

# NORTHSIDE COMMUNITY CONNECT

## CARERS PROGRAM

Marina – 9931 7750/Robyn – 9931 7751

### 2010 CARER GROUPS

Groups are from 10am – 12 noon unless otherwise specified

Remember meetings are for Carers only

Groups are not held on public holidays (P/H)

<b>Dementia Cromer</b>	<b>Thursday 10am – 12 noon</b> <b>Cromer Community Centre, 150 Fisher Road North, Cromer</b>	<b>(last Thursday of month)</b>
	Jan 28   Feb 25   Mar 25   Apr 29   May 27   Jun 24	
	Jul 29   Aug 26   Sep 30   Oct 28   Nov 25	
<b>Dementia Mona Vale</b>	<b>Monday 10am - 12 noon</b> <b>St. John's Anglican Church, 1624 Pittwater Road, Mona Vale</b>	<b>(last Monday of month)</b>
	Feb 22   Mar 29   May 3 (26/4 P/H)   May 31   Jun 28	
	Jul 26   Aug 30   Sept 27   Oct 25   Nov 29	
<b>Disability</b>	<b>Friday 10am – 12 noon</b> <b>Cromer Community Centre, 150 Fisher Road North, Cromer</b>	<b>(3<sup>rd</sup> Friday of month except School Holidays)</b>
	Feb 19   Mar 19   April 30   May 21   Jun 18	
	Jul 23   Aug 20   Sep 17   Oct 15   Nov 19	
<b>General</b>	<b>Monday 10am – 12 noon</b> <b>Cromer Community Centre, 150 Fisher Road North, Cromer</b>	<b>(2<sup>nd</sup> Monday of month)</b>
	Feb 1   Mar 8   Apr 12   May 10   Jun 7 (14/6 P/H)	
	Jul 12   Aug 9   Sep 13   Oct 11   Nov 8	
<b>Grief &amp; Loss (Graduate Carers &amp; Carers)</b>	<b>Monday 10am – 12 noon</b> <b>30 Howard Avenue, Dee Why</b>	<b>(3<sup>rd</sup> Monday of month)</b>
	Feb 15   Mar 15   Apr 19   May 17   Jun 21	
	Jul 19   Aug 16   Sep 20   Oct 18   Nov 15	
<b>Mental Health</b>	<b>Wednesday 1 pm – 3pm</b> <b>Cromer Community Centre, 150 Fisher Road North, Cromer</b>	<b>(1st Wednesday of month)</b>
	Feb 3   Mar 3   Apr 7   May 5   Jun 2	
	Jul 7   Aug 4   Sep 1   Oct 6   Nov 3	
<b>Social Interest</b>	<b>Thursday 10am – 12 noon</b> <b>30 Howard Avenue, Dee Why</b>	<b>(2<sup>nd</sup> Thursday of month)</b>
	Feb 11   Mar 11   Apr 8   May 13   Jun 10	
	Jul 8   Aug 12   Sep 9   Oct 14   Nov 11	
<b>Dementia Social (Carers &amp; Carees self supporting)</b>	<b>Friday 11am onwards</b> <b>Dee Why RSL, Café Lounge</b>	<b>(2<sup>nd</sup> Friday of month)</b>
	Feb 12   Mar 12   Apr 9   May 14   Jun 11	
	Jul 9   Aug 13   Sep 10   Oct 8   Nov 12	