



Carer Support Groups Family Support Services



Social support, recreational activities and resources for carers of a person with a disability.

Supporting the wellbeing of carers by providing opportunities to relax, share resources and information and remain connected to their peers and community.

Interchange Outer East

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Your local NDIS registered service provider

Carer Support Groups

- Regular support groups and events located in Knox, Yarra Ranges, Maroondah, Whitehorse, Boroondara, Manningham and Monash.
- A range of social and information sharing opportunities such as lunches/dinners, workshops and guest speakers.
- The program is open to all carers of a child or young adult with a disability. Families do not have to be registered with Interchange Outer East to be involved.
- Supporting the wellbeing of carers by helping them meet new people, build relationships and feel connected to resources and services,.
- Carer Support Group outings and workshops are heavily subsidised to keep costs low for families. However, a small co-contribution may be required depending on the activity.

Creating Opportunities and Choice

