



Peer Support Groups – Feb 2023

No one understands what it's like to live with a musculoskeletal condition quite like someone in the same boat. Our peer support groups are all about people with these conditions coming together to improve their health and wellbeing through discussion and other activities. Find a group near you today!

Location/PSG Name	Contact	Phone	Email	Website	Socials
Albury - JAM Support Group – Currently ON HOLD	John	0422 827 682	johnandrel214@gmail.com		
Albury/Wodonga - WAGS (Water Action Group Society) Currently ON HOLD	Dianne	0428 072 557	dyanthurs2@gmail.com		
Ballarat Arthritis Peer Support Group	Lucy	0411 703 902	lucylloyd@gmail.com		www.facebook.com/Ballarat-Arthritis-Support-Group-295893173867926/
Bendigo Arthritis Club Inc	Helen	0412 081 597	herian1@bigpond.com	https://bendigoarthritis.weebly.com/	
Colac Arthritis Self Help Group	Lois	0406 337 746	loveestef@gmail.com		
Cranbourne Arthritis Support Group	Janet	0420 925 153	janet-ward@live.com.au	https://casg.tidyhq.com	
Frankston Arthritis Self Help Group	Noel	0433 726 346	noel.vivian.white@gmail.com		
Glen's Goldies Self Help Support Group	Patricia	0419 144 514	pthole1@bigpond.com		
Glen Waverley - Eastern Suburbs Hydrotherapy Inc	Bronwyn	0467 631 835	brongiles@gmail.com		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	Maureen	0427 821 844			
Mt Beauty - Alpine Move Group	Heather	0407 885 042	jackson7089@gmail.com		

Pakenham Arthritis Self Help Group Inc	Dianne	0499 198 999	diane.s.chester@gmail.com		
Swan Hill & District Arthritis Self Help Group	Mary	0429 329 530	jmlnolen@bigpond.net.au		
Warburton - Glens Goldies SHSG	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 & CFS Self Help Group	Jenny	0403 220 525	jennymcc49@msn.com		
Geelong Lupus & Sjogren's Support Group	Annette ph or Chris email	03 5259 1063	chrisash@hotmail.com		
Heidelberg - Ankylosing Spondylitis Group of Victoria	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
Various locations in Melbourne - Young Women's Arthritis Support Group	Rosemary Tassia	0400 447 624 0413 858 286	rosemary@ywasg.com tassia@ywasg.com	http://ywasg.com/	Facebook https://www.facebook.com/ywasg Twitter https://twitter.com/YWASG