

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Online (Grampians Health) Connecting Carers Disability Peer Support Group	4 Online (Alfred Health) Carers Crew Men's Group
7 Online (Holstep Health) Online Yoga for Carers	8 Online (Grampians Health) Older Carers Peer Support Group	9 Online (Alfred Health) Lets Talk Dementia	10 Online (Grampians Health) Disability Peer Support Group	11
14	15 Online (Grampians Health) Older Carers Peer Support Group Online (Holstep Health) Breathwork for Carers	16 Online (Alfred Health) Online Movie Club Online (FamilyCare) Teams Group	17 Online (Grampians Health) Disability Peer Support Group Online (Uniting Vic Tas) Declutter Your Life	18
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May 2025

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ONLINE

Current Groups

ALFRED HEALTH

For carers living in Melbourne's Southern metropolitan region only

APR
9

APR
23

CONTINUES FORTNIGHTLY

LET'S TALK DEMENTIA

Online

Let's talk about: why symptoms of dementia can be confusing and isolating for the carer and the person with dementia, the changes and the progression of the disease, how we can approach the condition, the symptoms and some strategies.

When?
11.00am-12.00pm

For Whom?
Open to all carers registered with Carer Gateway.

How often does the group run?
Every second Wednesday

How do I sign up?

[Click here to register](#)

APR
4

MAY
2

TWICE A MONTH

CARERS CREW MEN'S GROUP

Online

Carers Crew is a small group designed to help you connect with male carers in the southern region.

Where?
Online (ZOOM)

When?
11.00am-12.00pm

For Whom?
Open to male carers only

How often does the group run?
1st and 3rd Friday of each month (ongoing)

How do I sign up?

[Click here to register](#)

APR
16

MAY
21

MONTHLY

ONLINE MOVIE CLUB

Online

In our Movie Club, you watch a selected movie each month at home, in your own time, from a free-to-air platform. Later, you meet with a group of carers online, to chat about the movie, life and everything in between.

Where?
Online (ZOOM)

When?
1.00pm-2.00pm

For Whom?
Open to all carers registered with Carer Gateway.

How often does the group run?
Third Wednesday of each month.

How do I sign up?

[Click here to register](#)

APR
24

MAY
29

MONTHLY

CARERS BOOK CLUB

Online

Join our avid book clubbers for fun, the exchange of ideas and a general chat.

Where?
Online (ZOOM)

When?
11.00am-12.00pm

For Whom?
Open to all carers registered with Carer Gateway.

How often does the group run?
Last Thursday of each month.

How do I sign up?

[Click here to register](#)

MAY
2

MAY
30

MONTHLY

RAINBOW CREW

Online

Carers in the LGBTQIA+ community have unique challenges and can benefit from connections with other LGBTQIA+ carers. This group is a safe space for carers who identify as LGBTQIA+.

Where?
Online (ZOOM)

When?
10.30am-12.00pm

For Whom?
Registered carers who identify as LGBTQIA+.

How often does the group run?
Last Friday of each Month.

How do I sign up?

[Click here to register](#)

ONLINE

Current Groups

GRAMPIANS HEALTH

For carers living in Ballarat and Western regional Victoria only

APR
3

APR
24

MAY
1

CONTINUES WEEKLY DURING SCHOOL TERMS

CONNECTING CARERS Online

What is it?

A virtual afternoon carers catch up. Meet other carers from all walks of life to chat, share ideas and make connections.

For Whom?

A friendly group for all carers with a focus on mature carers

When?

1pm-2pm, Weekly on Thursdays during school holidays

How do I sign up?

Contact Gert/ Kirstin at **Carer Support service Ballarat on 5333 7104** or email **carers@gh.org.au**.

APR
9

APR
16

APR
23

CONTINUES WEEKLY ON WEDNESDAYS

DEMENTIA PEER SUPPORT GROUP Online

Time?

Contact group organisers.

For Whom?

People who are caring for somebody with dementia

How often does the group run?

Weekly on Wednesdays

How do I sign up?

Contact Gert/Kirstin at **Carer Support service Ballarat on 5333 7104** or email **carers@gh.org.au**.

APR
3

APR
10

APR
17

CONTINUES WEEKLY ON THURSDAYS

DISABILITY PEER SUPPORT GROUP Online

Time?

Contact group organisers.

For Whom?

People caring for someone with a disability.

How often does the group run?

Weekly on Thursdays

How do I sign up?

Contact Gert/Kirstin at **Carer Support service Ballarat on 5333 7104** or email **carers@gh.org.au**.

APR
8

APR
15

APR
22

CONTINUES WEEKLY ON TUESDAYS

OLDER CARERS PEER SUPPORT GROUP Online

Time?

Contact group organisers.

For Whom?

People caring for a person of frail age

How often does the group run?

Weekly on Tuesdays

How do I sign up?

Contact Gert/Kirstin at **Carer Support service Ballarat on 5333 7104** or email **carers@gh.org.au**

ONLINE

Current Groups

HOLSTEP HEALTH

For carers living in Melbourne's Northern and Western metropolitan areas only

CONTINUES MONTHLY

APR
25

MAY
30

RAINBOW CREW Online (ZOOM)

Carers in the LGBTQIA+ community have unique challenges and can benefit from connections with other LGBTQIA+ carers. This group is run by Alfred Health & Holstep Health.

When?

10:30am-12:00pm. Last Friday of each month

For Whom?

Carers who identify as LGBTQIA+. **This group is for carers statewide.**

How do I sign up?

[Click here to register](#)

BI-MONTHLY

APR
22

CARERS BOOK CLUB Online

When?

10am and Friday 2pm.

For Whom?

This session is for carers registered with Holstep Health/Carer Gateway.

How often does the group run?

Fortnightly sessions on Wednesdays and Fridays.

How do I sign up?

[Click here to register](#)

CONTINUES MONTHLY

APR
7

MAY
5

ONLINE YOGA FOR CARERS Online (ZOOM)

Join us for a relaxing session of online yoga tailored for carers.

When?

7:00pm - 7:45pm

For Whom?

This session is for carers registered with Holstep Health/Carer Gateway.

How often does the group run?

First Monday of the month

How do I sign up?

[Click here to register](#)

TWICE MONTHLY

APR
15

APR
28

BREATHWORK FOR CARERS Online

When?

11am - 12pm

For Whom?

Open to all carers in the Holstep Health catchment area.

How often does the group run?

Twice monthly- next dates are 15th April and 28th April.

How do I sign up?

[Click here to register](#)

ONLINE

Current Groups

FAMILYCARE

For carers living in Central and Northern regional Victoria only

APR
16

APR
30

MAY
14

FORTNIGHTLY

TEAMS GROUP Online

When?

Fortnightly on Wednesday evenings.

For Whom?

Open to all carers registered with Carer Gateway.

How do I sign up?

Email Angie Spiewak at ASpiewak@familycare.net.au to express interest

UNITING

For carers living in Melbourne's Eastern metropolitan and Victoria's Eastern regional areas only

APR
3

APR
17

MAY
1

FORTNIGHTLY, SIX SESSION SERIES

DECLUTTER YOUR LIFE Online

When?

9:00am - 10:00am

For Whom?

Open to all carers in the Uniting catchment area.

How often does the group run?

Fortnightly on Thursdays until May 15.

How do I sign up?

[Click here to register](#)