



**Creating
Opportunities
& Choice.**

Carer Support Groups - April 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 2 Apr - 10am to 12pm

Easter Greek Biscuits

Baking & sampling koulourakia biscuits
Clota Cottage Neighbourhood House
Cost: \$5

Book: www.trybooking.com/BBPUE

Wed 3 Apr - 9.45am to 12pm

Movie and Lunch - Dumbo

Croydon Cinema & Cafe Zinger
Cost: \$15

Book: www.trybooking.com/BBPUZ

Wed 24 Apr - 9.45am to 1pm

Mindfulness & Mindset Strategies

Session 5 - all welcome!
Mount Street Neighbourhood House
Cost: Free thanks to City of Monash and Chrisalis Foundation

Book: www.trybooking.com/BBPVV

Wed 24 Apr - 6pm to 8.30pm

Social Dinner

The Acorn Bar (limited menu)
Cost: \$15 drinks at own cost

Book: www.trybooking.com/BBPWM

Note: There are only four Carer Support Group activities in April due to school holidays.

Register now!

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!**