

Information Sheet



Victorian Support Groups

Prepared by **Amaze**

Receiving a diagnosis of autism can be a confusing and challenging time for individuals, parents, or other family members.

Coming together with other people in a similar situation can sometimes help to alleviate the feelings of isolation that many feel. Sharing strategies, ideas, details of professionals, and useful tips can help to create confidence and reduce feelings of stress or anxiety.

If you are attending a meeting or service for the first time, please call the contact person listed to confirm time, address, etc., in case details have changed since the release of this listing.

Please contact info@amaze.org.au to request changes or additions to this listing.

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Search by Location



<u>Ashwood</u>	<u>Echuca</u>	<u>Lakes</u>	
<u>Bairnsdale</u>	<u>Emerald</u>	<u>Entrance</u>	<u>Orbost</u>
<u>Ballan</u>	<u>Frankston</u>	<u>Latrobe Valley</u>	<u>Portland</u>
<u>Ballarat</u>	<u>Geelong</u>	<u>Leongatha</u>	<u>Preston</u>
<u>Banyule</u>	<u>Hamilton</u>	<u>Macedon ranges</u>	<u>Reservoir</u>
<u>Benalla</u>	<u>Hastings</u>	<u>Maffra</u>	<u>Ringwood</u>
<u>Bendigo</u>	<u>Highett</u>	<u>Mansfield</u>	<u>Sale</u>
<u>Blackburn</u>	<u>Hoppers Crossing</u>	<u>Mildura</u>	<u>Shepparton</u>
<u>Caroline Springs</u>	<u>Horsham</u>	<u>Moe</u>	<u>Springvale</u>
<u>Carnegie</u>	<u>Inverloch</u>	<u>Mornington Peninsula</u>	<u>St Albans</u>
<u>Caulfield</u>	<u>Keilor Downs</u>	<u>Morwell</u>	<u>Stawell</u>
<u>Coburg</u>	<u>Kilmore</u>	<u>Multiple Locations</u>	<u>Traralgon</u>
<u>Craigieburn</u>	<u>Lilydale</u>	<u>Narre Warren</u>	<u>Yarraville</u>
<u>Deniliquin</u>		<u>Nillumbik</u>	
<u>Doveton</u>		<u>Northern Suburbs</u>	

Search by Group Type

<u>Adults</u>	<u>Parents/Carers</u>
<u>Boys/Girls</u>	<u>Partners</u>
<u>Dads</u>	<u>Siblings</u>
<u>Grandparents</u>	<u>Teenagers</u>
<u>Multilingual</u>	

PARENTS/CARERS

Location	Group	Contacts/Details	Services/Times & Dates
Ashwood	MyTime Ashwood (MumsConnect Group)	To reserve a place for your child email Rachel griffith007@bigpond.com or text: 0425 111 509	MumsConnect runs two MyTime Programs from Power Neighbourhood House. 1) A mums' group with general play for children. Meets: on the 4 th Saturday of the month from 9:30am to 12:30pm at Power Neighbourhood House, 54 Power Avenue, and Ashwood. The parent discussion/meeting runs from 10:00 to 12:00pm but you are welcome to arrive and leave to fit in with your other commitments. You are welcome to browse our new resource library and settle your children in from 9:30am and stay until 12:30pm. A play-helper will be available to help look after children from 9:30 to 12:30pm. A facilitator supports this group. Children remain the responsibility of the parents or carers. 2) A Family Group with Lego plays for children. MumsConnect occasionally run additional events. Contact them for more information.
Bairnsdale	East Gippsland Autism Spectrum Disorder Support Group	Contact Julie on 0408 013 555 egippsaautismrr@gmail.com	Meetings: Once a month for cuppa and a friendly chat in the Resource Room, at the Uniting Care office, 49 McCulloch Street (Cnr McCulloch & Macleod Streets), Bairnsdale from 10am – 12pm with access to the East Gippsland Autism Resource Room afterwards. All welcome.
Ballan	Embrace ASD	Parent support volunteer: Amber Durante. Phone: (03) 5368 7549 or 0430 343 473	For more details please visit Embrace ASD's Facebook page: www.facebook.com/EmbraceASD
Ballarat	Ballarat Autism Network	Kris Schmidt 0417 413 994 kks@netconnect.com.au www.ballaratautism.com www.facebook.com/Ballarat-Autism-Network	The Ballarat Autism Network is a voluntary group that plans events, workshops and social opportunities to support families and people on the autism spectrum.

