



# Pinarc Parent Support Groups 2020

## **Ballarat NDIS Coffee Catch-ups**

Open to all parents and carers of children up to 12 years with NDIS plans. Days and times will vary to accommodate the needs of families wanting to attend.

For information about the next NDIS Coffee Catch-up, Contact Rebecca Paton, on 5329 1361 or email: [rpaton@pinarc.org.au](mailto:rpaton@pinarc.org.au)

## **Ararat and District Carers Group**

(For people who care for a young person with additional needs). Meets 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**

Meets at the Robin Hood Hotel monthly on a Monday, 10am – 12pm, for a social coffee, morning tea and information sharing. Often, we also invite guest speakers.

## **Bacchus Marsh Disability Parent Connection**

Meets on the last 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**

Meets regularly for support, discussion, information. Contact Group Leader Wendy McNabb [charingal.park@bigpond.com](mailto:charingal.park@bigpond.com).

## **SCODA (Support for Carers of Disabled Adults)**

Ballarat group meets for lunch first Monday of each month at various restaurants and cafes.

## **Wednesday Walks for Carers**

Meet outside Pipers by the Lake 9.20am on Wednesdays for a 20-30min walk in the gardens. Register for more information and dates.

## **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. You do not need to be receiving other Pinarc services to be eligible. New members always welcome.

## **How do I register?**

Contact Rebecca Paton,  
Parent Support Coordinator  
5329 1361, [rpaton@pinarc.org.au](mailto:rpaton@pinarc.org.au)

