

CARERS SUPPORT GROUP DATABASE

2022



Health
South Western Sydney
Local Health District

INCLUDING

- Bankstown LGA
- Macarthur - Campbelltown, Camden and Wollondilly LGAs
- Fairfield LGA
- Liverpool LGA
- Wingecarribee Shire



Collated by the Carers Program

South Western Sydney Local Health District

Contact Us

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Phone: 0477 384 643

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All groups subject to change. If you have updated information on a group, or group addition for the database, please contact **SWSLHD-CarersProgram@health.nsw.gov.au**

Bankstown LGA

Organisation	Group	Description	Details
<i>Way Ahead</i>	Bankstown Anxiety Support Group	Support group for people who experience anxiety disorders and their carers	Venue: Bankstown Library, 80 Rickard Rd, Bankstown Time: 3.00-5.00pm Frequency: 1st Monday of the month Phone: 9339 6000 or Support Group Coordinator on 9339 6013 Email: supportgroups@wayahead.org.au
<i>One Door Mental Health Services</i>	Bankstown Arabic Speakers (Mental Health) Carers Group	Support group for Arabic speaking carers of people living with a mental illness	Venue: Arab Council, Shop 15-16 Terrace Plaza, 212 Terrace St, Bankstown Time: 10.00am-12.00pm Frequency: 3rd Tuesday of the month Phone: 9708 2670 Email: carerservices@onedoor.org.au
<i>One Door Mental Health</i>	Bankstown Beautiful Minds	Committee of mental health consumers, carers and community members that fundraise to support mental health in the Bankstown LGA	Venue: Revesby Workers Club, 2B Brett St, Revesby Time: 7.00-8.30pm Frequency: 4th Monday of the month Email: bmbankstown@gmail.com
<i>3Bridges Community Ltd.</i>	Bankstown Dementia Carers Group	People living with dementia and their carers	Venue: Bankstown Library, Community Room 2 Time: 10.00am-2.00pm Frequency: Every Monday Phone: Rhonda Brown on 0424 288 648, contact to book in Email: Rhonda.brown@3bridges.org.au
<i>One Door Mental Health Carer Services</i>	Bankstown Male (Mental Health) Carers	Support group for male carers of people living with mental illness	Venue: Bankstown Sports Club, Room 4D Time: 7.00-9.00pm Frequency: Every 2nd Tuesday Phone: 9708 2670 Email: carerservices@onedoor.org.au
<i>One Door Mental Health Carer Services</i>	Bankstown (Mental Health) Carer Support	Support group for carers of people living with mental illness	Venue: Bankstown Hospital, Room 4, Level 4 Time: 7.00-9.00pm Frequency: 1st Tuesday of the month Phone: 9708 2670 Email: carerservices@onedoor.org.au

Organisation	Group	Description	Details
<i>Bipolar Australia</i>	Bipolar South West Support Group	Support group for carers and for those living with bipolar disorder	Venue: Bankstown Sports Club, 85 Greenfield Pde Time: 6.00-9.00pm Frequency: 1st Wednesday of the month Phone: 0415 727 155 Email: donaldmead58@gmail.com
<i>EACH</i>	Chat and Connect	Support group for parents and carers of children 0-6 years with developmental delay or diagnosed disability. Children are welcome	Venue: EACH Office, 37 Stanley St, Bankstown Time: 1.00-3.00pm Frequency: Last Thursday of the month Phone: 9722 9300
<i>National Disability Insurance Scheme</i>	Community Access Network	A support and information network for individuals and their carers/families to help them navigate the NDIS	Venue: Bankstown Library and Knowledge Centre Phone: 0435 967 412
<i>Coolaburoo Neighbourhood Centre</i>	Friendship and Support Group	For people living with health issues and/or a disability or who are socially isolated	Venue: Dixon Lane Revesby Time: 10.00am-1.00pm Frequency: Tuesdays (booking essential) Phone: 9774 2426 or 0408 420 164 Email: cncinc@coolaburoo.org.au
<i>South Western Sydney Local Health District - Dementia Advisory Service</i>	Liverpool, Fairfield, Bankstown Dementia Consumers and Carers Group	Social support group for carers and the person with dementia	Venue: Firefly Restaurant, Georges River Golf Club, 255 Henry Lawson Dr, Georges Hall Time: 10.00am-12.00pm Frequency: 2nd Tuesday and 4th Thursday of the month Phone: Julie on 0400 113 422 or 4782 9222
<i>Macedonian Australian Welfare Association of Sydney Inc.</i>	Macedonian Carers Support Group	General support group for Macedonian speaking carers	Venue: Bankstown Community Health Centre, 36-38 Raymond St, Bankstown Time: 10.00am-12.30pm Frequency: Monthly, Wednesday Phone: 9597 5455 Email: cpp@mawasydney.org.au

