



Peer Support Groups – August 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	johnandrel214@gmail.com		
Albury/Wodonga - WAGS (Water Action Group Society)	Dianne	0428 072 557	dyanthurs2@gmail.com		
Ballarat Arthritis Peer Support Group	Lucy	0411 703 902	lucylloyd@gmail.com		www.facebook.com/Ballarat-Arthritis-Support-Group-295893173867926/
Benalla Arthritis Support Group	Jenna	03 5761 4222	Jenna.DeLaRue@benallahealth.org.au		
Bendigo Arthritis Club Inc	John	0417 513 841	mooney@hotmail.com.au	https://bendigoarthritis.weebly.com/	
Colac Arthritis Self Help Group	May	0403 601 759	loveeestef@gmail.com		
Cranbourne Arthritis Support Group	Bernice	03 5998 2684	bernicehelle12@bigpond.com	https://casg.tidyhq.com	
Frankston Arthritis Self Help Group	Noel	0433 726 346	noel.vivian.white@gmail.com		
Frankston Disability and Chronic Pain/Illness Support Group	Natasha	0401 740 541	nw@hwbe.com.au	https://hwbe.com.au	www.facebook.com/groups/frankstonsupportgroup
Glen Waverley - Eastern Suburbs Hydrotherapy Inc	Bronwyn	0467 631 835	brongiles@gmail.com		https://www.facebook.com/Eastern-Suburbs-Hydrotherapy-Inc-357210837807046/
Healesville Arthritis Self Help Support Group	Barbara	0419 501 724	barbhegarty48@gmail.com		
Horsham Self Help Group	Wayne	0448 825 627	arthritis@horsham.outlook.com comlentsment@tpg.com.au		
Mildura Arthritis Support Group	Brenda	0407 267 077			https://www.facebook.com/milduranordicwalking

Mt Beauty - Alpine Move Group	Heather	0407 885 042	jackson7089@gmail.com		
Pakenham Arthritis Self Help Group Inc	Dianne	0499 198 999	diane.s.chester@gmail.com		
Swan Hill & District Arthritis Self Help Group	Beverley		jmlnolen@bigpond.net.au		
Warburton - Glens Goldies SHSG	Patricia	0419 144 514	pthole1@bigpond.com		
Warragul Arthritis Support	Maree	0410 053 542	mareewallace@bigpond.com		
Condition Specific Groups	Contact	Phone	Email	Website	Socials
Bairnsdale Fibromyalgia Support Group	Christine	0412 598 830	bfsgroup2016@outlook.com		
Ballarat Fibromyalgia & CFS Self Help Group	Jenny	0403 220 525	jennymcc49@msn.com		
Geelong Lupus & Sjogren's Support Group	Annette ph or Chris email	03 5259 1063	chrisash@hotmail.com		
Heidelberg - Ankylosing Spondylitis Group of Victoria	Annie	0408 343 104	asvictreasurer@hotmail.com aniasvic@bigpond.net.au vicko123@optusnet.com.au	https://www.asvictoria.org	https://www.facebook.com/asgroupvic
Mount Waverley - Your Healthy Bones Crew	Carole	0438 256 887	bonesgroup@hotmail.com carolemarshall@hotmail.com		https://www.facebook.com/bonesgroup/
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	http://ywasg.com/	Facebook https://www.facebook.com/ywasg Twitter https://twitter.com/YWASG