

SUNRISE SOCIAL GROUPS

*Women centred groups for people with disabilities from all cultures who live in Melbourne's West



ABOUT THE GROUPS

Sunrise Groups are social groups for women, trans, gender diverse people and/or non-binary folk, who have a disability, chronic illness and/or mental illness.

We come together to:

- Build friendships and support each other
- Get information about staying healthy
- Build our confidence
- Get to know our local community
- Find out about services
- Try new things and have fun!

WHAT WE DO

Online Meetings:

We meet weekly through Zoom to connect with one another, share information, learn new skills from each other and connect with local services. If you are new to using computers, we can help you to get access to technology and support you to learn how to use it, so you can participate in Zoom meetings and more.

Face to Face Meetings:

When face to face starts again, we will get together once a fortnight at a venue that is accessible for people living with a disability.

We plan what we want to do together every six months.

We often have guest presenters that speak to us about things like:

- Health and well-being
- Managing anxiety and depression
- Building healthy relationships
- Safety at home and in the community
- Services in the community

We also like to do social things, like:

- Having a BBQ in the park
- Visiting the Zoo
- Beauty therapy & massage
- Arts and crafts



JOIN US

We meet weekly on Zoom and hope to resume fortnightly face to face meetings soon in local council areas in the western metropolitan region where there is the most community interest.

It's free to join for people who are over 18, live in the west of Melbourne and are not an NDIS participant. Morning tea is provided and most of our activities are free too! Sessions will be hosted in English however all cultures are welcome.

If you are interested in joining but feel unsure, how about trying us out? The facilitators are Fofi & Beth who are happy to talk to you on the phone or meet with you.

If it is hard for you to get around, we can help you work out what support you might need. You can bring a friend if this would help. If you need help to access a Zoom call, we can assist you to access and use internet and digital devices such as computers and iPads.

HOW TO GET INVOLVED

For more information, questions or to sign up, contact Beth or Fofi at Women's Health West on

Phone: 9689 9588 / 0407 061 702

Email: sunrise@whwest.org.au



*WHW warmly welcomes women, trans, gender diverse people and/or non-binary folk who are comfortable in a space that centres the experiences of women.

Women's Health West is actively moving our practices and programs towards an evolved understanding of gender. We believe individuals have the right to express and identify their gender however they choose.

We welcome any feedback: whwest.org.au/about-us/feedback-and-complaints/