Organisation	Group	Description	Details
<i>Asbestos Diseases Research Institute (ADRI)</i>	Mesothelioma Support and Information Group	Support for people who have been diagnosed with Mesothelioma, their families and carers	Venue: Subject to change contact ADRI via phone or email Phone: 9767 9854 Email: support@adri.org.au
<i>Coolaburoo Neighbourhood Centre</i>	South Bankstown Carers Support Group	General carers support group	Venue: Coolaburoo Neighbourhood Centre, 1 Ryan Rd, Padstow Time: From 11.30am Frequency: 1st Wednesday of the month Phone: Marie on 9774 2426 Email: cncinc@coolaburoo.org.au
<i>Stroke NSW</i>	Stroke Recovery Club	Support group for people affected by stroke and their families and carers	Venue: Bankstown Time: 10.30am-12.30pm Frequency: 4th Wednesday of the month Phone: 1300 650 594
<i>Lifeline Macarthur</i>	Suicide Bereavement Support Group	Support group for adults who have lost someone to suicide	Venue: Various Time: 6.30-8.30pm Frequency: Weekly for 8 weeks, days will change with different meeting cycles Phone: 4645 7200 Email: suicideprevention@lifelinemacarthur.org.au
<i>One Door Mental Health Carer Services</i>	Villawood – Vietnamese (Mental Health) Carer Support Group	Support group for Vietnamese speaking carers of people who are living with a mental illness	Venue: Villawood Senior Citizens Centre, 29 Villawood Rd, Villawood Time: 10.00am-12.30pm Frequency: Every 2nd Tuesday of the month Phone: 9708 2670 Email: carerservices@onedoor.org.au
<i>Bankstown Women's Health Centre</i>	Wellness for Women Cancer Support Group	Support group for Arabic speaking community affected by cancer and their carers	Venue: Bankstown Women's Health Centre, 24-26 Jacobs St, Bankstown Time: 10.30am-1.00pm Frequency: Every Monday Phone: Juliette or Kerrie on 9790 1378 Email: swsld-bankstownwomenshealthcentre@health.nsw.gov.au

Macarthur - Campbelltown, Camden and Wollondilly

Organisation	Group	Description	Details
<i>Northcott Society</i>	Aboriginal Yarning Circle - Carers Support Group	Social support group for Aboriginal Carers who have friends and relatives living with autism, mental illness or are aged and frail	<p>Venue: Northcott, Ground Floor, Level 1, 101 Queen St, Campbelltown</p> <p>Time: 10.00am-12.00pm</p> <p>Frequency: Last Friday of the month</p> <p>Phone: 4640 8700</p> <p>Email: macarthur.admin@northcott.com.au</p>
<i>Way Ahead</i>	Anxiety Disorders Support Group	Support group for adults with an anxiety disorders and their carers	<p>Venue: Campbelltown Uniting Church, 8 Allman St, Campbelltown</p> <p>Time: 6:30-8:30pm</p> <p>Frequency: 2nd Tuesday of the month</p> <p>Phone: 9339 6013</p> <p>Email: supportgroups@wayahead.org.au</p>
<i>One Door Mental Health</i>	Beautiful Minds Macarthur	Not for profit charity comprised of volunteers raising awareness and funds to support mental health across the Macarthur region	<p>Venue: Ingleburn RSL Club, Boardroom, Chester Rd, Ingleburn</p> <p>Time: 6.00-8.00pm</p> <p>Frequency: 1st Thursday of the month</p> <p>Phone: Vice President on 0421 782 466 or Treasurer on 0423 767 501</p> <p>Email: beautifulmindsmacarthur@gmail.com</p>
<i>Way Ahead</i>	Camden Anxiety Support Group	Support group for adults with anxiety disorders and their carers	<p>Venue: Camden Uniting Church, 20 John St, Camden</p> <p>Time: 6:30-8:30pm</p> <p>Frequency: 1st Monday of the month</p> <p>Phone: 9339 6013</p> <p>Email: supportgroups@wayahead.org.au</p>
<i>Camden Breast Cancer Support Group</i>	Camden Breast Cancer Support Group	Support group for women affected by breast cancer	<p>Venue: The Undercroft, Camden Civic Centre</p> <p>Time: From 7pm</p> <p>Frequency: Monthly, Wednesday</p> <p>Phone: Melanie on 0404 802 533</p>

