

The Group Offers

- Support
- The opportunity to talk to somebody in the same situation
- Reassurance that you are not alone
- Information and Education
- The opportunity to make friends with people who understand what you are talking about
- A cup of tea and a bit of craic!

You don't have to make an appointment to come to the meeting, but if you have any questions or would like to talk to somebody in advance please feel free to contact:

Marguerite Cunningham
085 7704766

Colette Herra
086 8613432

Carmel Pettigrew
087 7922296

Tony Brophy
01 6283195

Áine O'Reilly (OT)
087 9473251

Ann O'Connell (nurse)
01 6450484

John Staunton (nurse)
086 8501659

Ballyfermot and Lucan Family, Friend & Carer Support Group



Community Mental Health

Ballyfermot and Lucan Family, Friend & Carer Group

Are you close to somebody with a mental health difficulty?

Would you like to meet and talk to others in a similar situation?

Would you like information and advice?

The Family, Friends' and Carers' group meet every month. The group provides an opportunity to meet and support (and be supported by) people in the a similar situation. As well as this, we often organise talks and other education sessions. We sometimes lobby for better services and facilities. The group is open to any friend, family member or carer who feels they could benefit from the support of others.

MEETING TIME

7 - 9 PM

FIRST MONDAY OF EVERY MONTH

(2nd Monday when 1st is a bank holiday)

VENUE



Primary Care and Mental Health Centre,
Upper Ballyfermot Road
Dublin 10. (the new red building)

We meet upstairs in the tea room (the security man will show you the way)

Meeting Dates 2013 - 2014

September 3rd
October 7th
November 4th
December 2nd
January 6th
February 3rd
March 3rd
April 7th
May 12th
June 9th
July 7th

'Carers provide an enormous amount of care in the home for people with mental health problems.....There is a need to recognise and support through practical means the crucial role of family care in mental health service provision.'

Vision for Change 2006