



**riac**

Rights Information  
and Advocacy Centre

# Support groups for parents and carers

[riac.org.au](https://riac.org.au)

RIAC invites parents and carers of children under 18 living with a disability or neurodiversity to join our support groups in Bendigo.

These groups provide a much-needed break from the demands of caregiving, offering a chance to relax with a cuppa, chat with a qualified social worker, and connect with peers facing similar challenges.

### **Walking Group**

Enjoy the outdoors and friendly conversation.

Meets 9.30am–11am on the 2nd and 4th Thursday of each month at Lake Weeroona (near the coffee van).

### **Bendigo Self-Care Hub**

A space to engage in various self-care activities, such as arts and crafts, kinetic sand, and a massage station.

Open 10am–12pm on the 1st Thursday of each month at 155 Crook Street, Strathdale.

### **We offer**

- » A chance for a relaxing chat with a qualified social worker.
- » Opportunities for peer support and meeting other carers.
- » A range of self-care stations for you to choose from.

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For more information about these groups and how they can support you, contact us at **0488 605 363** or email **carers@riac.org.au**

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community since 1984.**



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*RIAC's services are funded by the Victorian Government Department of Health and Department of Families Fairness and Housing, and the Commonwealth Government Department of Social Services and Department of Health and Aged Care.*