Organisation	Group	Description	Details
<i>One Door Mental Health/Family and Carer Mental Health Program</i>	Camden Carers Support Group	Support group for family, friends and carers of people with mental health concerns. Catch up/chat with knowledgeable, supportive carers	Venue: Narellan, contact facilitator for location details Time: 10.00am-12.00pm Frequency: 4th Tuesday of the month Phone: Janelle on 0423 767 501 Email: janelle.hint@onedoor.org.au
<i>One Door Mental Health/Family and Carer Mental Health Program</i>	Campbelltown Carers Support Group	Support group for family, friends and carers of people living with mental health concerns to share information and experiences, advocate and help each other	Venue: Campbelltown, contact facilitator for location details Time: 5:30-7:30pm Frequency: 3rd Wednesday of the month Phone: Janelle on 0423 767 501 Email: janelle.hint@onedoor.org.au
<i>Motor Neurone Disease NSW</i>	Campbelltown Motor Neurone Disorders (MND) Support Group	A support group for people diagnosed with MND and their families and carers	Venue: Online Time: 10.00-11.00am Frequency: 1st Monday of the month Phone: Laura on 0408 899 863 Email: www.mndnsw.asn.au
<i>Community Links Wellbeing</i>	Care Free Singers – Community Choir	A social community choir for anyone, including carers	Venue: Tahmoor Community Centre Time: 10:30am-12.00pm Frequency: 2nd and 4th Friday of the month Phone: 4683 2776 Email: info@communitylinks.org.au
<i>Northcott Society</i>	Cystic Fibrosis Carer Support Group	Social support group for families supporting someone living with Cystic Fibrosis	Venue: Northcott, Ground Floor, Suite 1, 101 Queen St, Campbelltown Time: 6:30-9.00pm Frequency: Bi-monthly, 1st Monday or Tuesday Phone: 0409 647 967 Email: Debbie.alexander@northcott.com.au
<i>South Western Sydney Local Health District – Respite Services</i>	Forget-me-not Cafes	Social group for carers of people with dementia and the person they care for	Venue: Le Jardin Café, Tahmoor Garden Centre, Bargo Time: 10.30am-12.00pm Frequency: 1st Friday and 2nd Tuesday of the month Venue: The Arts Centre Café, Campbelltown Arts Centre Time: 10.30am-12.00pm Frequency: 2nd Wednesday and 4th Tuesday of the month Phone: 4654 6062 Email: Kathleen.Rogers@health.nsw.gov.au

Organisation	Group	Description	Details
<i>Oesophageal Cancer Information and Support (OCAGI)</i>	Gastro-intestinal Cancer Support Group	Support group for patients, families and carers of people affected by gastrointestinal cancers	Venue: The Illawarra Retirement Trust, 2 Hyde Pde, Park Central Time: From 7.00pm Frequency: Last Tuesday of the month Phone: Polly Grundy on 9829 3999 Email: www.ocagi.org
<i>Community Links</i>	Grandparents/Kinship Care Support Group	A social support/advocacy group for grandparents and other family members who are carers	Venue: Tahmoor Community Centre Frequency: Monthly Phone: 4683 2776 Email: info@communitylinks.org.au
<i>One Door Mental Health/Family and Carer Mental Health Program</i>	Ingleburn Carers Support Group	A social support group for family, friends and carers of people living with mental health concerns	Venue: Ingleburn, contact facilitator for location details Time: 9.30-11.30am Frequency: 2nd Wednesday of the month Phone: 0423 767 501 Email: janelle.hint@onedoor.org.au
<i>Macarthur Arthritis Support Group</i>	Macarthur Arthritis Support Group	Support group for people affected by Arthritic disorders. Meeting usually includes a guest speaker	Venue: Campbelltown Catholic Club Time: 10.00am-12.00pm Frequency: 1st Wednesday of the month Phone: 0423 500 066 Email: Charmainereynolds92@gmail.com
<i>South Western Sydney Local Health District</i>	Macarthur Bowel Cancer Support Group	Support group for people diagnosed with bowel cancer, their partners and carers	Venue: Wests Leagues Club, Acacia/Eucalyptus Room Time: From 7.00pm Frequency: 1st Monday of the month Phone: 0477 741 569
<i>South Western Sydney Local Health District</i>	Macarthur Prostrate Cancer Education and Support Group	Self-help group that provides education and support for individual affected by prostate cancer and their carers	Venue: Campbelltown RSL Club, Carberry Lane, Campbelltown Time: 7.00-8.00pm Frequency: 1st Thursday of the month Phone: 4654 6424 Email: suzanne.cruickshanks@health.nsw.gov.au

