



**Creating  
Opportunities  
& Choice.**

## Carer Support Groups - June 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. Click the links under each activity for more details and to book your place!

**Tue 4 June - 10.30am to 1pm**

### **Movies and Lunch**

Palace Cinemas, Balwyn

Cost: \$10

Book: [www.trybooking.com/BCTYG](http://www.trybooking.com/BCTYG)

**Wed 5 June - 10am to 12pm**

### **Morning Tea & Op Shopping**

'Bean in the Woods, Ringwood

Cost: \$5

Book: [www.trybooking.com/BCTZA](http://www.trybooking.com/BCTZA)

**Thu 13 June - 10am to 12pm**

### **Chinese Dumpling Making**

St Kevin's Community Space

Cost: Free

Book: [www.trybooking.com/BCTZU](http://www.trybooking.com/BCTZU)

**Mon 17 June - 10am to 12pm**

### **Morning Tea & Massages**

Bowen Street Community Centre

Cost: \$5

Book: [www.trybooking.com/BCTZZ](http://www.trybooking.com/BCTZZ)

**Tue 18 June - 10am to 12pm**

### **Reflexology**

Interchange Outer East, Ferntree Gully

Cost: \$10

Book: [www.trybooking.com/BCUAS](http://www.trybooking.com/BCUAS)

**Wed 19 June - 10am to 12pm**

### **Carer Networking**

Mooroolbark Community Centre

Cost: FREE

Book: [www.trybooking.com/BCUAU](http://www.trybooking.com/BCUAU)

**Wed 26 June - 6pm to 8.30pm**

### **Social Dinner**

Carlucci's Restaurant

Cost: \$15. Drinks at own cost

Book: [www.trybooking.com/BCUAZ](http://www.trybooking.com/BCUAZ)

**Thu 27 June - 10am to 1pm**

### **Mindfulness Strategies Session 7**

Mount Street Neighbourhood House

All welcome to all/any session

Cost: Free thanks to Chrisalis Foundation and City of Monash

Book: [www.trybooking.com/BCUBL](http://www.trybooking.com/BCUBL)

**Book now!**  
Bookings are essential through links below each activity.

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 with Interchange Outer East to be involved. For further information contact 9758 5522 or [familysupport@ioe.org.au](mailto:familysupport@ioe.org.au)

**Newcomers  
always welcome!**

**NEW! EVERY THURSDAY**  
Free Carers Social Sport  
Table tennis & badminton  
10am to 12pm  
Insportz Knox  
No need to book just turn up!