PARENT TO PARENT GIPPSLAND
Strengthening Parent Support Program

Parent Support Groups and Contact Parents in Gippsland

For queries please phone the contact parents listed with each group, or contact Yvonne @ p2pg on 1800 010 453, or 51 353 131. If you need child care to attend a parent support group meeting, please contact Commonwealth Carer Respite Centre on 1800 242 696. If you’re attending for the first time, or if it has been some time since you last attended, please contact Yvonne or the Contact Parent to confirm, as details may change.

The groups marked with * are informal parent-to-parent support groups, and do not offer advice, funding or other formal supports. If you need any further assistance, please contact Yvonne.

Highlighted groups are either autism specific supports or welcome families of children with autism as well as other disability types.

Other networks of support groups exist throughout Gippsland. These includes funded groups, like My Time – parent support groups for families of children with disabilities or My Time Grandparent groups - www.mytime.net.au; and playgroups like Play Connect – for families of young children with autism – www.playconnect.com.au

Wellington Shire

Support Groups:

*Wellington Special Needs Network Inc
Meets in Sale at Delbridge Hall, St. Pauls Church, Cunningham Street, from 7:30pm – 9:30pm. Dates: May 7th, June 4th, August 6th, September 3rd and October 8th. Contact Anita on 51 444 408.

*Maffra Carers’ Group
Meets at the Maffra Hospital 48 Kent Street in the Community Meeting Room from 1-3pm. Meetings are held on the third Monday of the month from February to November - providing information and support for people in various caring roles. Dates: April 16th – speaker from Australian Hearing, May 21st – speaker from National Disability Insurance Service, June 18th, July 16th, September 17th, October 15th and November 19th. Contact Pam on 51 455 417.

Contact Parents:

Sale & District Autism Contact Parents
Contact Lisa on 51 444 691, or Deb on 51 430 124, or Sharyn on 51 472 738.

Maffra Autism/Aspie Contact Parents
Contact Claire on 51 471 487, or Helen on 51 411 857.

East Gippsland Shire

Support Groups:

*East Gippsland Autism Spectrum Disorder Support Group
Meets at the Uniting Church (Lanes Road & Omeo Highway) Bairnsdale from 12 noon – 2pm for cuppa and a friendly chat. All welcome. Dates: April 18th, May 9th, June 13th, July 18th, August 8th, September 12th, October 10th, November 14th and December 12th. Contact Julie on 0408 013 555

**STEPS Orbost**
Support Group meetings for parents to get together over a coffee or tea are held at the Orbost Maternal & Child Health Centre from 1-2pm 20 Ruskin Street. Dates for the remainder of the year to be advised. For enquiries contact Nadia on 0411 840 956 or nadsdeccy@yahoo.com.au or Jacque on Jacque.Archer@orh.com.au or 5154-6636.

Contact Parents:

**Bairnsdale & District Down syndrome Contact Parents**
For more information contact Tiffany on 51 568 182, or Carmel on 51 567 152.

**Lakes Entrance Autism Support**
Contact Carolyn on 51 565 744 / 0427 399 372.

**Bairnsdale & District Challenging Behaviour Support Parents**
Contact Narelle M on 51 530 206, Sharlene on 51 569 245, or Narelle B: 51522915 / 0414 915 440

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**Latrobe City**

**Dyspraxia Support Group**
For more information contact Tracey D on 51 924 116 or call or text on 0409 200 872, or Yvonne on 51 353 131 or yvonne.waite@noahsarkinc.org.au

**SuppAUT**
For families who have children with autism and live in the Latrobe region. Meetings are from 10am -12noon and are held at Noah’s Ark regional office in Chestnut Avenue Morwell. Dates: April 26th, May 31st, June 28th, July 26th, August 30th, October 25th and November 29th. Contact Lou 51 750 877.

**Gippsland Carers Association**
Gippsland Carers Association new monthly peer Support Group is open to all unpaid family carers in Gippsland. It’s a great opportunity for carers to take some time-out from caring and meet with others who really understand what it’s like to be a carer. Dates: Wednesday 28th March, 23rd May, 27th June, 25th July, 22nd August, 26th September, 24th October and 28th November 2012 Time: 10am-12pm Venue: Gippsland Carers Association, Carers Place, 185 Commercial Rd, Morwell Contact Kate Buxton on 0439 377 001 or gippscarer.kate@gmail.com

Contact Parents:

**Hearing Impaired Support Contact Parent**
For more information contact Roz on 51 222 645

**Latrobe & District Down syndrome Contact Parent**
For more information contact Leanne on 51 222 390 or annie@wideband.net.au
**Baw Baw Shire**

Support Groups:

*SPOAK – Supporting Parents Of Asperger/Autism Kids*
Meetings are held in Drouin from 10am – 12noon weekly during school Term, at Indulge Café, Hope Street. Dates are April 18, May 2, 9, 16, 23, & 30, June 6, 13, 20, & 27, July 18, 25, August 1, 8, 15, 22, & 29, September 5, 12, & 19, October 10, 17, 24, & 31, November 7, 14, 21, & 28, December 5, 12, & 19. Contact Janice on 56 253 075 or 0407 554080, Jill on 0438 183 539, or Joy on 0408 359 694

*Trafalgar Autism Parent Support Group*
Dates are April 23rd; June 4th; July 30th; September 3rd; October 15th; November 19th & December 10th. Meetings are held at the Trafalgar Primary School, School Road from 6:30pm – 7:30pm. Guest speakers attend from time to time. For more details please Contact Raelee Hill on hill.raelee.a@edumail.vic.gov.au or phone the school on 56 331 566.

**South Gippsland Shire**

Support Groups:

*South Gippsland Carers*
Meets on the second Tuesday of the month during school Term at Leongatha Community House, 16 Bruce Street in Leongatha, from 10am - noon. Dates; May 8th, June 12th, August 14th, September 11th, October 9th and November 13th. Contact Heather on 56 689 243.

**Bass Coast Shire**

Support Groups:

*Wonthaggi & District ASD Support Group*
Meets at Inverloch Hub - 16 Abeckett Street, Inverloch. Next meeting will be in June. For more details contact Julie on 56 574 248, or Franki on 0410 645 613 or franki@hopkinsdesign.com.au. Dates for the remainder of the year to be advised.

Contact Parents:

**Phillip Island & District Down syndrome Contact Parents**
For more information please contact Stu 0425 842 279 or Leisha 0425 842 28.

**ALL REGIONS**

Support Group for parents of teens and young adults
For more information contact Yvonne on 51 353 131 or yvonne.waite@noahsarkinc.org.au