



DEMENTIA CARERS SUPPORT GROUP

Join our group for people who care for someone with dementia or a similar condition associated with memory loss.

We empower carers through education, social connectedness and emotional support while socialising and meeting people in similar situations.

We create a community network for carers by:

- Offering support
- Giving people an opportunity to talk
- Providing guest speakers
- Holding social outings
- Hosting a Christmas luncheon
- Facilitating coffee and chat catch ups

Sessions will alternate between an education focus and social activities.

Our group works closely with the Australian Multicultural Community Services to provide additional respite activities to carers.

Dates: This group runs on the second and fourth Tuesday of every month from 1-3pm.

Location:

Most sessions will be held at IPC Health St Albans (1 Andrea St, St Albans 3021), but sometimes we head out for group activities!

Cost: \$5 per session

For more information or to register:

Call IPC Health St Albans on 1300 472 432 and ask to speak to:

- Monica Huynh, Occupational Therapist, or
- Maryanne Munteanu, Allied Health Assistant

Registration is essential. Call us or scan the QR code below to fill out the registration form.

