

### Who are Parent Support Groups for?

Parent Support Groups are attended by individuals who care for someone with disability or additional needs. Some come to get support, others to share their experience and support others. New members always welcome.

### Current groups who meet regularly include:

- **NDISKids Parent Connection Group** These sessions are open to all parents and carers of pre-school aged children with NDIS plans. You do not need to be receiving other Pinarc Services to be eligible. Children are welcome and play opportunities will be provided to keep them busy. Meetings 9.30 – 10.30am fortnightly on Wednesdays at Pinarc, Sturt St Alfredton.
- **Ararat and District Carers Group** (for people who care for a young person with additional needs) meet in the second week of the month for lunch at various local venues. Meetings include guest speakers and informal lunches. Contact Toni Hobson 0419 387 440.
- **Ballarat Autism Parent Connection** group meet at the Robin Hood Hotel on the third Monday of the month, 10am – 12pm, for a social coffee, morning tea and information sharing. Often we also invite guest speakers from local service providers.
- **Daylesford Parent Connection Group** This is a developing group based in Daylesford. They meet monthly for a lunch on a Wednesday. For more information contact Rebecca Paton, Parent Support Coordinator 5329 1361, rpaton@pinarc.org.au
- **Bacchus Marsh Disability Parent Connection** group meet on the fourth Monday of each month, 10.30am - 12.30pm at the Darley Neighbourhood House in Bacchus Marsh, 33 Jonathan Drive, Darley.
- **Ballarat Down Syndrome Parent Connection** group meet regularly for support, discussion, information. Contact Group Leader Wendy McNabb charingal.park@bigpond.com.
- **SCODA** - (Supporting Carers of Disabled Adults), Ballarat meet for Lunch first Monday of each month.
- Would you like to start a new group? Our Parent Support Coordinator can help.

Interested in attending or starting a group?

For more information or to register interest in attending any of these groups, please contact: Rebecca Paton, Parent Support Coordinator 5329 1361, rpaton@pinarc.org.au

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