



**Pole Depot Carers Support Service**

# Carers of People with Mental Health Issues Group

Meets 4th Friday of the Month  
(unless advised otherwise)  
10.30am—12.30pm  
Pole Depot Group Room

**COST: GOLD COIN DONATION**

26th February	Welcome Back
26th March	Massage & Meditation
23rd April	Neami Services
28th May	Black Dog Institute
25th June	Group Discussion “Forward or Back”

*Subject to change without notice*

Enquiries: Carers Support Team  
9580 0688



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