

# Wellness Services

## *Social Groups*



### Social Support



### Mental Health and Wellbeing



### Physical Health and Wellbeing

**Where:** Our social groups are held in various areas of Adelaide (assistance with transport can be arranged).

**When:** the groups meet weekly or fortnightly, on different days and times, depending on the location

**Cost:** contact us for details

Our social groups are an ideal way to keep active, maintain social connections or form new ones.

We have a range of different general and special interest groups that will help you develop social contacts in your local community, and enhance your health and wellbeing.

There are several men's and women's groups, social groups for all in the local community, and culturally specific groups such as our Filipino community group. If you'd like help starting a group in your area, please let us know.

Contact our Client Contact Officers to find out more about joining a social group.

**Phone:** 1300 444 663

**Email:** [mcsclientsupport@helpinghand.org.au](mailto:mcsclientsupport@helpinghand.org.au)

**www.helpinghand.org.au**



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