

# Carer Group



## What is the Carer Group?

This group provides social & networking opportunities for carers of people living with a disability and/or with a chronic illness.

The group meets for "Walk & Talk", "Coffee Catch Ups" and monthly social outings. These outings include a diverse range of activities, chosen by the Carers themselves.

The group aims to reduce stress, improve well-being, and provide an opportunity for Carers to meet other individuals with similar experiences.

For more information, visit [melton.vic.gov.au/Services/People/Seniors-people-with-a-disability-and-carers](https://melton.vic.gov.au/Services/People/Seniors-people-with-a-disability-and-carers)

## DETAILS:

### WHEN:

**Walk & Talk** – 1<sup>st</sup> Thursday of the month, 10am – 11am

**Coffee Catch Ups** – 1<sup>st</sup> Thursday of the month 11am – 12noon

**Monthly Outings** – 3<sup>rd</sup> Thursday of the month & times vary

**WHERE:** Locations vary – request a Session Calendar

### COST:

**Walk & Talk** – FREE

**Coffee Catch Ups** – \$6.10\*

**Monthly Outings** – \$24.40\*

\*Fees to change 31<sup>st</sup> August 2022

**RSVP:** Carer Connections Officer  
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