Location	Group	Contacts/Details	Services/Times & Dates
			<p>We hold monthly meetings and new members are always welcome.</p> <p>We facilitate a Lego club for children and adolescents and have a monthly social games night for adults on the autism spectrum.</p>
Banyule	NABAS Peer Support Group	<p>NABAS Peer Support Group (Nillumbik & Banyule Autism Support)</p> <p>Contact: Brenton Carey Mobile: 0409 477 997 Email: brenton@bexcellent.com.au</p>	<p>NABAS Peer Support Group (Nillumbik & Banyule Autism Support)</p> <p>Autism support group for parents and carers in the Nillumbik and Banyule area.</p> <p>Meets on the last Thursday of the month at HealthAbility, 917 Main Road Eltham.</p>
Benalla	Carers and Parents Support Group	<p>Contact Sally Martin. Phone: (03) 5762 6202 Email: cpsgbenalla@bigpond.com Or Parent Support Worker, Roslyn, on 0424 918 943 Email: bsgroup@telcoplus.com.au Office Hours are: Monday, Tuesday and Wednesday from 8:30am – 4pm. *Not autism specific</p>	<p>The Carers and Parents Support Group (CPSG) provides information, support, referral and advocacy services to carers, parents and families of adults (18+ years) with an intellectual disability and/or dual disability, living within Ovens Murray area.</p> <p>Meetings: on the 1st Monday of the month from 10 am – 12 pm at the Gilding Club of Victoria Building, 37 Samaria Road, Benalla. Carers are welcome to bring a plate and join us for lunch and a chat.</p> <p>CPSG also:</p> <ul style="list-style-type: none"> • offer three carer meetings in Wangaratta per year & one in Mansfield. • publish a bimonthly newsletter sent via email or post for members

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			<ul style="list-style-type: none"> coordinate regular workshops on current issues & topics provide advocacy and social activities for carers (carer to carer support) including bus trips & lunches during the year.
	Benalla Support Group for Children with Special Needs	Sharon Fragomeni on (03) 5762 7057 or email: bsgroup@telcoplus.com.au , Support Worker – Roslyn Archer (03) 5762 7057: available Tuesday 10:30am to 2:30pm and Wednesday 1pm-5pm. PO Box 374, Benalla VIC 3672 Office: Gliding Club of Victoria Club Rooms, 37 Samaria Rd, Benalla * Not autism specific	Note: Not autism specific but does have families with children with autism.
Bendigo	Bendigo Autism Asperger Group (BAAG)	For recorded information about meetings and coming events, phone 0417 057 672. For further information please go to our website www.bendigoautism.org.au or email us at info@bendigoautism.org.au P.O. BOX 439, Bendigo VIC 3552.	BAAG is a support group for parents, carers, individuals, friends and families of those dealing with autism. We host informal get-togethers on the first Saturday morning of each month and also hold evening meetings and other activities. We share experience, information and resources and network with other other organizations to provide encouragement and social support. As a group we seek to raise the profile of autism within the Bendigo region.
	Bendigo Autism and Neurological Disorders Support Group (BAND)	Contact Marlene on 0404 646 707 or email: drouinblair@hotmail.com	
Blackburn	Aspergers Victoria	Asperger's Victoria: (03) 9845 2766 www.aspergersvic.org.au	Our support group and social meetings are the most significant part of our organization. You are most welcome to attend our meetings for free on two occasions before we ask you to formally join. Full membership benefits can be found on our website www.aspergersvic.org.au .

