

insupport

PEER SUPPORT FOR PEOPLE LIVING WITH PARKINSON'S, THEIR FAMILIES AND CARERS

Peer support provides the opportunity to learn more about living with Parkinson's and to enjoy the company of others who share similar experiences, situations and challenges. Parkinson's peer support offers information, social connection, hope and support.

Parkinson's Peer Support groups currently operate in the following areas:

Bairnsdale	Essendon	Moorabbin (Dingley Village)
Ballarat	Frankston	Ocean Grove
Barwon Region	Friends @ Park (Geelong)	Pakenham
Beechworth	Geelong East (Bellarine)	Portland
Benalla	Grampians	Ringwood
Bendigo	Hamilton	Rosebud
Bentleigh/Bayside	Horsham	Sale
Brooklyn (ParKanDo)	Kyabram	Shepparton
Camberwell	Lakes Entrance	Swan Hill
City of Yarra (Richmond)	Lancefield	Thornbury
Cobram	Leongatha	Wangaratta
Cohuna	Manningham (Doncaster)	Warragul
Colac	Mansfield	Warrnambool
Corryong	Melton	Werribee
Cranbourne	Mildura	Wodonga
Echuca	Moe	Wonthaggi
Eltham	Monash (Glen Waverley)	Yarrawonga

For more information and support:

Phone: 8809 0400

Health line: 1800 644 189

Email: info@parkinsons-vic.org.au

parkinsonsvic.org.au

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Parkinson's Victoria also coordinates and supports a number of specialist groups:

Chinese Speaking – Box Hill

Young @ Park Peer Support Group – Melbourne

PSP & Atypical Parkinson's Therapy Support Group – Cheltenham

DBS Therapy Support Group – South Melbourne

Infusion Therapy Support Group – Surrey Hills

Painting with Parkinson's – Berwick, Essendon, Mt Martha, Geelong, Thornbury

ParkinSong – Williamstown, Ashwood, Boronia, Hampton, Langwarrin, Ocean Grove, Warrnambool, Mildura, Lancefield, Manningham (singing).

Contact us for information on activity-based groups, including dancing, thai chi, boxing exercise, yoga and PD Warrior.

Note: Some of these groups are facilitated by independent community members and are not covered under Parkinson's Victoria insurance.