

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	Geelong	Portland
Ballarat	Grampians (Stawell)	Ringwood
Beechworth	Hamilton	Rosebud
Benalla	Kyabram	Sale
Bendigo	Lakes Entrance	Shepparton
Bentleigh/Bayside	Lancefield	South Gippsland (Leongatha)
Camberwell	Lyndhurst	Swan Hill
Cobram	Manningham (Doncaster)	Traralgon
Cohuna	Mansfield	Wangaratta
Colac	Melton	Warragul
Corryong	Mildura	Warrnambool
Echuca/Moama/Deniliquin	Moe	Werribee
Eltham	Monash (Glen Waverley)	Wimmera (Horsham)
Essendon	Ocean Grove	Wodonga
Frankston	Pakenham	Yarrawonga

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

Young Onset (Young @ Park) – Melbourne, Barwon/Geelong
Young Onset Men's Group – Lysterfield

Parkinson's DBS Group – Melbourne

Painting with Parkinson's – Berwick, Essendon, Mt Martha, Torquay

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

Dance for Parkinson's – Camberwell, Hampton, Torquay

Tango for Parkinson's – Lower Templestowe

Tai Chi for Parkinson's – Cheltenham

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

Chinese Speaking Parkinson's Group – Box Hill

PSP & Atypical Parkinson's Support Group – Cheltenham
Mornington (not current operating)

Parkinson's groups linked to programs/facilities: Hawthorn, Preston (Uniting Age Well); Oakleigh (Oak Towers Aged Care); Wheelers Hill (Cumberland View Aged Care); Cheltenham (Kingston Centre Carer's Group).