

Peer Support Group Afghan Community



Are you a carer for someone with a disability who is on the NDIS?

Would you like to join a Peer Support Group with like-minded people?

AMES Australia has helped new and recently arrived refugees and migrants to settle in to Victoria for more than 60 years and will be running Peer Support Group for the Afghan Community in the South-East of Melbourne. A peer support group is about sharing your experiences with someone on a similar journey and learning from each other.

The Peer Support Group is designed to help carers to:

- Develop new skills
- Make friendships
- Learn about services and the NDIS
- Understand the health system

The group will pick the topics that are covered. The sessions are held on Thursdays from 10:30-12:00 at the AMES office, 280 Thomas St, Dandenong.

If you are interested please contact the Project Coordinator – Tessa Hughes on mobile: 0401 660 483 or email: hughest@ames.net.au