

# Monthly Carer Support Groups



The Victoria Clinic

The Victoria Clinic offers monthly information and support evenings for carers and family members who are themselves supporting someone with a mental illness.

- Has your family member experienced mental illness?
- Would you like further ideas as to how best to help?
- Would you benefit from a forum where carers express their ideas and concerns with each other?
- Are you looking after yourself?

Families and carers play an important role in supporting people with a mental illness, and this can be a stressful and demanding experience.

You are welcome to attend our support

group for guidelines to help manage your carer role. The groups are an open format and we encourage your participation and questions.

Each monthly session comprises of an initial section where a particular topic is presented, followed by a general support/discussion group.

## RSVP:

Please call 03 9526 0295 to book a spot at the next Carer Support Group.

## Topics and dates for 2018:

**January 25th:** Consumer rights and carer involvement.

**February 22nd:** Understanding mental illness.

**March 29th:** Communicating with a person suffering mental illness.

**April 26th:** What does family therapy involve?

**May 31st:** The importance of getting support and care for yourself.

**June 28th:** How to talk with children about mental illness.

**July 26th:** Resolving conflicts and setting boundaries.

**August 30th:** Advice on handling risky behaviours.

**September 27th:** Safety plans.

**October 25th:** How medication changes may affect your loved one.

**November 29th:** Transitioning through recovery.

## When:

Last Thursday of each month, 6.00pm - 8.00pm.  
(Topic 6.00pm - 6.45pm, support/discussion 7.00 - 8.00pm). Refreshments available.

These groups are offered free of cost as part of The Victoria Clinic's service to family and friends of our clients who are experiencing mental illness.

## Where:

The Victoria Clinic Centre for Health and Emotional Wellbeing.

302 Malvern Road, Prahran VIC 3181.  
(Two doors up from the clinic)

## Facilitator:

**Graeme Barnett** - Social Worker/Family Therapist.

**Claire Bamford** - Consumer Consultant.



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