



# ARAFMI

Assisting Relatives and Friends of  
People with Mental Illness

Reminder – Carers SA  
has moved! Our new  
home is 66 Greenhill Rd,  
Wayville. Car-park entry  
via Greenhill Lane.

## Carer Support Group Dates 2012

(Usually the 3<sup>rd</sup> Wednesday of each month)

### 18<sup>th</sup> July

In-house meeting - Guest Speaker  
Michelle Quirk, 'hearing voices'.

### 15<sup>th</sup> August

In-house meeting – learn more  
about mindfulness.

### 18<sup>th</sup> September

Mystery Bus Trip full day tour.  
\*NB Tuesday this month.

### 17<sup>th</sup> October

Carers Week –  
In-house meeting.

### 21<sup>st</sup> November

Let's go to the movies...

### 19<sup>th</sup> December

Christmas Lunch!

The ARAFMI Carer Support Group invites Carers of people with a mental illness to join us on the 3<sup>rd</sup> Wednesday of each month. ARAFMI provides an opportunity for Carers to network, share skills, gather information, listen to guest speakers, and relax and support each other in an informal and welcoming environment.

Regular support group get-togethers are held from **1pm – 2:30pm** (afternoon tea provided) at Carers SA, 66 Greenhill Road, Wayville - NB new premises! Some of our monthly gatherings include a social activity at a different venue so please call Carers SA to check the venue and time and let us know you are coming.

For more information about ARAFMI, to find out more about carer support in your local area, to talk to someone about your caring role, or to speak to a counsellor -  
Ph: **8291 5600** or Ph: **1800 815 549** or email: [info@carers-sa.asn.au](mailto:info@carers-sa.asn.au)