

# Malvern Carer Support Group



Caulfield  
Community  
Health Service  
Part of **AlfredHealth**



**Are you caring for an older person?  
Do you need support in your caring role?  
Would you like to meet other carers in a similar situation?**

## What is the Malvern Carer Support Group?

Caulfield Community Health Service holds a monthly carer support group, facilitated by a Social Worker who is experienced in supporting carers, and providing counselling. This group provides a safe confidential space for carers to share experiences and to receive emotional support and information relevant to their caring role.

## What can you expect to learn?

The session typically begins with a welcome and introductions and then a check in with the members of the group. There are many common carer challenges, which may be discussed in the group and these include:


- Dealing with strong emotions such as anger, frustration, guilt and sadness
- The relentless nature of caring
- Dealing with behaviours associated with dementia and physical frailty
- Knowing how to respond when family relationships change
- Navigating the aged care system and planning ahead
- Arranging respite when there is resistance from the person being cared for


The aim of the group is to build the resilience of carers through focusing on self-care and mindfulness, developing skills in caring for others, and being informed about upcoming information events. The group size is 5 – 8 people.

**When:** 1<sup>st</sup> Wednesday of the month, 1.30pm – 3.30pm  
Afternoon tea supplied.

**Where:** Upstairs Meeting Room (Lift available)  
St. Georges Anglican Church Hall (adjacent to the church)  
296 Glenferrie Road, Malvern

**Cost:** No charge

 For all enquiries and bookings please contact Sue Bottomley 9076 6666.

 **Parking:** Available in church car park (entry off Glenferrie Road).

**Transport:** Close to Glenferrie Road and High Street tram stops.

 **Further Information**

**Caulfield Community Health Service**

[alfredhealth.org.au/services/caulfield-community-health-service](https://alfredhealth.org.au/services/caulfield-community-health-service)

**Alfred Health**

[alfredhealth.org.au](https://alfredhealth.org.au)

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