



**Creating
Opportunities
& Choice.**

Carer Support Groups - February 2019

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.

Tue 5 Feb - 10am to 12pm

Naturally Clean

Learn how to clean with all-natural products. Samples provided
Clota Cottage Neighbourhood House
31 Clota Ave, Box Hill North
Cost: \$5

Wed 6 Feb - 10am to 12pm

Card Making

Room 4, Yarrunga Community Centre
76-78 Croydon Hills Dr, Croydon Hills
Cost: \$5

Thu 14 Feb - 10am to 12pm

Japanese Cooking and Lunch

St Kevin's Community Space
25-44 Herlihy Rd, Lower Templestowe
Cost: \$5

Fri 15 Feb - 10.30am to 12.30pm

Yoga with Anna Lugt

Knox Council, Function Room 4
511 Burwood Hwy, Wantirna South
Cost: Free thanks to Knox Council
BYO yoga mat, blanket and pillow

Mon 18 Feb - 10.30am to 1.30pm

Movies and Lunch

Movie: Mary Queen of Scots
Palace Cinemas
231 Whitehorse Rd, Balwyn
Cost: \$10

Wed 20 Feb - 10am to 12pm

Morning Melodies - Elvis Show

Club Kilsyth
1/15 Canterbury Rd, Bayswater Nth
Cost: \$10 morning tea, show and lunch

Wed 27 Feb - 6pm to 8.30pm

Social Dinner - 38 Buffet (Asian)

38 Railway Ave, Ringwood East
Cost: \$15. Drinks at own cost

Thu 28 Feb - 10am to 12pm

Mindfulness Strategies Session 3

Mount Street Neighbourhood House
6 Mount St, Glen Waverley
All welcome even if you haven't attended sessions 1 and 2
Cost: Free thanks to Chrisalis Foundation and City of Monash

Register now!

Register online at
bit.ly/CSG_Feb2019

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 9758 5522 or familysupport@ioe.org.au

**Newcomers
always welcome!**