

Carer Support Groups

For Mental Health Carers



A safe place to connect and recharge

Arafmi is a not for profit community organisation that has been providing quality services to the Queensland community for over 40 years.

Who are our Support Groups for?

Arafmi Carer Support Groups are open to anyone who is caring for or about a relative, loved one or friend with a mental illness.

Whether the care you provide for a loved one is for a brief period of recovery, or on a long-term basis it's important to find support for yourself to help you in this role.

The role of a carer can be a demanding and often isolating experience, therefore we believe it is essential to look after yourself as well as the person you care for.

Who runs the support groups?

Our support groups are run by Carer Facilitators who have been trained in facilitation skills.

What to expect?

Our Support Groups provide a safe place for carers to come together on a regular basis to:

- Share their feelings
- Socialise & connect with others
- Offer comfort & support
- Share helpful coping skills

Please note, confidentiality is essential and all participants are encouraged to keep personal information shared within the group.



“Carer Groups provide a lovely, caring environment which is full of support.”

Carer, New Farm

Carer Support Groups

For Mental Health Carers



Support Group locations

Carindale

Carindale Library Meeting Room Westfield
Carindale, Carindale
1st Monday of each month from 11.30 am

Cleveland

RDCOTA Cottage (In the hospital grounds)
Weippen Road, Cleveland
4th Monday of each month from 10:00 am

Inala

The Hub Neighbourhood Centre
76 Corsair Avenue, Inala
3rd Monday of each month from 10:00 am

Indooroopilly

Indooroopilly Library Meeting Room
(next to cinema)
Westfield Indooroopilly
1st Thursday of each month from 1.30 pm

Logan

Logan Central Library
26 Wilbur Street, Logan Central
2nd Wednesday of each month from 10:00 am

New Farm

Arafmi Head Office
76 Merthyr Road, New Farm
Last Saturday of each month from 10:00 am

Redcliffe

Encircle Redcliffe Neighbourhood Centre
1 Lamington Drive, Redcliffe
3rd Friday of each month from 10:00 am

Please note, our Support Group times/dates are subject to change.
We recommend contacting our office on 07 3254 1881 to confirm.

Interested in facilitating a group?

Although Arafmi has a number of support groups throughout Queensland, there are still many areas which may need support.

If you're interested in learning more about facilitating a Carer Support Group, or starting one in an area that we have not listed, we'd love to hear from you.

Please get in touch by emailing us at supportgroups@arafmi.com.au

Need to talk?

If you need to talk to someone, you can call Arafmi's 24 hour Carer helpline any time of the day to share your feelings, receive support, find new resources and learn helpful coping skills.

Regional Queensland

1800 35 1881 (free call from landline)

National Helpline

1300 554 660 or 07 3254 1881

Get in touch

For more information on our Carer Support Groups, or to find out how we can help you or someone you care for, contact us.

Call: 07 3254 1881

Visit: www.arafmi.com.au

Email: supportgroups@arafmi.com.au

Write to us: PO Box 248, New Farm, QLD 4005