



## Peer Support Groups 2020

No one understands what it's like to live with a musculoskeletal condition quite like someone in the same boat. Our peer support groups are all about people with these conditions coming together to improve their health and wellbeing through discussion and other activities. Find a group near you today!

Location	Peer Support Group	Contact	Phone
<b><i>Groups based on location – members have a variety of muscle, bone and joint conditions</i></b>			
Albury	JAM Support Group	John	0422 827 682
Albury/Wodonga	WAGS (Water Action Group Society)	Dianne	0428 072 557
Ararat	Ararat Arthritis Support Group	Catherine	0438 521 817
Ballarat	Ballarat Arthritis Peer Support Group	Lucy	0411 703 902
Benalla	Benalla Arthritis Support Group	Deborah	5761 4500
Bendigo	Bendigo Arthritis Club Inc	John	0417 513 841
Colac	Colac Arthritis Self Help Group	May	0403 601 759
Cranbourne	Cranbourne Arthritis Support Group	Bernice	5998 2684
Frankston South	Frankston Arthritis Self Help Group	Noel	0433 726 346
Glen Waverley	Eastern Suburbs Hydrotherapy Inc.	Bronwyn	0467 631 835
Hamilton	Hamilton Arthritis Peer Support Group	June	0428 721 905
Healesville	Healesville Arthritis Self Help Support Group	Barbara	0419 501 724
Horsham	Horsham Self Help Group	Wayne	0448 825 627
Korumburra	South Gippsland Arthritis Support Group	Diane	5658 1443
Mildura	Mildura Arthritis Support Group	Brenda	0407 267 077
Moe	Moe/Narracan Arthritis Self Help Group	Carol	0403 417 702
Mornington	Mornington Arthritis Support Group	Sarah	0411 328 191
Mt Beauty	Alpine Move Group	Heather	0407 885 042
Narre Warren	Narre Warren Arthritis Support Group	Pat	0408 124 902
Pakenham	Pakenham Arthritis Self Help Group Inc	Lynette	0438 347 222
San Remo	San Remo Arthritis Self Help Group	Grace	5671 9200



Swan Hill	Swan Hill and District Arthritis Self Help Group	Beverley	5037 6453
Various locations, Western Suburbs	Vietnamese Arthritis Association Victoria Inc.	Giao	0449 221 942
Warburton	Glens Goldie's SHSG	Patricia	0419 144 514
Warragul	Baw Baw Region Arthritis Support Group	Lynette	5625 2464
Warragul	Warragul Arthritis Self Help Group	Maree	5627 6368
Warrnambool	Warrnambool Arthritis Support	Josephine	0410 053 542
Wedderburn	Loddon Wellbeing Group	Michaela	5431 7044

### ***Condition specific groups***

Bairnsdale	Bairnsdale Fibromyalgia Support Group	Christine	0412 598 830
Ballarat	Ballarat Fibromyalgia and CFS Self Help Group	Jenny	0403 220 525
Black Rock	Fibro Frog Support Group	Cassie	0407 853 089
Geelong	Geelong Lupus and Sjogren's Support Group	Annette	5259 1063
Heidelberg	Ankylosing Spondylitis Group of Victoria	Annie	0408 343 104
Melbourne CBD	Melbourne Osteoporosis Support Group Inc	Leonie	9802 6406
Mount Waverley	Your Healthy Bones Crew	Carole	0438 256 887
Reservoir	Northern Suburbs Fibromyalgia Self Help Group	Maria	0414 556 181

### ***Age specific groups***

Chadstone, online and venues in Melb	Young Women's Arthritis Support Group	Rosemary	0400 447 624
Facebook Group	Young Adults with Arthritis Group +	Amanda	0438 084 366
Various locations in Melbourne	Joint Support - Young Adults Arthritis Group	Erin	0439 833 336

For more information contact our MSK Help Line.

Phone: 1800 263 265

Email: [helpline@msk.org.au](mailto:helpline@msk.org.au)

Website: [www.msk.org.au](http://www.msk.org.au)

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