

Carer Support Group



A group for family and friends who care for a person who struggles with suicidality.

- The group provides a safe and confidential space to share and be supported with others who are also caring for a person that may be struggling with suicidality. The group runs every 3rd Tuesday of the month for 2 hours.

Monthly Group

Chatswood 5:30pm – 7:30pm, Tuesdays

Commencing: 20 February 2024

- connect with others who share a similar experience
- learn new skills and ways of coping
- increase your own wellbeing

Group Facilitated by Jennifer Gripton-Corbett and Kathryn Cordier

LLH2HS PACFA Registered Clinical Counsellors

****All family & carers are welcome**

For more information contact LifelineH2HS Group Services on 8287 1158

or email groupservices@lifelineh2h.org.au