

CARER SUPPORT GROUPS

Enjoy tea and coffee surrounded by others who know the ups and downs of the caring role. Make new, lasting friendships in a warm, welcoming and inclusive environment, supported and facilitated by Care2Serve. Some of these sessions may also have guest speakers, educational and mindfulness based activities.

- ◆ This is an online group for all carers
- ▲ This is a group for all carers
- ◆ This is a group for male carers
- * This is a group for carers of people with mental ill health and/or Dementia
- ☺ This is a group for carers of young people
- ▶ This is a group for carers who identify as LGBTIQ+
- ★ This is a group for carers of people with mental ill health
- This is a group for carers of people with Dementia
- ◆ This is a group for parents/grandparents caring for children who has special needs.

SOUTH

▲ Hobart Carers Group

South Hobart
Fortnightly on Monday mornings
10am - 11:30am

▲ Glenorchy Carers Group

Fortnightly on Tuesday mornings
10am - 11:30am

▲ Nubeena Carers Group

First Wednesday of every month
12pm - 1:30pm

▲ Blackmans Bay Carers Group

Fortnightly on Friday mornings
10am - 11:30am

▲ Huonville Carers Group

Monthly on Wednesday mornings
10am - 11:30am

▲ Eastern Shore Carers Group

Geilston Bay
Fortnightly on Friday mornings
10am - 11:30am

▶ LGBTIQ+ Carers Group

North Hobart
First Thursday of every month
10am - 11:30am

★ South Hobart Mental Ill Health Carers Group

Meets monthly
10am - 11:30am

★ North Hobart Mental Ill Health Carers Group

First Tuesday of every month
10am - 11:30am

■ Moonah Dementia Carers Group

West Moonah and online via ZOOM
First Thursday of every month
10am - 11:30am

■ Kingston Dementia Carers Group

Kingston
Monthly on Wednesday mornings
10am - 11:30am

■ Dementia Carers Group

South Hobart
Last Friday of every month
10:30am - 11:30am

▶ LGBTIQ+ ONLINE Carers Group

Online via ZOOM
Second Tuesday of every month
5pm - 6pm

NORTH

▲ My Time Carers Group

Launceston
Third Tuesday of every month
11:30am - 1pm

▲ St Helens Carers Group

Fourth Tuesday of every month
2pm - 3:30pm

▲ Northern Midlands Carers Group

Second Monday of every month
11:30am - 1pm

▲ Kingsmeadows Carers Group

South Launceston
Third Wednesday of every month
11:30am - 1pm

◆ Male Carers Group

Launceston
First and third Thursday of every month
12pm - 1:30pm

▲ Scottsdale Carers Group

Dorset
Meets once per month on Mon/Tues
12pm - 1:30pm

▲ Newnham Carers Group

Last Monday of every month
11:30am - 1pm

* Mental Health/Dementia

Carers Group - Launceston
Last Thursday of every month
11:30am - 1pm

▲ Beaconsfield Carers Group

Second Tuesday of every month
1pm - 2:30pm

▲ George Town Carers Group

Low Head/George Town
Second Thursday of every month
12pm - 1:30pm

◆ Parents Caring for Children with Special Needs Carers Group

Door of Hope, Launceston
Third Monday of every month
11:30am - 1pm

▲ Meander Valley Carers Group

Deloraine
Fourth Wednesday of every month
12pm - 2:30pm

NORTH WEST

▲ Burnie Carers Group

Second Friday of every month
1pm - 2:30pm

▲ Wynyard Carers Group

Fourth Thursday of every month
2:30pm - 4pm

▲ Devonport Carers Group

First Monday of every month
1pm - 2:30pm

☺ Burnie (YP) Carers Group

First Wednesday of every month
1pm - 2:30pm

▲ Ulverstone Carers Group

Second Monday of every month
2:30pm - 4pm

STATEWIDE

◆ Online Carers Group

Second Thursday of every month
7pm - 8pm

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All registered carers are welcome to join. As some of these sessions include light refreshments. Please RSVP before attending so we can cater to your requirements.