

GROW Better Together Carer Support Groups

The new “**GROW – Better Together**” project is funded by FaHCSIA and offers the GROW Program to Carers of people who are dealing with a mental health issue.

Unlike a traditional GROW meeting, the 12 steps are not used directly as these were developed to meet the needs specifically of people with a mental illness.

The “GROW - Better Together” Project benefits from the application of the numerous insights of the GROW Program. It helps Carers to change for the better their thinking, their actions and consequently their relationships with the one for whom they care.

A “GROW - Better Together Focus Group” made up of Carers, met weekly to formulate a Meeting Structure. The Focus Group came up with a structure that allows the Carer to have an active role in each meeting, seeking to recognise the specific needs of the individual Carer and the Group.

The GROW Program is presented over about 2 hours. It consists of an explanation of the “GROW - Better Together” Project for any new members, a Carer’s Personal Story, Reports on Progress, Current Challenges, Education and Skills Development, Forward Planning and written Meeting Evaluation, and is followed by refreshments.

All meetings are free and confidential, and no referral is required.

The Program was launched on 08/02/08. Groups now meet regularly during the month.

Please call GROW Community Centre of 1800 558 268 for Group details.

Caulfield Tuesday 7:00 pm <i>(Every 1st and 3rd Tuesday of the month)</i>	GROW Community Centre 707 Glenhuntly Rd, Caulfield South <i>(Melway Ref 67 K4)</i>	GROW Community Centre 9528 2977
Coburg <i>(Taking contact details of interested carers due to reopen April 2009)</i>	Coburg Uniting Church Hall, Cnr Victoria Street & Louisa St, Coburg <i>(Melway Ref 29 H1)</i>	GROW Community Centre 9528 2977
Dandenong Wednesday 12.30 pm <i>(Every 1st and 3rd Wednesday of the month)</i>	ERMHA 67 Robinson St, Dandenong <i>(Melway Ref 90 C8)</i>	GROW Community Centre 9528 2977
Heathmont Thursday 7:30 pm <i>(Every 2nd and 4th Thursday of the month)</i>	Heathmont Community Living Centre, Heathmont Uniting Church 89 Canterbury Rd, Heathmont <i>(Melway Ref 50 B11)</i>	GROW Community Centre 9528 2977

For more information regarding GROW-Better Together

Visit our website www.grow.net.au