

SFNSW Support Groups

Metropolitan	<i>Meeting Date</i>	<i>Meeting Time</i>	<i>Contact Person</i>	<i>Contact Tel</i>	<i>Contact Hours</i>
Balmain (Carers only)	1st Tuesday	7.00pm	Pam	9750 9744	9am - 5pm
Bankstown (Carers only)	1st Tuesday	7.00pm	Mai	9750 9744	9am - 5pm
Burwood (Carers only)	3rd Tuesday	7.00pm	Pam	9750 9744	9am - 5pm
Campbelltown (Carers only)	3rd Tuesday	5.15pm	Rebecca	4620 5255	
Eastern	2nd & 4th Monday	5.30pm	Greg/Mary	9399 3026	
Inner West (Carers only)	2nd Thursday	3.00pm	Carer Assist Belmore	9750 9744	9am - 5pm
Liverpool/Fairfield (Carers Only)	1st Thursday	11.00am-1pm	Linda	4620 5255	9am - 5pm
North Shore	1st Thursday	7.30pm	Joan/Suzanne	0451 038 307	
Northern Beaches	2nd Tuesday	7.30pm	Pat	9453 1676	
Parramatta	1st Tuesday	6.00pm	Leslie	0407 368 095	After Hours
Penshurst (Carers only)	4th Friday	10.30am	Lynette	9580 0688	

Rural	<i>Meeting Date</i>	<i>Meeting Time</i>	<i>Contact Person</i>	<i>Contact Tel</i>	<i>Contact Hours</i>
Armidale (Carers only)	Last Wednesday	5.00pm	Denise	6772 3727	
Ballina (Carers only)	3rd Monday	5.30pm	SFNSW	9879 2600	
Bathurst (Carers only)	3rd Thursday	7.00pm	Helen	6330 5850	9am - 5pm
Cessnock	1st Monday	7.00pm	Ruth	4930 7667	
Central Coast	1st Thursday	12.30pm	Stephanie	4344 7989	
Coffs Harbour	1st Tuesday	10.00am	Yvonne	6652 8633	
Forster (Carers only)	1st Tuesday	6.30pm	Sharon	6551 4333	
Gunnedah "Active Minds"	Monday to Friday	10.00am-2.00pm	James	6742 1158	
Hastings	Last Friday	10.00am	Sheila	6582 5592	9am - 5pm
Kempsey - <i>The Equalisers</i>	1st Tuesday	1.00pm	Virginia	6562 7232	
Lake Cathie	1st Wednesday	6.00pm	Elizabeth	6584 8092	9am - 5pm
Lismore	1st Monday	10.00am	Robin	6688 2123	5pm - 8pm
Maclay Valley (Carers only)	1st Wednesday	10.00am	Kay	6562 6732	
Maitland (Carers only)	3rd Thursday	10.00am	Nadine	4925 2811	9am - 5pm
Moree	1st Friday	10.00am	Jason	9879 2600	9am - 5pm
Moruya	2nd Tuesday	10.00am	Mary	4474 0900	9am - 5pm
Nambucca	4th Thursday	2.00pm-4.00pm	Margie	6568 5465	
Nelson Bay	Last Thursday	4:00pm	Nadine	4925 2611	
Newcastle	3rd Monday	7.30pm	Nadine	4925 2611	
Pambula	1st Tuesday	11.30am	John	6495 8300	
Sapphire Coast (Carers only)	4th Tuesday	7.00pm	Mary	4474 0900	
Shoalhaven	3rd Thursday	7.00pm	Jon	4421 5595	
Tamworth	1st Tuesday	5.00pm	Joan	6766 4319	
Taree (Carers only)	Last Monday	12.30pm	Sharon	6551 4333	
Taree (Cuppa Chat & Co)	1st & 3rd Friday	5.30pm	Sara	6552 4445	
Wagga - Carers	1st Friday	11.30am	Leonie	6925 9399	
Wagga - Consumers	Every Thursday	11.30am	Paul	6931 8770	
Woolgoolga	2nd Tuesday	1030	Dusty	040865256	
Warialda - <i>Gwydir Insight</i>	2nd Monday	5:00pm	Sara	0447 141 663	
Yamba	1st Monday	10.00am	Julia	6646 4263	

Speciality Groups

	<i>Contact Person</i>	<i>Contact Tel</i>
Adult Survivors of Childhood Sexual Abuse	Helga	9481 8729
Arabic Speaking Carers Group	Carer Assist Belmore	9750 9744
Asperger's Syndrome Partner Information Aust. (Aspia)	www.aspia.org.au	0432 507 828
BABY BUMPS - Perinatal Support (www.babybumps.com.au)	SFNSW Reception	9879 2600
Beautiful Minds, Ingleburn	Sandra	9605 7924
Bipolar Support Group North Shore	SFNSW Reception	9879 2600
Chinese Speaking Carers Group	Carer Assist Belmore	9750 9744
Flames Forensic Support Group	Nadine	4925 2611
Greek - NOUS	Evonne	0423 055 879
ON FIRE! - Activities for Young Carers	Nickolas	0413 294 808
Pioneer Clubhouse, Balgowlah	Reception	9907 9999
SnowyHydro (Employees Only)	Robyn	6453 2256
Spanish Speaking Carers Group	Carer Assist Belmore	9750 9744
Support After Suicide, Wagga Wagga	Nola	6922 4438
Vietnamese Speaking Carers Group	Carer Assist Belmore	9750 9744

Associated Groups

	<i>Contact Person</i>	<i>Contact Tel</i>
Bondi Beach Carers Group	Einat	9365 1607
ARAFMI Central Coast (www.ccarafmi.org.au)	Maria	4369 4233
Billabong Clubhouse, Tamworth	Reception	6766 9960
Hornsby Kuringgai Association (www.hkamh.org.au)	Nick/Chris	9980 2500
PLC (Parramatta Leisure Club)	Reception	9806 1833
Ryde Carers Group	Manager	9858 7777
Singleton Mental Health Support Group	Barry/Barbara	6571 2275
Sutherland Bipolar Support Group	Enrique	8116 3289
Waromi, Blue Mountains	Graham	4739 1809