Organisation	Group	Description	Details
<i>South Western Sydney Local Health District – Dementia Advisory Service</i>	Macarthur Specialised Support Service - Dementia	Support group for carer and people living with dementia	Venue: Rosemeadow Community Health, 5 Thomas Rose Dve Time: 10.30am-12.30pm Frequency: 3rd Friday of the month Phone: 4654 6062 Email: Kathleen.Rogers@health.nsw.gov.au
<i>Stroke NSW</i>	Macarthur Stroke Recovery	Social group providing post stroke support for people who have been affected by stroke and their carers	Venue: The Catholic Club, Campbelltown Time: 10.00am-12.00pm Frequency: Every Tuesday Phone: 1300 650 594 Email: info@strokensw.org.au
<i>Turning Point Camden</i>	Men's Support Network	Men's breakfast program, hot BBQ breakfast, refreshments, space for socialising (no charge)	Venue: 15 Edward St, Camden Time: 9.30-11.00am Frequency: Every Friday Phone: 4655 1567 Email: turningpointcamden@gmail.com
<i>Asbestos Disease Research Institute</i>	Mesothelioma Support and Information Group	Support for people who have been diagnosed with Mesothelioma, their families and carers	Venue: Online Time: 11.00am-1.00pm Frequency: Bi-monthly Phone: 9767 9854 Email: support@adri.org.au
<i>Disability Macarthur</i>	Minto 'My Time'	Social support group for parents and carers of children 0-16 years who have a disability or developmental delay	Venue: Disability Macarthur, Lot 2 and 3 Surrey St, Minto Time: 10.00am-12.00pm Frequency: Every Wednesday Phone: 9603 7011 Email: care@disabilitymacarthur.org.au
<i>Community Links Wellbeing</i>	Project Grow	Community garden project for anyone who loves or would like to learn growing fruit and vegetables	Venue: Garden located @ Bonnie Cottage, 122 Hawthorne Rd, Bargo Time: 9.00-11.00am Frequency: Weekly Phone: 4683 2776 Email: info@communitylinks.org.au

Organisation	Group	Description	Details
<i>Community Links Wollondilly</i>	Reframe - Social Group	Social group for young people aged 18-30 years of age	Venue: Tahmoor Community Centre Time: 1pm onwards Frequency: Every Friday Phone: 4683 2776 Email: kelsey@communitylinks.org.au
<i>Lifeline Macarthur</i>	Suicide Bereavement Support Group	Support group for any adults who have lost someone to suicide. Additional closed support groups are also run throughout the year	Venue: Lifeline Macarthur Offices, 13 McPherson Rd, Smeaton Grange Time: 6.30-8.30pm Frequency: 1st Friday of the month Phone: 4645 7200 Email: rogersa@lifelinemacarthur.org.au
<i>Macarthur Diversity Services Initiative</i>	The Coffee Room	Social Support group for individuals living with a mental illness and their carers	Venue: Macarthur Diversity Services, Activity Centre, 127 Dumaresq St. Campbelltown Time: 10.00am-12.00pm Frequency: Every Monday Phone: 4627 1188 or 0413 536 800 Email: info@msdi.org.au
<i>Community Links Wellbeing</i>	Wollondilly Cancer Support Service	Support for cancer sufferers and their family/carers	Venue: Please call or email for location Time: 9.00-11.00am Frequency: Daily Phone: 0439 467 850 Email: wollondillycancersupport@communitylinks.org.au
<i>Turning Point Camden</i>	Women's Support Network	Participation in craft activities, educational presentations from local services and businesses, free light lunch, refreshments (no charge for activities or food)	Venue: 15 Edward St, Camden Time: 10.00am-2.00pm Frequency: Every Thursday Phone: 4655 1567 Email: turningpointcamden@gmail.com

