



**Creating
Opportunities
& Choice.**

Carer Support Groups - Term 4 2017

Interchange Outer East Carer Support Groups welcome parents and carers of a child or young adult with a disability to a variety of social and educational events throughout the year. Newcomers are welcome at any time!

Thur 12 October - 10am to 12pm - Multicultural Group

Discover the benefits of Face Yoga with Sophie from SM Health & Beauty
St Kevin's Community Space, 26 Herlihy's Rd, Templestowe Lower. Cost: \$5pp

Mon 16 October - 10.30am to 1.30pm - Movies and Lunch

See Final Portrait at the Palace followed by light lunch
231 Whitehorse Rd, Balwyn. Cost: \$10pp

Tuesday 17 Oct - 10am to 1pm - Reflexology; Relieve Stress & Tension

Coonara Community House, Willow Ave, Upper Ferntree Gully
Cost: \$10pp

Wed 18 October - 10am to 12pm - Stretch your Body, Balance your Mind

Mooroolbark Community Centre, 10-12 Brice Ave, Mooroolbark
Cost: \$5pp

Wed 25 October - 6.30pm to 9pm - Parma, Pot & Comedy Trivia

Mountain View Hotel, 186 Springvale Rd, Glen Waverley
Cost: \$5pp plus drinks

Thur 26 October - 10am to 12pm - Ten Pin Bowling

Strike Bowling, Century City Walk, 285 Springvale Rd, Glen Waverley
Cost \$10pp

Register now!

Register online at
bit.ly/IOECSGTerm4

Carer Support Groups are open to all parents and carers of a child or young adult with a disability. Families do not need to be registered or previously affiliated with Interchange Outer East to be involved.

For further information contact Sarah on 9758 5522 or familysupport@ioe.org.au

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Interchange Outer East

Carer Support Groups - Term 4 Continued

Wed 1 November - 10am to 12pm
Coffee and Cake Catch up

Bean in the Woods, Ringwood Square
Cost: \$5

Thur 9 November - Multicultural Group
Traditional Korean Cooking Class

St Kevin's Community Space
26 Herlihys Rd, Templestowe Lower
Cost: Free

Wed 15 November - 10am to 1pm
Movies and Lunch

Murder on the Orient Express, Croydon Cinema
3-5 Hewish Rd, Croydon
Cost: \$10pp

Mon 20 November - 10am to 12pm
Get Crafty with Christmas Card Making

Bowen Street Community Centre
102 Bowen St, Camberwell
Cost: Free

Tue 21 November - 10am to 12pm
Explore Belgrave plus Coffee and Cake

Front of Earthly Pleasures Cafe
1627 Burwood Hwy, Belgrave
Cost: \$5pp

Wed 22 November - 6pm to 8.30pm
Dinner at Kelly's Bar and Kitchen

1510 Mt Dandenong Tourist Rd, Olinda
Cost: \$15pp plus drinks

Thur 23 November - 10am to 12pm
Let your creativity flow through mosaics

Mount St Neighbourhood House, 6 Mount St,
Glen Waverley
Cost: Free

Tuesday 5 December - 10am to 12pm
End of year Christmas Coffee and Cake

Mister Fox Cafe, 325 Canterbury Rd, Ringwood
Cost \$5pp

Wed 13 December - 10am to 12pm
End of year Christmas Coffee and Cake

Bon Bons Restaurant, David Jones
The Glen, Springvale Rd, Glen Waverley
Cost \$5pp

