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# Arafmi

## Organisation Contact Details

Physical Address:	27 Blue Hills Drive Rangeville Qld 4350	Postal Address:	27 Blue Hills Drive Rangeville Qld 4350
Contact Person:	Vivien Dunlop	Contact Position:	Principal/Manager
Phone (BH):	46877771	Phone (AH):	
Mobile:		Fax:	46877772
Email:	<a href="mailto:toowoombamanager@arafmiqld.org">toowoombamanager@arafmiqld.org</a>	Website:	<a href="http://www.arafmiqld.org">www.arafmiqld.org</a>
Days of Operation:	<ul style="list-style-type: none"><li>• Monday</li><li>• Tuesday</li><li>• Wednesday</li><li>• Thursday</li><li>• Friday</li></ul>	Opening Hours:	8:30am - 5:00pm

## Organisation Operations

We use  
volunteers: Yes

Target  
Demographic: • All

Target Age  
Group: • All Ages

Target  
Gender: Both

## Member Information

Current no.  
of  
members:

Fees &  
Charges:

Membership  
Period:

Membership  
Eligibility:

## Meetings & Facilities

Meeting  
Venue /  
Facility:

Physical  
Address:

Disabled  
Access:

Toilets: Yes (but no disabled  
access)

External  
hire  
available: No

Hire rates:

Hire rates  
effective:

Category: Accommodation &  
Housing

## Organisation Summary

Arafmi Mental Health Carers - if you are caring for a friend or family member with a mental health problem Arafmi may be able to help with: support groups, training, relief from the caring role, counselling and carer activities.

*Arafmi* Toowoomba offers support to anyone caring for a family or friend who has a mental health issue. Our definition of carer is loose - the person does not have to live with you and you do not have to be registered as a carer; as long as you provide emotional, financial and/or practical support to a person with a mental health issue, intellectual impairment or autistic spectrum disorder you classify as being a 'carer'.

We facilitated monthly support groups - the 3rd Wednesday of every month, 10:30am to 12:30pm held at the Warwick library. All welcome.

Relief from the caring role through respite for the carer at our lovely Rangeville home; this could be for a few hours or overnight. Carer outings and activities are also provided.

Education, training and counselling are available.

Listing ID: 61586