Fairfield LGA

Organisation	Group	Description	Details
<i>Transcultural Mental Health Centre</i>	Assyrian (Mental Health) Carer Support Group	Support for Assyrian speaking carers of people with a mental illness	<p>Venue: STARTS, Level 2, Room 204, 25 Smarts St, Fairfield</p> <p>Time: 9.30am-12.00pm</p> <p>Frequency: 3rd Tuesday of the month</p> <p>Phone: 9646 6555</p> <p>Email: Ramy.Var@health.nsw.gov.au</p>
<i>Diversity and Disability Alliance</i>	Diversity and Disability Alliance	Peer support group (Peer to Peer Café) for multicultural community members with disability, their families, friends and carers	<p>Venue: Fairfield Youth Centre, 55 Vine St, Fairfield</p> <p>Time: 10.00am-12.00pm</p> <p>Frequency: More information http://www.ddalliance.org.au/</p> <p>Phone: 0434 354 114</p> <p>Email: Peers@ddalliance.org.au</p>
<i>Transcultural Mental Health Centre</i>	Fairfield Latino (Mental Health) Carers Support Group	Spanish speaking carer support group of people living with a mental illness	<p>Venue: Fairfield Community Centre, 25 Barbara St</p> <p>Time: 10.00am-1.00pm</p> <p>Frequency: 3rd Monday of the month</p> <p>Phone: Glenda Benitez on 0450 065 564</p> <p>Email: Ramy.Var@health.nsw.gov.au</p>
<i>Community First Step</i>	Grandparents/Kinship Care Support Group	A social support group for Arabic speaking women	<p>Venue: Community First Step, 25 Barbara St</p> <p>Time: 10.00am-12.00pm</p> <p>Frequency: Every Friday</p> <p>Phone: 9727 4333</p> <p>Email: cfs@cfs.asn.au</p>
<i>Transcultural Mental Health Centre</i>	Khmer (Mental Health) Carers Support Group	For Khmer speaking carers of people with a mental illness	<p>Venue: Fairfield Community Health Centre, 53-65 Mitchell St, Carramar</p> <p>Time: 9.30am-12.30pm</p> <p>Frequency: 3rd Tuesday of the month</p> <p>Phone: Sonya on 0423 432 117</p> <p>Email: Ramy.Var@health.nsw.gov.au</p>

Organisation	Group	Description	Details
<i>South Western Sydney Local Health District – Dementia Advisory Group</i>	Liverpool, Fairfield, Bankstown Dementia Consumers and Carers Group	Social support for carers of people with dementia and the person they care for	Venue: Firefly Restaurant, Georges River Golf Club, Georges Hall Time: 10.00am-12.00pm Frequency: 2nd Tuesday and 4th Tuesday of the month Phone: 8717 1600
<i>One Door Mental Health Carer Services</i>	Liverpool-Fairfield (Mental Health Cares) Support Group	Supports for carers of people with a mental illness living in the Fairfield and Liverpool Areas	Venue: Cabravale Diggers RSLClub Time: 11.00am-1.00pm Frequency: 1st Thursday of the month (except January) Phone: 0439 257 138 Email: amy.kemp@onedoor.org.au
<i>Transcultural Mental Health Centre</i>	Macedonian and Serbian (Mental Health) Carers Support Group	Support group for Macedonian and Serbian speaking carers of people living with a mental illness	Venue: Navitas, 2 Hughes St, Cabramatta Time: 2.30-5.00pm Frequency: 2nd Thursday or Friday (2.00-5.00pm) of the month Phone: 9912 6500 Email: Ramy.Var@health.nsw.gov.au
<i>Asbestos Disease Research Institute (ADRI)</i>	Mesothelioma Support and Information Group	Support for people diagnosed with Mesothelioma and their families and carers	Venue: Subject to change contact ADRI via phone or email Phone: 9767 9854 Email: support@adri.org.au
<i>Community First Step</i>	My Time Peer Support Groups	Social support and playgroup for anyone caring for a child 0-16 years of age with a developmental disorder or chronic medical condition	Venue: Community First Step, 82 Tangerine St, Fairfield Time: From 10.00am Frequency: Every Saturday Phone: 1800 171 882 Email: cfs@cfs.asn.au
<i>NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA)</i>	Spanish Carers Group	Social and educational activities for carers	Venue: Fairfield Community Centre, 25 Barbara St, Fairfield Time: 10.00am-1.00pm Frequency: Fortnightly Phone: 9610 0288 Email: manager@nswslasa.com.au

