

Support

FOR CARERS



Support Groups

Power of support groups

Support groups are a tried and true way of providing emotional, physical, educational and social support. They can be valuable for carers as they offer you connection with other carers who may have similar experiences and enable you to share knowledge about services, tips and tricks. It's always a relief to know you're not alone.

Our groups are also safe spaces to share your story where there is no judgement, only a willingness to support each other.

Need help to attend?

We can arrange replacement care and/or transport to make sure you can attend a group. Just ask us!

A group just right for you

We host or facilitate 14 diverse support groups in the ACT ranging from general carer support groups to more specialised mental health, mature carers, ASD, veterans' partners, kinship carers and multicultural groups. NSW carers are welcome to attend.

Please see over for further details of these groups.

More information

Phone: Wayne on 6296 9900

Email: support.groups@carersact.org.au

Visit: carersact.org.au/support-groups

CarersACT

For further details please visit our website
www.carersact.org.au/support-groups

One-on-One

Power of talking it over

We all experience challenges or issues at some point in our lives and often work it out ourselves. From time to time though, our friends and family can't help or we find it difficult to discuss things with them.

In these times it can be helpful to talk confidentially to a qualified counsellor who understands the problems carers face and can offer you support and strategies.

Counselling is for everyone

Our counselling service is for any ACT carer (including young carers) who need help to deal with the challenges relating to caring. If you are feeling overwhelmed, tired, stressed, guilty, sad or uncertain counselling can help.

* If you are a NSW carer, please ring our free national carer advisory and counselling line **1800 242 636** for assistance.

Many carers have found that talking things over with our counsellors has helped them to put their lives back on track much quicker than they'd hoped.

We can help you:

- Reduce your stress
- Improve your resilience and coping skills
- Improve your mental health & wellbeing
- Work out your own needs
- Manage your caring relationship
- Continue in your caring role for as long as possible
- Support you after your caring role ends

More information

Phone: 1800 242 636 (9am—5pm)

Email: carers@carersact.org.au

If talking to someone one-on-one doesn't sound like you, then come along to one of our support groups instead.

FURTHER INFO: Ph 6296 9900

support.groups@carersact.org.au

Support FOR CARERS

Carer Support Groups



Northside Carers Support Group

When: 10am, First Wednesday of each month
Where: Carers ACT, Holt

Southside Carers Support Group

When: 10am, Second Tuesday of each month
Where: Tuggeranong

Mental Health Support Groups

Call 1800 242 636 to arrange a pre-participation interview

Northside

When: 10am - 12noon, second Tuesday of each month
Where: Carers ACT, Holt

Southside

When: 6-8pm, 4th Wednesday of each month
Where: Tuggeranong Community Centre

Autism Spectrum Disorder Carers Support Group

Support group for carers of people living with an Autism Spectrum Disorder. Run in conjunction with Marymead Autism Centre.

Northside

When: 12.30-2.30pm, fourth Tuesday of each month
Where: Carers ACT, Holt

Southside

When: 7-9pm, second Thursday of each month
Where: Yarralumla. Ph 6162 5800

Kinship Carers

When: 10am-12noon, first Tuesday of the month
Where: Carers ACT, Holt

Borderline Personality Disorder Support

When: 5.30-7.30pm, first Monday of each month
Where: Carers ACT, Holt

Mature Carers (45+)

A group for mature carers of people with disabilities
When: 10am-12pm, third Wednesday of each month
Where: Carers ACT, Holt

Jindabyne Carer Support Group

When: 3pm, first Friday of each month
Where: The Snowy Monaro Heritage & Cultural Gallery, East Jindabyne, NSW

Italian Carers

When: 10am, First Friday of each month
Where: Alternates between Woden and Belconnen

Indian Carers

When: Second Thursday of each month
Where: Alternates between Carers ACT and Burns Club, Kambah. Phone Jalota on 6251 6053.

Spanish Carers

When: Weekly on Mondays
Where: Belconnen Labor Club

Hungarian Carers

When: 12 noon, First Tuesday of each month for lunch
Where: North Canberra. Ph Eva on 6242 0656 for details.

Veterans' Partners

When: 9.30am-1pm, Second Friday of each month
Where: Usually at Carers ACT, Holt

CarersACT

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For further details please visit our website www.carersact.org.au/support-groups NOTE: some dates may be subject to change

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