

in support

PEER SUPPORT FOR PEOPLE LIVING WITH PARKINSON'S, THEIR FAMILY 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	Ocean Grove
Ballarat	Frankston	Pakenham
Barwon Region	Geelong East	Portland
Beechworth	Grampians	Ringwood
Benalla	Hamilton	Rosebud
Bendigo	Horsham	Sale
Bentleigh/Bayside	Kyabram	Shepparton
Brooklyn (ParKanDo)	Lakes Entrance	Swan Hill
Camberwell	Lancefield	Thornbury
City of Yarra	Leongatha	Wangaratta
Cobram	Manningham (Doncaster)	Warragul
Cohuna	Mansfield	Warrnambool
Colac	Melton	Werribee
Corryong	Mildura	Wodonga
Cranbourne	Moe	Wonthaggi
Echuca	Monash (Glen Waverley)	Yarrawonga
Eltham	Moorabbin (Dingly Village)	

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Carers of people with Parkinson's – Pakenham
(carers are also welcome at all other groups)

Chinese Speaking Parkinson's Peer Support Group – Box Hill

Young Onset (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

There are also many Parkinson's Peer Support Groups with a special focus or activity, including:

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

ParkinSong – Williamstown, Ashwood, Boronia, Cheltenham, Cranbourne, Ocean Grove, Warrnambool.

Other activity-based groups

Please contact the Health Information Team who may be able to let you know about other activity-based groups like Dancing, Thai Chi, Boxing exercise, Yoga and PD Warrior.

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

