



Mental Health Carers
ARAFMI ILLAWARRA
Caring for Carers

Mental Health Support Group for Carers– What's On

August 2016

Thursday 4th

Carer Focused

Caring and Sharing

Facilitator—Kelly

Venue South Coast Private Hospital- 6.30pm

Thursday 11th

Ability Links

Facilitator— Kem Kagdiran

Venue South Coast Private Hospital- 6.30pm

RSVP Essential—42 541699

Thursday 18th

Emergency Services Information Night

Police Chief Inspector Darren Brown

Duty Operations Manager Norm Rees

Ambulance Service Illawarra Sector

Venue South Coast Private Hospital- 6.30pm

RSVP Essential—42 541699

Thursday 25th

Carer and family Social Outing

Contact ARAFMI for details

RSVP Essential—42 541699

September 2016

Thursday 1st

Carer Focused

Caring and Sharing

Facilitator—Kelly

Venue South Coast Private Hospital- 6.30pm

Thursday 8th

Partners in Recovery ISPIR

Facilitator—Jenny Valdivia Team Leader

Venue South Coast Private Hospital- 6.30pm

RSVP Essential—42 541699

Thursday 15th

Department Fair Trading (NDIS Information)

Venue South Coast Private Hospital- 6.30pm

RSVP Essential—42 541699

Thursday 22nd

Meditation

Brahma Kumaris

Facilitator—Kerin

Venue South Coast Private Hospital- 6.30pm

Thursday 29th

Carer and family Social Outing

Contact ARAFMI for details

RSVP Essential—42 541699

