



Peer support groups

September 2023

Location/PSG Name	Contact	Phone	Email	Website/Socials
Albury - JAM Support Group <i>Currently ON HOLD</i>				
Albury/Wodonga - WAGS (Water Action Group Society) <i>Currently ON HOLD</i>	Dianne	0428 072 557	dyanthus2@gmail.com	
Ballarat Arthritis Peer Support Group	Lucy	0411 703 902	lucyballarat@gmail.com	
Bendigo Arthritis Club Inc.	Sandra	0488 773 308	sandradoolan0@gmail.com	https://bendigoarthritis.weebly.com/
Colac Arthritis Self Help Group	Amy	0408 377 418	amycole@mail.com	
Cranbourne Arthritis Support Group	Aime	0474 500 339	aimehenshaw@gmail.com	https://casg.tidyhq.com
Frankston Arthritis Self Help Group	Dorothy	03 9789 0632	dot.roberts4321@gmail.com	
Glen Waverley - Eastern Suburbs Hydrotherapy Inc.	Anne	0438 816 763	js_ah@bigpond.net.au	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	Lance	0455 548 445	lance.duffield@gmail.com	
Mildura Arthritis Support Group	Margaret	0428 283 336	fotofella@bigpond.com	
Mt Beauty and Bright area Alpine MOVE Group	Heather	0407 885 042	jackson7089@gmail.com	
Pakenham Arthritis Self Help Group Inc.	Bernadette	0411 098 519	bernadette.lilley@outlook.com	
Swan Hill & District Arthritis Self Help Group	Mary	0429 329 530	jmlnolen@bigpond.net.au	
Warburton - Glens Goldies Self Help Support Group	Patricia	0419 144 514	pthole1@bigpond.com	

Condition Specific Groups	Contact	Phone	Email	Website/Socials
Bairnsdale Fibromyalgia Support Group	Christine	0412 598 830	bfsgroup2016@outlook.com	
Ballarat Fibromyalgia Support and Friendship Group	Jenny	0433 638 837	jennymcc49@msn.com	
Geelong & District Lupus, Arthritis & Associated Conditions Self Help Group	Chris	0410 104 575	chrisash@hotmail.com	
Ankylosing Spondylitis Victoria Inc.	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
The Joint A group for young adults aged 18-30	Mikayla Thalia	0426 154 836 0439 573 670	mskthejoint@gmail.com	Discord – please contact Mikayla or Thalia for log in details Insta - mskthejoint
Young Women's Arthritis Support Group Various locations in Melbourne and online. For working-aged women with arthritis or fibromyalgia	Rosemary Tassia	0400 447 624 0413 858 286	rosemary@ywasg.com tassia@ywasg.com	Website http://ywasg.com/ Facebook https://www.facebook.com/ywasg

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