# Carer Support Groups

Groups meet once or twice a month in locations across Tasmania, with two online groups also available. Join other carers in a friendly, confidential space where you can talk and feel supported.

Guided by your feedback, sessions include a combination of educational, self-care activities and guest speakers.

Previous speakers have included Guide Dogs Tasmania, Dementia Australia, Tasmania Fire Service and Tasmania Police.

To join a group or find one near you, contact our team:
Phone 1800 422 737 (press 1) or email psg@care2serve.com.au

## SOUTH

- **Eastern Shore**
  Fortnightly on Friday
  10:00 am – 11:30 am
- **Glenorchy**
  Fortnightly on Tuesday
  10:00 am – 11:30 am
- **Huonville**
  Monthly on Wednesday
  10:00 am – 11:30 am
- **Nubeena**
  First Wednesday every month
  12:00 pm – 1:30 pm
- **South Hobart**
  Fortnightly on Monday
  10:00 am – 11:30 am
- **ADHD and Busy Minds – Hobart**
  Last Wednesday every month
  10:00 am – 11:30 am
- **Alcohol or Other Drug Dependence – Hobart**
  Monthly on Monday
  10:00 am – 11:30 am
- **Children with Additional Needs – South Hobart**
  Monthly on Tuesday
  10:00 am – 11:30 am
- **Dementia – Kingston**
  Monthly on Wednesday
  10:00 am – 11:30 am
- **Dementia – South Hobart**
  Last Friday every month
  10:30 am – 12:00 pm
- **LGBTIQA+ – North Hobart**
  First Thursday every month
  10:00 am – 11:30 am
- **Mental Ill-Health – North Hobart**
  First Tuesday every month
  10:00 am – 11:30 am
- **Mental Ill-Health – South Hobart**
  Last Thursday every month
  10:00 am – 11:30 am

**Are you interested in starting a support group in your area?** Get in touch with us to find out more.

## NORTH

- **Beaconsfield**
  Second Tuesday every month
  1:00 pm – 2:30 pm
- **George Town**
  Second Thursday every month
  12:00 pm – 1:30 pm
- **Kings Meadows**
  Third Wednesday every month
  10:00 am – 11:30 am
- **Launceston**
  Third Tuesday every month
  11:30 am – 1:00 pm
- **Newnham**
  Last Monday every month
  11:30 am – 1:00 pm
- **Northern Midlands**
  Second Monday every month
  11:30 am – 1:00 pm
- **St Helens**
  Fourth Tuesday every month
  1:30 pm – 3:30 pm
- **Children with Additional Needs – Launceston**
  Third Monday every month
  11:30 am – 1:00 pm
- **Male – Launceston**
  First and third Thursday every month
  12:00 pm – 1:30 pm
- **Mental Ill-Health/ Dementia – Launceston**
  Last Thursday every month
  11:30 am – 1:00 pm

## NORTH WEST

- **Burnie**
  Second Thursday every month
  1:00 pm – 2:30 pm
- **Devonport**
  First Monday every month
  1:00 pm – 2:30 pm
- **Ulverstone**
  Second Monday every month
  2:30 pm – 4:00 pm
- **Wynyard**
  Fourth Thursday every month
  2:30 pm – 4:00 pm

## ONLINE

Online groups available statewide – accessible from anywhere in Tasmania.

- **All Carers**
  Second Thursday every month
  6:30 pm – 7:30 pm
- **LGBTIQA+ – Online**
  Second Tuesday every month
  4:30 pm – 5:30 pm

CSG Sept 2026