

There are many programs and services you can access through Interchange Outer East without being registered.

Contact us for more information and to be involved.

For Families and Carers:

- **Mums Social Group**
Monthly social outings and one weekend away per year for mothers of a child with a disability.
- **Dads Social Group**
Monthly social outings and one weekend away per year for fathers of a child with a disability.
- **Carer Support Groups**
Regular workshops, social outings and information sharing for carers. Currently located in Maroondah, Knox, Whitehorse, Yarra Ranges and Boroondara.
- **Family Camp**
A chance for families to get away together and build friendships and a support network with other families. Usually two per year.
- **Grandparent Carers Program**
Workshops, social connection and resources for grandparent carers.
- **Host Program**
Matches a child with a disability with a volunteer host, who shares their home and time with that child on a regular basis.

Contact familysupport@ioe.org.au

For Children and Teenagers:

- **Sibling Support Program**
Age based camps and day activities for the siblings of a child with a disability.
- **Kindermusik with IOE (Rowville)**
A music and dance program for all children aged 0-8 years. All welcome.
- **Sport for Fun (Knox & Yarra Junction)**
A non-competitive sport skills program for all children aged 8-18 years. All welcome.
- **Reactions (Boronia)**
Two age-based fun weekly performance and dance groups. All welcome, from 5-18+ years.
- **Boys2Men**
Six-month program for young men aged 14-24 years to help them gain the tools to further them on their path to becoming good men.
- **ASD Social Groups**
Teenage and 16+ age groups run in partnership with Different Journeys and I Can Network.
- **IOE Disco**
Monthly alcohol free disco for all ages.

Contact ioe@ioe.org.au

NB: Some programs are age specific. Some eligibility criteria applies.
Some programs have limited places.