

# 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, including men's only groups.

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

Phone: 1300 444 663

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

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



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