



# CARER SUPPORT GROUPS - March 2020

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!

## WEEKLY EVENTS

### 1. Mon - 1pm to 2pm

#### Pilates

Mind, Body Studio, AquaNation

Cost: \$5 per session

**BOOK:** [www.trybooking.com/BHOUN](http://www.trybooking.com/BHOUN)

### 2. Wed - 12.30pm to 1.30pm

#### Aqua Aerobics

AquaNation, Ringwood

Cost: \$5 per session

**BOOK:** [www.trybooking.com/BHOVD](http://www.trybooking.com/BHOVD)

*IOE wishes to advise that these are community based activities and people participating and/or their support staff may not be registered with or screened by IOE.*

Please ensure you have completed the IOE Family Support Enrolment Form before attending your first family support program in 2020:  
[www.bit.ly/IOE\\_Family\\_Support](http://www.bit.ly/IOE_Family_Support)

### Tue 3 Mar - 10am to 12pm

#### Affirmation Book and Card Making

Be inspired! No craft skills necessary

Clota Cottage, Box Hill

Cost: \$5

**BOOK:** [www.trybooking.com/BIJKP](http://www.trybooking.com/BIJKP)

### Thu 12 Mar - 10am to 12pm

#### Middle Eastern Cooking & Lunch

St Kevins Parish, Templestowe Lower

Cost: Free

**BOOK:** [www.trybooking.com/BILLX](http://www.trybooking.com/BILLX)

### Mon 16 Mar - 10am to 12pm

#### Amaze Autism Presentation

Hear from the autism peak body

Bowen St Community Centre

Camberwell

Cost: Free

**BOOK:** [www.trybooking.com/BIJLB](http://www.trybooking.com/BIJLB)

### Tue 17 Mar - 10am to 12pm

#### Chocolate Making and Tasting

Melt Me Chocolate Studio, Ringwood East

Cost: \$10

**BOOK:** [www.trybooking.com/BIJJU](http://www.trybooking.com/BIJJU)

### Wed 18 Mar - 10.30am to 12.30pm

#### Just Dance Class - Introduction

Chirnside Park Community Hub

Cost: Free

**BOOK:** [www.trybooking.com/BILLZ](http://www.trybooking.com/BILLZ)

### Wed 25 Mar - 6pm to 8.30pm

#### Carer Social Dinner

Okami Chirnside Park

Cost: \$20 drinks at own cost

**BOOK:** [www.trybooking.com/BILHK](http://www.trybooking.com/BILHK)

### Thu 26 Mar - 10am 1pm

#### Movies (Movie TBC)

Village Century City, Glen Waverley

Cost: \$10

**BOOK:** [www.trybooking.com/BILMA](http://www.trybooking.com/BILMA)

**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. **NEWCOMERS ARE WELCOME AT ANY TIME!**

For further information contact 9758 5522 or [familysupport@ioe.org.au](mailto:familysupport@ioe.org.au)