

## FRIDGE DOOR PAGE

### THURSDAY GENERAL SUPPORT GROUP

Not scheduled  
We are looking for someone to organise this.

### TUESDAY GENERAL SUPPORT GROUP

Tuesday 26<sup>th</sup> November 2019  
6pm – 7.30pm

SHOUT Offices, 1 Collett Place,  
Pearce  
[Dimitra.campbell@hotmail.com](mailto:Dimitra.campbell@hotmail.com)  
0401 765 904

### WOMEN WITH PARKINSON'S

Thursday 7<sup>th</sup> November – 2.15 pm

Southern Cross Club, Jamison  
For more information contact  
Margaret Healy 6251 2117  
or Marilyn Nelson 6281 5573  
[mnelson@home.netspeed.com.au](mailto:mnelson@home.netspeed.com.au)

### CARERS COFFEE

Thursday 14<sup>th</sup> November 2019 – 2.30 pm  
Yarralumla Gallery and The Oaks Brasserie  
Cottage 1, Weston Park Rd, Yarralumla ACT 2600  
For more information contact:  
Maruta Pearson 6260 7494  
All carers welcome!

### MEN WHO CARE

Monday 18<sup>th</sup> November 2019 – 3 pm  
  
Sprout Cafe  
Village Centre  
National Arboretum Canberra  
For more information email Michael Robbins  
[mrobbins@home.netspeed.com.au](mailto:mrobbins@home.netspeed.com.au)

### Young@Park

Contact convenor **Anthony Overs**  
at  
[youngatparkcanberra@gmail.com](mailto:youngatparkcanberra@gmail.com)

### Carers ACT

Practical support for Carers and numerous activities.  
Registration is Free - 1800 052 222 - [www.carersact.org.au](http://www.carersact.org.au)