

Peer Groups



Carers come together in a group and meet with people in similar caring situations. It is an opportunity to connect, share, and learn from each other.

Peer Groups are free and available to all Carers who would like to:

- Connect with the local community
- Connect with people in similar circumstances
- Develop networks to help support and connect with one another
- Meet with other Carers to share experiences, stories, and knowledge
- Learn from one another and hear from a range of guest speakers on identified topics
- Discuss ideas and strategies that Carers may use to overcome challenges in their caring role.

If you provide assistance to a family member or friend who is frail due to age, has a disability, a drug or alcohol related problem, is experiencing mental illness or has a long term medical condition, Carers SA is here to support you

"I want to thank you for the extraordinary support you have given me through some challenging times. I would like to acknowledge your staff who are the most compassionate and empathetic people I have come across. All this has made a huge difference in my life and quite frankly have been overwhelmed by the kindness of your organisation."

Lucy

To find out more about a local Peer Support Group please contact Carers SA via the Carer Gateway on **1800 422 737**

Carers SA is committed to the safety, participation and empowerment of all children and young people.



An Australian Government Initiative

Connecting carers ●●●● to support services

Are you a Carer?



A Carer is someone who helps a family member or friend with:



emotional support



grocery shopping



preparing meals



administering medicine



personal care



paying bills

Is this you?

Free support is just a phone call away.
Contact **Carers SA** via the Carer Gateway
on **1800 422 737** or visit **carerssa.com.au**



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