

CARER SUPPORT GROUPS

Enjoy tea and coffee with others who understand the caring journey. Connect in a warm, inclusive space with support from Care2Serve. Some sessions may include guest speakers, education, or mindfulness 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 LGBTIQA+
- ★ 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 with additional needs.

South

- ★ **Caring for Someone with Mental Ill Health Carers Group (North Hobart)**
North Hobart
First Tuesday of every month
10:00am – 11:30am
- ★ **Caring for Someone with Mental Ill Health Carers Group (South Hobart)**
South Hobart
Last Thursday of every month
10:00am – 11:30am
- ◆ **Carers Supporting Children with Additional Needs (South)**
South Hobart
Last Tuesday of every month
10:00am – 11:30am
- **Dementia Carers Group**
South Hobart
Last Friday of every month
10:30am – 12:00pm
- ▲ **Eastern Shore Carers Group**
Geilston Bay
Fortnightly on Friday mornings
10:00am – 11:30am
- ▲ **Glenorchy Carers Group**
Glenorchy
Fortnightly on Tuesday mornings
10:00am – 11:30am
- ▲ **Hobart Carers Group**
South Hobart
Fortnightly on Monday mornings
10:00am – 11:30am
- ▲ **Huonville Carers Group**
Huonville
Second Wednesday of every month
10:00am – 11:30am
- **Kingston Dementia Carers Group**
Kingston
Monthly on Wednesday mornings
10:00am – 11:30am
- ▶ **LGBTIQA+ Carers Group**
North Hobart
First Thursday of every month
10:00am – 11:30am
- ▶ **LGBTIQA+ Online Carers Group**
Online
Second Tuesday of every month
4:30pm – 5:30pm

- ▲ **Nubeena Carers Group**
Nubeena
First Wednesday of every month
12:00pm – 1:30pm

North

- ▲ **Beaconsfield Carers Group**
Beaconsfield
Second Tuesday of every month
1:00pm – 2:30pm
- ▲ **George Town Carers Group**
George Town
Second Thursday of every month
12:00pm – 1:30pm
- ▲ **Kingsmeadows Carers Group**
South Launceston
Third Wednesday of every month
11:30am – 1:00pm
- ◆ **Male Carers Group**
Launceston
First and third Thursday
of every month
12:00pm – 1:30pm
- ▲ **Meander Valley Carers Group**
Deloraine
Fourth Wednesday of every month
12:00pm – 2:30pm
- * **Mental Health/Dementia Carers Group**
Launceston
Last Thursday of every month
11:30am – 1:00pm
- ▲ **My Time Carers Group**
Launceston
Third Tuesday of every month
11:30am – 1:00pm
- ▲ **Newnham Carers Group**
Newnham
Last Monday of every month
11:30am – 1:00pm
- ▲ **Northern Midlands Carers Group**
Northern Midlands
Second Monday of every month
11:30am – 1:00pm
- ◆ **Parents Caring For Children with Special Needs Carers Group**
Launceston
Third Monday of every month
11:30am – 1:00pm

- ▲ **Scottsdale Carers Group**
Dorset
Fourth Tuesday of every month
12:00pm – 1:30pm
- ▲ **St Helens Carers Group**
St. Helens
Fourth Tuesday of every month
2:00pm – 3:30pm

North West

- ☺ **Burnie (YP) Carers Group**
Burnie
First Wednesday of every month
1:00pm – 2:30pm
- ▲ **Burnie Carers Group**
Burnie
Second Friday of every month
1:00pm – 2:30pm
- ▲ **Devonport Carers Group**
Devonport
First Monday of every month
1:00pm – 2:30pm
- ▲ **Ulverstone Carers Group**
Ulverstone
Second Monday of every month
2:30pm – 4:00pm
- ▲ **Wynyard Carers Group**
Wynyard
Fourth Thursday of every month
2:30pm – 4:00pm

Statewide

- ◆ **Online Carers Group**
Online
Second Thursday of every month
7:00pm – 8:00pm

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.

