

Carer Support Groups

Central Coast

Erina Support Group

2nd Tuesday of the month

10am – 12noon

Erina Trust Hall

Cnr Ilya Ave & Karalta Rd, Erina

Narara Support Group

4th Thursday of the month

10am – 12noon

Narara Community Centre

2 Pandala Road, Narara

Wyong Support Group

3rd Tuesday of the month

10am – 12noon

Vinnies Regional Office

47 Howarth St, Wyong

North Sydney

Chatswood Support Group

2nd Tuesday of the month

10am – 12noon

Recovery and Wellbeing Hub

47 Hercules St, Chatswood.

Brookvale Support Group

3rd Wednesday of the month

1.30pm – 3.30pm

Brookvale Community Centre

2 Alfred Rd, Brookvale

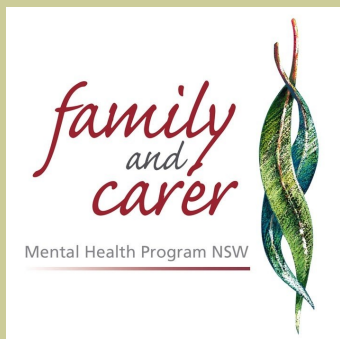
Hornsby Support Group

4th Wednesday of the month

12:30pm – 2:30pm

The House in the Park

Cnr Stuart St & Illoura Ave, Wahroonga



Uniting Care Mental Health Family & Carer Program

West Gosford
(02) 4322 1855

Chatswood
(02) 8599 4855



Please Note: Support Groups in recess for January.