Health Service)	9554 8405
Casey Asperger Syndrome Carer Support Group	Meets once per month various times Thursday eve and Wed afternoon 20 Agonis Street Doveton	www.thecass.com.au	Preferred contact is via email.
Narre Warren Carer Support Group (for carers of people with dementia)	Meets last Thursday of the month 10.00am-12.00pm Old Cheese Factory 34 Homestead Road, Berwick	Carol Ellis	9796 1964

ADEC – Action on Disabilities within Ethnic Communities

These groups meet on a monthly basis and are for ethnic carers of people with a disability

Vietnamese Carer Support Group	Springvale Neighbourhood House 46-50 Queens Ave Springvale Facilitator Thuy Cai	Tarun Kalra Intake Officer tarun@adec.org.au	9480 1666
Turkish Carer Support Group	Springvale Facilitator Hacer Tuncel	Tarun Kalra Intake Officer tarun@adec.org.au	9480 1666
Arabic Carer Support Group	Springvale Facilitator Samia Mina	Tarun Kalra Intake Officer tarun@adec.org.au	9480 1666
Chinese Carer Support Group	Dandenong Health Centre 229 Thomas Street Dandenong Facilitator Cheng Zheng	Tarun Kalra Intake Officer tarun@adec.org.au	9480 1666
Afghan Carer Support Group	Dandenong Facilitator Shaima Shahbaz	Tarun Kalra Intake Officer tarun@adec.org.au	9480 1666

◇ MORNINGTON PENINSULA ◇ FRANKSTON ◇

Carrum Downs Dementia Carer Support Group	Meets fourth Tuesday of the month. Every second meeting is a social outing. 10.00am -12.00noon Banksia Carrum Downs Centre 65 Williams Road, Carrum Downs	Lisa Astete	8781 4247
Rosebud Carer Support Group (for carers of older people and those with dementia)	Meets first Friday of the month 9.30am - 11.30am Rosebud Rehabilitation Centre 288 Eastbourne Road, Rosebud	Lani Peach	9788 1276
Relinquishing Care Carers Support Group	Meets first Friday of the month for lunch at midday Every other Friday from 2.00pm Please call for location details	Joan Blonk	5986 6353
St Peters Carers Group (for carers of older people and those with dementia)	Meets second Thursday of the month 10.00am -12.00pm St Peter's Church Meeting Room Octavia Street, Mornington	Lani Peach	9788 1276
Parents and Carers Support Group (for the parents or carer of adults or children with a disability)	Meets fourth Wednesday of the month Orwill Street Community House 16 Orwill Street, Frankston	Lani Peach http://www.orwilst.org.au/	9788 1276
Peninsula Carer Council (for carers of people with a mental illness)	Meets third Monday of the month 7.30pm Brotherhood of St Laurence Complex High Street, Frankston	Please phone for information info@peninsulacarercouncil.org.au	5970 5024
Peninsula Mental Health Services (Rosebud) (for carers of people with a mental illness)	Meets first Thursday of the month 1.30pm Baptist Church (near Plaza) Boneo Road, Rosebud	Carmel	9784 7099
Southern Autism Spectrum Family Support Group	Meets third Monday of the month Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	Cristina	9795 0328
		Melanie	9782 8022

<p>GROW - Better Together Frankston Carer Support Group</p> <p>(for carers of people with mental and emotional health issues)</p>	<p>Meets second and fourth Wednesday of the month at 10.00am Parish Offices, St Francis Xavier Church, Cnr Baxter and Davey Sts Frankston</p>	<p>GROW Email vic@grow.net.au</p>	<p>1800 558 268</p>
<p>Hastings Carer Support Group</p> <p>(for carers of older people and those with dementia)</p>	<p>Meets first Tuesday of the month 10.00am – 12.00noon Hastings Community Health Centre 185 High Street, Hastings</p>	<p>Lani Peach</p>	<p>9788 1276</p>
<p>Hastings/Tyabb Carer Support Group</p> <p>(for carers of children with a disability)</p>	<p>Meets monthly on a Wednesday 10.00am-12.30pm Eldon Park Retreat Please call for details</p>	<p>Val Mayer Commonwealth Respite & Carelink Centre Frankston</p>	<p>8781 3400</p>