Organisation	Group	Description	Details
<i>Vietnamese Cancer Support Group</i>	Vietnamese Cancer Support Group	Support group for Vietnamese people diagnosed with cancer and their carers	Venue: Cabramatta Library Time: 9.30-11.30am Frequency: Bi-monthly, 1st Friday of the month (excluding January) Phone: Betty on 9828 4543
<i>Transcultural Mental Health Centre</i>	Vietnamese (Mental Health) Carers Support Group	For Vietnamese speaking carers of people living with a mental illness	Venue: Cabramatta Bowling Club Time: 10.00am-12.30pm Frequency: 3rd Saturday of the month Phone: Hahn Tran on 0424 724 899 Email: Ramy.Var@health.nsw.gov.au
<i>Transcultural Mental Health Centre</i>	Vietnamese (Parents and Families of Childhood Disorders) Support Group	For Vietnamese speaking parents, carers of childhood disorders	Venue: Cabramatta Bowling Club Time: 10.00am-12.00pm Frequency: 1st Tuesday of the month Phone: Hahn Tran on 0424 724 899 Email: Ramy.Var@health.nsw.gov.au
<i>Fairfield Women's Health Service</i>	Wellness for Women Cancer Support Group	A social support group for Arabic speaking women living with cancer and their carers	Venue: Arthur West Memorial Hall, Cabramatta Time: 10.30am-12.30pm Frequency: Every Monday Phone: Han or Kerrie on 9755 008 Email: SWSLHD-FairfieldWomensHealthService@health.nsw.gov.au

Liverpool LGA

Organisation	Group	Description	Details
<i>Sue Crowe</i>	Air Support Club Lung Disease Support Group	A social support and educational group for patients with chronic lung disease, their families and carers	Phone: Sue Crowe on 9607 3907
<i>Autism Advisory and Support Service</i>	Arabic (Autism) Carers Support Group	Support group for Arabic speaking families and carers of children diagnosed with Asperger's or Autism	Venue: Moorebank Sports Club, 230 Heathcote Rd, Hammondville Time: 10.30am-12.30pm Frequency: Fortnightly, Tuesday Phone: 9601 2844 Email: www.aass.org.au
<i>Transcultural Mental Health Centre</i>	Arabic (Mental Health) Support Group	For carers of people from an Arabic speaking background who care for someone living with a mental illness	Venue: Ken Merten Library Group, Room 1 Liverpool Hospital Time: 1st Friday of the month Frequency: 10.00am-12.30pm Phone: Lilian on 0424 411 426 Email: Ramy.Var@health.nsw.gov.au
<i>CanRevive</i>	Cancer Support Group	A support group for Mandarin and Cantonese speakers who have/had cancer and their families and carers	Phone: Call 9212 7789 for details Email: info@canrevive.com
<i>South Western Sydney Local Health District</i>	Chinese Brain Injury Carers Support Group	Support groups for families and carers of Mandarin and Cantonese speakers who have sustained an acquired brain injury (ABI)	Venue: Liverpool Transitional Living Unit, 17 Bigge St, Liverpool Frequency: Quarterly, Saturday Phone: 8738 5495
<i>CatholicCare</i>	Dementia Support Group	Social support group for older persons with dementia and their carers who live in Liverpool and Fairfield area	Venue: Hoxton Park Community Health Centre Time: 10.00am-12.00pm Frequency: 2nd Friday of the month Phone: 8778 4222 Email: Xiomara.Huezo@catholiccare.org

