



# Pinarc Parent Support Groups 2022

## **Ballarat Autism Parent Connection**

This group 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.

## **Ballarat Active Carers**

Replacing Wednesday Walks, we are going to try a range of different activities throughout the year. Register for more information about activities, dates and times.

## **Ararat Disability Carers Craft Connection**

(For people who care for a child with additional needs). This group meet monthly on a Tuesday morning at Ararat Art Gallery for social connection with a bit of informal art therapy, fun and peer support.

## **Bacchus Marsh Disability Parent Connection**

This group meets for social dinners and evening information sessions monthly on Mondays during school terms. Venues include local Bacchus Marsh restaurants and Darley Neighbourhood House.

The Pinarc Parent Support Program is supported by the Victorian Government.

## **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.

## **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.

## **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 Program Coordinator  
5329 1361, [rpaton@pinarc.org.au](mailto:rpaton@pinarc.org.au)