

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

Funded through:

/ Commonwealth Home Support Programme, or

/ Home Care Package funds, or

/ our Elevate private services program

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 social groups for all in the local community, men's and women's only groups, and culturally specific groups such as our Filipino community group.

Contact us to find out more about joining a social group, or to help start a group in your area.

Phone: 1300 653 600

Email: mcsclientsupport@helpinghand.org.au

www.helpinghand.org.au



Helping Hand
new aged care