Organisation	Group	Description	Details
<i>Sunshine Field</i>	Family Reconnect Club	A social support group for mothers who have children with disabilities	Venue: The Mill Hotel, 189 Beaconsfield Rd, Milperra Time: 10.00am-1.00pm Frequency: Monthly, Thursday Email: sunshinefield@hotmail.com
<i>South Western Sydney Local Health District</i>	Head and Neck Education and Support Group	Education and support program for people diagnosed with head and neck cancers, their families and carers	Venue: John Richard Kuhlmann Wellness Centre, Cancer therapy Centre, Level 1, Liverpool Hospital Time: 10.00am-12.00pm Frequency: Last Wednesday of the month Phone: 0477 739 190 Email: Michelle.Roach@health.nsw.gov.au
<i>Leukaemia Foundation</i>	Liverpool Blood Cancer Education and Support Group	Education and support program for people diagnosed with blood cancers (Leukaemia, Lymphoma, Multiple Myelomas and related blood and bone marrow disorders), their families and carers	Venue: Cancer Wellness Centre, Liverpool Hospital, Cancer Therapy Centre Frequency: 2nd Friday of the month Phone: Snezana on 4222 0601 or 0423 781 074 Email: sdjordjevic@leukaemia.org.au
<i>South Western Sydney – Dementia Advisory Service</i>	Liverpool, Fairfield, Bankstown Dementia Consumers and Carers Group	Social support group for carers of a person with dementia and the person they care for	Venue: Firefly Restaurant, Georges River Golf Course, 255 Henry Lawson Dr, Georges Hall Time: 10.00am-12.00pm Frequency: 2nd Tuesday and 4th Thursday of the month Phone: 8717 1600 Email: janice.tolley@health.nsw.gov.au
<i>One Door Mental Health Carer Services</i>	Liverpool-Fairfield (Mental Health Carers) Support Group	Support for carers of people living with a mental illness in the Liverpool and Fairfield areas	Venue: Cabravale Diggers RSL Club Time: 11.00am-1.00pm Frequency: 1st Thursday of the month (excluding January) Phone: 0439 257 138 Email: amy.kemp@onedoor.org.au
<i>Mandean Women's Union</i>	Mandean Women's Union Carer Support Group	Support group for female carers of people living with a disability	Venue: NSW Mandean Community Centre, 9 Pirie St, Liverpool Time: 10.00am-12.00pm Frequency: Monthly Phone: 8778 2000

Organisation	Group	Description	Details
<i>Asbestos Diseases Research Institute (ADRI)</i>	Mesothelioma Support and Information Group	Support for people diagnosed with Mesothelioma and their families and carers	Venue: Subject to change contact ADRI via phone or email Phone: 9767 9854 Email: support@adri.org.au
<i>Melissa Cotterill</i>	My Time Liverpool	Social support groups for parents and carers of children 0-16 years of age with a disability	Venue: Lifegate Prestons, 222 Hoxton Park Rd, Prestons Time: Depending on activity Frequency: Monthly, Friday Phone: 0418 162 544 Email: mmcotterill@bigpond.com
<i>My Time Mt Prichard</i>	My Time Mt Prichard	Social support groups for parents and carers of children 0-16 years of age with a disability or chronic medical condition	Venue: Mounties, 101 Meadows Rd, Mt Pritchard Time: 10.00am-12.00pm Frequency: Monthly Phone: 0419 698 157 Email: snappmytime@hotmail.com
<i>Autism Advisory and Support Service</i>	Parents/Carers (Autism) Support Group	Support group for families and carers of children diagnosed with Asperger's or Autism	Venue: Moorebank Sports club, 230 Heathcote Rd, Hammondville Time: 10.30am-12.30pm Frequency: Monthly, Tuesday Phone: 9601 2844 Email: www.aass.org.au
<i>Marina Jurman</i>	Parkinson's Support Group	Support group for people diagnosed with Parkinson's Disease and their carers	Venue: Liverpool Catholic Club 424/458 Hoxton Park Rd, Prestons Time: 10.30am-12.30pm Frequency: 2nd Monday of the month Phone: 8738 4782 Email: Marina.Jurman@health.nsw.gov.au
<i>Liverpool Women's Health Centre</i>	Strong and Supportive Aboriginal Women's Group	Social support group for Aboriginal women to share their stories and go on outings	Venue: Liverpool Women's Resource Centre, 23 Sheriff St, Ashcroft Time: 10.00am-2.30pm Frequency: Weekly, Thursday Phone: Rosheen on 9607 7536 Email: SWSLHD-LiverpoolWomensHealthCentre@health.nsw.gov.au
<i>Lifeline Macarthur</i>	Suicide Bereavement Support Group	Closed eight week group for adults who have lost someone to suicide	Venue: Various across South Western Sydney Frequency: Weekly for eight weeks, days will change with different meeting cycles Phone: 4645 7200 Email: suicideprevention@lifelinemacarthur.org.au

