



Carer Support Groups - Term 4 2017

Interchange Outer East Carer Support Groups welcome parents and carers of a child or young adult with a disability to a variety of social and educational events throughout the year. Newcomers are welcome at any time!

Tuesday 6 Feb - 10am to 1pm - Movies (I, Tonya) and Lunch

Forest Hill Chase Shopping Centre, Canterbury Road
Cost: \$10pp

Wednesday 7 Feb - 10am to 12pm - Ringwood Lake Walk

Meet at Ringwood Lake for a walk followed by morning tea at Daisy's Hotel
Cnr Maroondah Hwy and Mt Dandenong Rd, Ringwood. Cost: \$5pp

Thursday 8 Feb - 10am to 12pm - Multicultural Group

Make and eat some traditional Lebanese delicacies
St Kevin's Community Space, 26 Herlihy's Rd, Templestowe Lower
Cost: FREE

Monday 19 Feb - 10am to 12pm - Massage and Morning Tea

Bowen Street Community Centre, 102 Bowen St, Camberwell
Cost: \$10pp

Tuesday 20 Feb - 10am to 12pm - Terrarium Workshop

Bring nature inside - learn how to make a terrarium to take home
Coonara Community House, Willow Ave, Upper Ferntree Gully. Cost \$10pp

Wednesday 21 Feb - 10am to 12pm - Experience Reflexology

A therapeutic method of relieving pain by stimulating pressure points on the hands and feet. Mooroolbark Community Centre, Red Earth Room
125 Brice Ave, Mooroolbark. Cost \$10pp

Creating
Opportunities
& Choice.

Register now!

Register online at
bit.ly/CSGTerm1-2018

Carer Support Groups are open to all parents and carers of a child or young adult with a disability. Families do not need to be registered or previously affiliated with Interchange Outer East to be involved.

For further information contact Sarah on 9758 5522 or familysupport@ioe.org.au

Interchange Outer East

Carer Support Groups - Term 1 Continued

Thursday 22 Feb - 10am to 12pm

Your Voice as Carers - Monash Metro Access Officer

Discuss your needs as carers and what support council can provide - enjoy morning tea.

Mount Street Neighbourhood House
6 Mount St Glen Waverley

Cost: FREE

Wednesday 28 Feb - 6pm to 8.30pm

Greek Banquet Dinner

Nikos Greek tavern - www.nikos.com.au
190 Mt Dandenong Rd, Ringwood East

Cost: \$20pp plus drinks

Tuesday 6 Mar - 10am to 12pm

DIY Day Spa

Make your own face masks, scrubs and enjoy a foot spa

Clota Cottage Neighbourhood House
31 Clota Ave, Box Hill North

Cost: FREE

Wednesday 7 Mar - 10am to 12pm

Special Circuit Training Session - at your own pace

Aquahub Croydon - FitRoom
11 Civic Square, Croydon

Cost \$5pp

Thursday 8 Mar - 11.30am to 1.30pm

Yum Cha, Golden Dragon Palace

363 Manningham Rd, Templestowe

Cost \$10pp

Monday 19 Mar - 10am to 12pm

Scrapbooking Day

Bring some photos to create a beautiful keepsake

Bowen Street Community Centre
102 Bowen St, Camberwell

Cost: FREE

Tuesday 20 March - 10am to 12pm

Coffee and Cake with Guest Speaker Farah Siddiqui

Municipal Disability Project Officer -
Mentoring Support Knox City Council

Banksia Nursery Cafe
530 Burwood Hwy, Wantirna South

Cost: \$5pp

Wednesday 21 Mar - 10am to 12pm

Morning Tea and Op Shopping

Club Kilsyth, 1-15 Canterbury Rd, Bayswater North

Cost \$5pp

Thursday 22 Mar - 10am to 1pm

Movie (Finding your Feet) and Lunch

Waverley Cinemas, Pinewood Shopping Village
Blackburn Rd, Mount Waverley

Cost \$10pp

Wednesday 28 Mar - 6pm to 8.30pm

Dinner at Micawber Tavern

'A beautiful little pub in a beautiful part of the country'

61 Monbulk Rd, Belgrave

Cost \$15pp plus drinks

Monday 16 Apr - 10am to 12pm

Coffee and Cake at Linger Patisserie Cafe

101 Bowen St, Camberwell

Cost: \$5pp

Tuesday 17 Apr - 10am to 12pm

Get Crafty! Make a Confetti Bowl

Coonara Community House
Willow Ave, Upper Ferntree Gully

Cost: FREE

Wednesday 18 Apr - 10am to 12pm

Inspiro Community Health Services

Find out what health supports are available to you, as a carer, and those you care for. Learn what supports are available under the NDIS - www.inspiro.org.au

Mooroolbark Community Centre, Red Earth Room

125 Brice Ave, Mooroolbark

Cost: FREE

Thursday 26 Apr - 10am to 12pm

Italian Cooking Day with Maria

Mount Street Neighbourhood House
6 Mount St, Glen Waverley

Cost: FREE