

Mental Health Carer Support Group



Are you supporting a friend or family member with a lived experience of mental health issues? Would you like to meet others with similar experiences, to gain support and friendship?

Ishar Multicultural Women's Health Centre in Mirrabooka, has weekly support groups open to men and women from all cultural backgrounds.

- Health & wellbeing info sessions
- Workshops
- Group therapy
- Respite
- Outings
- Events
- Social activities
- Referral to services
- Access to Ishar counsellor or clinical psychologist
- Interpreters provided
- Home visiting
- Refreshments provided

*Please see program for further details

For More Information:

Cherylann MaGee

cherylann@ishar.org.au

9345 5335

Tuesdays

10:30am-12:30pm

Bentley Library

Bentley.

Wednesdays

10:30am-12:30pm

Ishar

21 Sudbury Road,

Mirrabooka.

During school terms only

Funded by The Mental Health
Commission



Multicultural Women's
Health Centre

Inspiring women, families & communities
ishar.org.au