Organisation	Group	Description	Details
<i>CatholicCare</i>	The Journeymen Carer Support Group	Social support group for all male carers	Phone: 8778 4222 Email: Xiomara.Huezo@catholiccare.org
<i>Transcultural Mental Health Centre</i>	Vietnamese (Mental Health) Carers Support Group	Support group for Vietnamese speaking mental health carers	Venue: Vietnamese Women's Association, 53 Tarlington Pde, Bonnyrigg Time: 10.00am-12.30pm Frequency: 3rd Saturday of the month Phone: Hanh Tran on 0424 724 899 Email: Ramy.Var@health.nsw.gov.au
<i>Liverpool Women's Health Centre</i>	Women's Support Group	Social and educational support group for all women. Other groups for Spanish, Hindi/Urdu speaking women also meet	Venue: Liverpool Health Centre, 26 Bathurst St, Liverpool Time: 10.00am-12.00pm Frequency: Fortnightly, Thursday Phone: 9601 3555 Email: SWSLHD-LiverpoolWomensHealthCentre@health.nsw.gov.au

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Organisation	Group	Description	Details
<i>South Western Sydney Local Health District</i>	Bowral Stoma Support Group	A support group for people who have undergone bowel surgery and their family, and carers	Venue: Bowral Bowling Club, 40 Shepherd St, Bowral Time: 1.00-3.00pm Frequency: Quarterly Phone: Erin Wagner or Lu Wang on 8738 4308 Email: SWSLHD-Liverpool-stomaltherapyservice@health.nsw.gov.au
<i>OneDoor Mental Health Carer Services</i>	Carers (Mental Health) Support Group	A group for carers looking after someone with a mental illness	Venue: Benevolent Society Office, Shop 1/68-70 Station St, Bowral Time: 10.00am-12.00pm Frequency: 2nd Wednesday of the month Phone: 4868 2755 Email: Carmel.Averillo@onedoor.org.au
<i>Community Links</i>	Koolkuna Elders Group	Support group for Aboriginal Elders/carers who provide support to younger and older persons with disabilities including dementia	Venue: Bargo CWA Hall Time: 10.30am-2.00pm Frequency: Every Wednesday Phone: 4683 2776 Email: info@communitylinks.org.au
<i>Sophia Farrington</i>	Moss Vale Wellbeing Support Group	Parents and carers of family members with special needs	Venue: Contact for venue information Frequency: Once per month Phone: 0401 350 461 Email: mossvalewellbeing@gmail.com
<i>Alyse Price-Tobler</i>	SEMPI Happiness and Friendship Group	Social/recreational support group for people living in the Southern Highlands who experience mental health challenges, are feeling lonely and isolated	Venue: Contact facilitator, venue decided at end of each session Time: Afternoon Frequency: Last Friday of the month Phone: 0477 458 777 Email: alysepricetobler@gmail.com
<i>Reg Pratley</i>	Southern Highlands Parkinson's Support Group	Support group for people living and caring for someone with Parkinson's Disease	Venue: Various across Wingecarribee Frequency: 3rd Thursday of the month Phone: 4871 3157 Email: r.pratley@gmail.com

Organisation	Group	Description	Details
<i>Tom Carroll</i>	Southern Highlands Prostrate Cancer Support	Provides information, education and emotional support for local men affected by prostate cancer	Phone: 0419 482 208 Email: carroll.tom747@gmail.com
<i>Lifeline Macarthur</i>	Suicide Bereavement Support Group	Support group for adults who have lost someone to suicide	Venue: Various across South Western Sydney Frequency: Weekly for eight weeks, days will change with different meeting cycles Phone: 4645 7200 Email: suicideprevention@lifelinemacarthur.org.au

All Areas			
Organisation	Group	Description	Details
<i>Carer Gateway</i>	Carer Gateway	Supports including free telephone-based counselling for carers over 18 years of age	Venue: Contact for information Time: Available 8.00am-6.00pm weekdays Phone: 1800 422 737 Email: www.carergateway.gov.au
<i>Carers NSW</i>	Carers NSW Carer Peer Connect	Online chat forums addressing health and wellbeing of carers as well as self-directed online learning modules related to caring and latest information on carer supports	Venue: Online Time: Available 24/7, contact for information Frequency: Ongoing Email: www.carerpeerconnect.org.au