# Quality Living Groups

Quality Living Groups can be life changing.  In just 8 short weeks, we can provide clients, parents, and carers with a forum for social and emotional support to help them adjust to the impact of vision loss.

Led by trained facilitators, the Quality Living Groups bring together eight to ten people to discuss and find solutions to a range of challenges.  Individuals choose which topics they want to learn more about and gain a further understanding of other Vision Australia services.

Participants in the groups have reported that they gained the confidence to take on new challenges and interests, understand that life doesn’t stop with vision loss, accept that there is no such thing as ‘can’t’ and regained their self-esteem.

## Quality Living Groups, 2016 Calendar

## Quality Living Programs are available to clients usually on Monday to Friday by teleconference, and in some local centres they are available face to face.

**Currently we provide groups on the following days**

## Teleconference Groups:

* Monday 11 Jan – 29 Feb
* Wednesday  13 Jan – 2 March
* Tuesday 19 Jan – 8 March
* Thursday 21 Jan – 10 March
* Wednesday 26 Jan – 15 March (Tertiary Educ support)
* Friday 29 Jan – 18 March

## Centre Based Groups:

Enfield: Wednesday 20 Jan – 9 March

Kooyong: Wednesday 27 Jan – 16 March

Kooyong: Saturday 6 Feb – 19 March

Kooyong: Saturday 19 March – 7 April

Bendigo: to be decided March

Brisbane: to be decided

**Phone 1300 84 74 66**