



## Peer Support Groups – February 2021

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/PSG Name	Contact	Phone	Email	Website	Socials
Albury - JAM Support Group	John	0422 827 682	<a href="mailto:johnandrel214@gmail.com">johnandrel214@gmail.com</a>		
Albury/Wodonga - WAGS (Water Action Group Society)	Dianne	0428 072 557	<a href="mailto:dyanthurs2@gmail.com">dyanthurs2@gmail.com</a>		
Ballarat Arthritis Peer Support Group	Lucy	0411 703 902	<a href="mailto:lucylloyd@gmail.com">lucylloyd@gmail.com</a>		<a href="https://www.facebook.com/Ballarat-Arthritis-Support-Group-295893173867926/">www.facebook.com/Ballarat-Arthritis-Support-Group-295893173867926/</a>
Benalla Arthritis Support Group	Deborah	03 5761 4500	<a href="mailto:deborah.smith@benallahealth.org.au">deborah.smith@benallahealth.org.au</a>		
Bendigo Arthritis Club Inc	John	0417 513 841	<a href="mailto:mooney@hotmail.com.au">mooney@hotmail.com.au</a>	<a href="https://bendigoarthritis.weebly.com/">https://bendigoarthritis.weebly.com/</a>	
Colac Arthritis Self Help Group	May	0403 601 759	<a href="mailto:loveeestef@gmail.com">loveeestef@gmail.com</a>		
Cranbourne Arthritis Support Group	Bernice	03 5998 2684	<a href="mailto:bernicehelle12@bigpond.com">bernicehelle12@bigpond.com</a>	<a href="https://casg.tidyhq.com">https://casg.tidyhq.com</a>	
Frankston Arthritis Self Help Group	Noel	0433 726 346	<a href="mailto:noel.vivian.white@gmail.com">noel.vivian.white@gmail.com</a>		
Glen Waverley - Eastern Suburbs Hydrotherapy Inc	Bronwyn	0467 631 835	<a href="mailto:brongiles@gmail.com">brongiles@gmail.com</a>		<a href="https://www.facebook.com/Eastern-Suburbs-Hydrotherapy-Inc-357210837807046/">https://www.facebook.com/Eastern-Suburbs-Hydrotherapy-Inc-357210837807046/</a>
Hamilton Arthritis Peer Support Group	June	0428 721 905	<a href="mailto:jacinta.wareham@wdhs.net">jacinta.wareham@wdhs.net</a>	<a href="http://www.wdhs.net/community/arthritis-group">http://www.wdhs.net/community/arthritis-group</a>	
Healesville Arthritis Self Help Support Group	Barbara	0419 501 724	<a href="mailto:barbhegarty48@gmail.com">barbhegarty48@gmail.com</a>		
Horsham Self Help Group	Wayne	0448 825 627	<a href="mailto:arthritis@horsham.outlook.com">arthritis@horsham.outlook.com</a> <a href="mailto:comlentsment@tpg.com.au">comlentsment@tpg.com.au</a>		
Korumburra - South Gippsland Arthritis Support Group	Diane	03 5658 1443	<a href="mailto:kenanddianedowdney@bigpond.com">kenanddianedowdney@bigpond.com</a>		
Mildura Arthritis Support Group	Brenda	0407 267 077			<a href="https://www.facebook.com/milduranordicwalking">https://www.facebook.com/milduranordicwalking</a>

