

# Peer Support Groups for carers



**Carer Programs facilitates monthly carer peer support groups across Gippsland to help carers build their support networks and sustain their caring role.**

Join us for morning tea and meet other carers in an encouraging environment. Grow your support network and build strong friendships with like-minded individuals.

<b>Bairnsdale</b>	3rd Tuesday of the month	10am - 12pm.
<b>Sale</b>	4th Monday of the month	10am - 12pm.
<b>Inverloch</b>	2nd Friday of the month	10am - 12pm.
<b>Morwell</b>	3rd Tuesday of the month	10am - 12pm.
<b>Warragul</b>	1st Thursday of the month	11am - 12.30pm.



For more information, or to attend a peer support group meeting, please contact the Carer Programs Events Officer.