

Do you know of anyone caring for a person living with mental health conditions?

If you do, would they be interested in joining a support group?

The Transcultural Mental Health Centre's Carer Support Program has established and facilitated several language-specific carer support groups for families and carers from culturally and linguistically diverse (CALD) backgrounds looking after someone, either a family member or a friend, living with a mental health condition. Some of the conditions are severe depression, eating disorder, anxiety disorder, bipolar disorder, schizophrenia, and all childhood disorders.

The support groups meet monthly in different suburbs across Sydney offering information, support, and educational activities to CALD carers. They also link carers to available services and support in the community.

Should carers be interested to attend in any of the support groups listed below, they can be referred or self-referred directly to our relevant the Bilingual Group Leader via SMS/text, instead phone calls.

Please note: The carer support groups have now begun meeting face-to-face on a bimonthly basis, while support phone calls are still being made to carers on alternated months.

If interested, **please send a sms to the relevant BGL** to check the status of the group. Thank you!

Language	Where	When	Bilingual Group Leaders (BGLs)
ARABIC	Liverpool Ken Merten Library Group Room 1 Liverpool Hospital Corner Elizabeth & Goulburn Streets	1 st Friday (starts on 2/02/24) 10:30am – 1pm	Ms Lilian Sedrak M) 0424 411 426
	Harris Park MaroniteCare Our Lady of Lebanon Community Centre Level 1 Discussion Room, 46 Alice Street	2 nd Tuesday 10:30am – 1:00pm	Ms Lilian Sedrak M) 0424 411 426
ASSYRIAN	Fairfield		Currently recruiting.
CHINESE	Campsie (Cantonese) Metro Migrant Resource Centre Level 2, 59-63 Evaline Street	2nd Monday 10am -1pm	BGL resigned. Currently recruiting. Pls contact Coordinator for more information.
	Hurstville (Cantonese) Club Central 2 Crofts Ave	2 nd Wednesday 10am-1pm	BGL resigned. Currently recruiting. Pls contact Coordinator for more information.

Language	Where	When	Bilingual Group Leaders (BGLs)
	Parramatta (Mandarin) BrightUp 6/190 George Street	3 rd Tuesday 2pm – 4:30pm	Ms Miao Shen M) 0410 468 726
DARI/FARSI	Guildford Nabi Akram Islamic Centre 395-397 Guildford Road	3 rd Thursday 10am – 1pm	Ms Nabila Moshref M) 0427 842 469
FARSI/ PERSIAN	Hornsby Willow Park Leisure Centre 25 Edgeworth David Avenue	3 rd Monday 11:30am – 2:30pm	Ms Behnaz Nesvadarani M) 0417 175 155
KHMER/ CAMBODIAN	Carramar Fairfield Community Health Centre 53-65 Mitchell St, Carramar	3 rd Tuesday 10am – 1pm	Ms Sonia Parmegiani M) 0423 432 117
KOREAN	Rhodes CASS Meeting Room 3, 4/30 Shoreline Drive	2 nd Thursday 10:15am – 1pm	Ms Okyoung CHO M) 0422 712 235
PUNJABI	TBC		Currently recruiting.
SPANISH	Fairfield Fairfield Community Centre 25 Barbara Street	3 rd Monday 10am – 1:00pm	BGL resigned. Currently recruiting. Pls contact Coordinator for more information.
VIETNAMESE	Cabramatta 1 (for parents and families of childhood disorders) Cabramatta Bowling Club Corner of Cabramatta Rd & Fairview Rd	1 st , 2 nd or 3 rd Thursday (Subjected to change due to meeting room's availability) 10am – 1pm	Ms Hanh Tran M) 0424 724 899
	Cabramatta 2 (carers of mental health problems) Cabramatta Bowling Club Corner of Cabramatta Rd & Fairview Rd	3 rd Friday (Subjected to change due to meeting room's availability) 10am – 1pm	Ms Hanh Tran M) 0424 724 899

For further inquiries, please contact:
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