



Mums Social Group

Family Support Services



Social support and recreational activities for mothers of a child with a disability.

Supporting the wellbeing of mothers and women by giving them opportunities to relax, have fun and remain connected to their peers and community.

Interchange Outer East

5-7 Yose Street, Ferntree Gully Victoria 3156
(03) 9758 5522 | ioe@ioe.org.au | www.ioe.org.au

Your local NDIS registered service provider

Mums Social Group

- Regular social day activities and weekends away throughout the year.
- Activities include day and night outings to markets, theatre and music, events and attractions throughout Melbourne.
- A great chance for mothers, step mothers, grandparent carers and other female carers to network and share experiences.
- The program is open to all mothers of a child with a disability. Families do not have to be registered with Interchange Outer East to be involved.
- Supporting the wellbeing of mothers of a child with a disability by helping them feel connected, have time out, meet new people and build relationships.

Creating Opportunities and Choice