Mt Beauty - Alpine Move Group	Heather	0407 885 042	<a href="mailto:jackson7089@gmail.com">jackson7089@gmail.com</a>		
Pakenham Arthritis Self Help Group Inc	Dianne	0499 198 999	<a href="mailto:diane.s.chester@gmail.com">diane.s.chester@gmail.com</a>		
San Remo Arthritis Self Help Group	Grace	03 5671 9200	<a href="mailto:grace.ippel@basscoasthealth.org.au">grace.ippel@basscoasthealth.org.au</a>		
Swan Hill & District Arthritis Self Help Group	Beverley	03 5037 6453	<a href="mailto:jmlnolen@bigpond.net.au">jmlnolen@bigpond.net.au</a>		
Western Suburbs - various locations - Vietnamese Arthritis Association of Victoria Inc	Giao	0449 221 942	<a href="mailto:giaohuynh1@gmail.com">giaohuynh1@gmail.com</a>		
Warburton - Glens Goldies SHSG	Patricia	0419 144 514	<a href="mailto:pthole1@bigpond.com">pthole1@bigpond.com</a>		
Warragul - Baw Baw Region Arthritis Support Group	Lynette	03 5625 2464	<a href="mailto:Lynette_ann_powell@yahoo.com.au">Lynette_ann_powell@yahoo.com.au</a>		
Warragul Arthritis Support	Maree	0410 053 542	<a href="mailto:mareewallace@bigpond.com">mareewallace@bigpond.com</a>		
Warrnambool Arthritis Support	Josephine	0410 053 542	<a href="mailto:josephine@workinghandstherapy.com.au">josephine@workinghandstherapy.com.au</a>		
Wedderburn - Loddon Wellbeing Group	Michaela	03 5431 7044	<a href="mailto:celliott@idhs.vic.gov.au">celliott@idhs.vic.gov.au</a>		
<b>Condition Specific Groups</b>	<b>Contact</b>	<b>Phone</b>	<b>Email</b>	<b>Website</b>	<b>Socials</b>
Bairnsdale Fibromyalgia Support Group	Christine	0412 598 830	<a href="mailto:bfsgroup2016@outlook.com">bfsgroup2016@outlook.com</a>		
Ballarat Fibromyalgia & CFS Self Help Group	Jenny	0403 220 525	<a href="mailto:jennymcc49@msn.com">jennymcc49@msn.com</a>		
Black Rock - Fibro Frog Support Group	Cassie	0407 853 089	<a href="mailto:cassie_butler@hotmail.com">cassie_butler@hotmail.com</a>		<a href="https://www.facebook.com/Fibro-Frog-1666036200378067/">https://www.facebook.com/Fibro-Frog-1666036200378067/</a>
Geelong Lupus & Sjogren's Support Group	Annette ph or Chris email	03 5259 1063	<a href="mailto:chrisash@hotmail.com">chrisash@hotmail.com</a>		
Heidelberg - Ankylosing Spondylitis Group of Victoria	Annie	0408 343 104	<a href="mailto:asvictreasurer@hotmail.com">asvictreasurer@hotmail.com</a> <a href="mailto:aniasvic@bigpond.net.au">aniasvic@bigpond.net.au</a> <a href="mailto:vicko123@optusnet.com.au">vicko123@optusnet.com.au</a>	<a href="https://www.asvictoria.org">https://www.asvictoria.org</a>	<a href="https://www.facebook.com/asgroupvic">https://www.facebook.com/asgroupvic</a>
Melbourne CBD - Melbourne Osteoporosis Support Group Inc	Leonie	0414 547 952	<a href="mailto:lcart8@bigpond.com">lcart8@bigpond.com</a> <a href="mailto:melbosg@gmail.com">melbosg@gmail.com</a>	<a href="http://www.melbosg.org.au/">http://www.melbosg.org.au/</a>	<a href="https://www.facebook.com/melbourne.osteoporosis.support.group/">https://www.facebook.com/melbourne.osteoporosis.support.group/</a>
Mount Waverley - Your Healthy Bones Crew	Carole	0438 256 887	<a href="mailto:bonesgroup@hotmail.com">bonesgroup@hotmail.com</a> <a href="mailto:carolemarshall@hotmail.com">carolemarshall@hotmail.com</a>		<a href="https://www.facebook.com/bonesgroup/">https://www.facebook.com/bonesgroup/</a>
Reservoir - Northern Suburbs Fibromyalgia SHG	Maria	0414 556 181	<a href="mailto:northernsuburbs.fms@gmail.com">northernsuburbs.fms@gmail.com</a>		
Shepparton ME/CFS and Fibromyalgia Support Group	Georgie	0421 476 701	<a href="mailto:georgie_girl_13@mac.com">georgie_girl_13@mac.com</a>		<a href="https://www.facebook.com/groups/266412310218722">https://www.facebook.com/groups/266412310218722</a>

Age Specific Groups	Contact	Phone	Email	Website	Socials
Various locations in Melbourne - Young Women's Arthritis Support Group	Rosemary	0400 447 624	rosemary@ywasg.com tassia@ywasg.com	<a href="http://ywasg.com/">http://ywasg.com/</a>	Facebook <a href="https://www.facebook.com/ywasg">https://www.facebook.com/ywasg</a> Twitter <a href="https://twitter.com/YWASG">https://twitter.com/YWASG</a>
Online - Young Adults with Arthritis +	Amanda	0438 084 366	amandaskobey@gmail.com	<a href="https://www.youngadultswitharthritisplus.com/">https://www.youngadultswitharthritisplus.com/</a>	Facebook <a href="https://www.facebook.com/yawaplus">https://www.facebook.com/yawaplus</a> Instagram <a href="https://www.instagram.com/youngadultswitharthritisplus">https://www.instagram.com/youngadultswitharthritisplus</a> Twitter <a href="https://twitter.com/yawaplus">https://twitter.com/yawaplus</a>