

# CARERS PEER SUPPORT CIRCLE

Mornington Presbyterian Church  
16 Maryhill Terrace,  
every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month,  
starting at 10.00 a.m.



## CARERS PEER SUPPORT CIRCLE

A new community group is being established at Mornington Presbyterian Church (MPC), for private Carers (spouse, partner or other family member or friend) who care for people living with dementia or a similar affliction. Private Carers, unpaid and mainly unrecognised, cope with the mental and physical challenges arising from dementia, until residential care facilities are involved. Having experienced this 24-hr challenge for over 5 years, the convenor understands the Carer's concerns and needs. The circle is to alleviate the difficulties arising for private Carers by sharing experiences with other carers in a friendly atmosphere. Confidentiality - all information shared in the group stays in the group.

Are you a private Carer looking after somebody with dementia? Take a break and join us for a convivial hour of Carers Peer Support.

Meetings are held at MPC, 16 Maryhill Terrace, every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month, starting at 10.00 a.m.

Public Transport : take the No.63 bus to Balaclava, and get off at Mitchell Ave. Cross over and walk westward to the steps down to the lower carpark entrance to the MPC complex.

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Convenor.