

Stride Family & Carer Program

Kiama Carer Supports and Groups

Join the Stride Family and Carer team for carer supports in Kiama, available to carers in the Illawarra and Shoalhaven region. These groups are free of cost and provide a supportive environment for carers of people with mental health concerns.

Carers Coffee Club



Join local carers for an informal catch up. Share a coffee and connect with others in a supportive environment.

Time: 10am-11:30am.

When: The second Tuesday of the month

Where: Kiama Leagues Club, 109 Terralong Street, Kiama

Kiama Support Group

A place to share, connect and feel supported in your caring role!

Please join the Stride Family and Carer Program for our monthly Kiama Support Group commencing in August 2021.

This monthly support group is open to families and carer supporting a loved one with a mental health concern.

Time: 10am-12pm

When: The fourth Tuesday of the month

Where: Joyce Wheatley Community Centre, 107 Terralong Street, Kiama

To register your interest, please contact the Stride Family and Carer Team on (02) 4422 1547 or email familyandcarer@stride.com.au

COVID Safety Plans are in place for every group to ensure overall safety of carers and staff