

# Wellness Services

## *Carer Support and Wellbeing Groups*



### Carer Support



### Mental Health and Wellbeing



### Social Support

#### Where

Our carer support and wellbeing groups are held in various areas of metro Adelaide (assistance with transport can be arranged).

#### When

The groups meet weekly, on different days and times, depending on the location.

#### Cost

Funded through:

/ Commonwealth Home Support Programme, or

/ Home Care Package funds, or

/ our Elevate private services program

Contact us for details.

Caring for someone can be rewarding, but also brings challenges. We offer group programs for carers to provide a safe and supportive space to share stories, ask questions and meet others who may be experiencing similar things to you.

The group sessions cover a range of topics designed to assist you in exploring and gaining support in the ever-changing role of caring for someone, including:

- / the value of carers
- / the benefits and challenges
- / the changes in caring
- / celebrating relationships
- / taking care of yourself
- / and more.

If you are a carer, give our skilled and friendly staff a call to find out more.

Phone: 1300 653 600

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

[www.helpinghand.org.au](http://www.helpinghand.org.au)



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