Location	Group	Contacts/Details	Services/Times & Dates
	<p>Parents and Carers Blackburn (Aspergers Victoria)</p> <p>Parents and Carers Blackburn (Aspergers Victoria)</p>	<p>Email: parents@aspergersvic.org.au Asperger's Victoria: (03) 9845 2766</p> <p>Email: friday@aspergersvic.org.au Asperger's Victoria: (03) 9845 2766</p>	<p>The Nerve Centre, 54 Railway Rd, Blackburn (Melway Ref 48 A49 - Free parking off Solwood Lane)</p> <p>A coffee evening where you can meet others in a similar situation and where you can be heard. Meets: 7:30pm on the 3rd Thursday of even months, except Jan & Dec. Meets at The Nerve Centre, 54 Railway Rd, Blackburn. The AS Adults meet at the same time in a separate room.</p> <p>A coffee morning where you can meet others in a similar situation, share challenges and ideas, and hear occasional presentations by professionals working in the autism field. Meets: 10:00am on the 1st Friday of every month except January, at The Nerve Centre, 54 Railway Rd, Blackburn.</p>
<p>Caroline Springs</p>	<p>iCare Special Needs Group Inc.</p>	<p>Pepsi: 0434 140 620 iCare: 0499 429 969 Email: info@icaregroup.com.au Springside Community Pavillion 22-50 Becca Way, Caroline Springs, 3023 www.icaregroup.com.au *Not autism specific</p>	<p>iCare Special Needs Group Inc. is a parent/child support group that allows parents/carers to share emotional and practical support and exchange information. This is an inclusive group - carers welcome to come along regardless of the disability of the person they are caring for. iCare also offer a disability resource loan scheme [toys, books & multimedia] for registered members, social activities, educational and up-skilling workshops and guest speakers from peak disability service providers. Meets: Fridays 10am – 12pm at Springside Community Pavilion, to discuss disability issues.</p>
<p>Caulfield</p>	<p>Jewish Spectrum Support</p>	<p>Contact Vicky Email: info@jewishspectrumsupport.com 0407 455 645 www.jewishspectrumsupport.com</p>	<p>JSS is an informal support group for parents and carers of Jewish children on the spectrum.</p>

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			<p>Meets: <i>coffee 'n chat</i> meetings on last Friday of the month and information sessions every ~6 weeks on a Tuesday night.</p>
Coburg	In Spectrum Carer Support Group	(03) 9350 3437	
Craigieburn	POKITS – Parents of Kids on The Spectrum	<p>Susie Ball, Coordinator, 0402 245 086 susieandmichael@yahoo.com.au Or Renee Stott 0412 524 678 Or visit their Facebook Page.</p>	<p>Support group for parents of kids with autism spectrum disorders. Meetings: held on the 1st Monday of each month (except January) from 7.30pm to 9pm at Crossway North Baptist Church, Unit 7/334 Hume Hwy, Craigieburn 3064</p>
Deniliquin	Deni Autism Support Group	<p>Leesa Telford 0419 649 471 leesa227@hotmail.com</p>	<p>Meetings: held on third Saturday of every month at 10.30am</p>
Doveton	Casey Asperger Syndrome Support Group (CASS Inc.)	<p>Jenni or Meghan on email: info@thecass.com.au Web: www.thecass.com.au Facebook: www.facebook.com/groups/aspiecase</p>	<p>CASS is a not-for-profit, parent-run group supporting families. Activities are run during school terms and include:</p> <ul style="list-style-type: none"> • Regular information sessions about autism and related issues • Guest speakers • Large resource library (books, dvds, handouts) • Ten Pin Bowling for all ages every Saturday • Social activity groups for primary, tween (11-14) and teen aged children. • Whole group activities once per term (e.g. mini golf, trampolining, rock climbing, laser tag.) • Online support forums including our website and Facebook page. • Social nights out for parents. <p>Please visit our website or email us for times and dates.</p>

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Echuca	S.P.O.C.A.A.S - Supporting Parents of Children with Autism and Asperger Syndrome	Email Donna spocaas@clrs.org.au (preferred mode of contact) www.clrs.org.au - then follow the link at the bottom of the left hand-side 26A Percy Street, Echuca VIC 3564	For people in the Campaspe Shire and some outlying areas. Membership is free and open to anyone from anywhere. All ages and all abilities with no diagnosis needed. <ul style="list-style-type: none"> • Coffee Club (morning and evening), Monthly Morning Teas with onsite fee free child care. • Monthly Evening Committee Meetings • Social Events • Awareness events and education opportunities • Monthly SPOCAAS Newsletter
Emerald	The Hills Autism and Special Needs Support Group	Barb Maclean on 0400 596 961 or email: brum-bs-4ever@live.com P.O Box 221, Emerald VIC 3782	Meetings: held approximately every 3 rd Friday. There are 15 meetings each year. Meet at Red Box Café in Emerald. Children welcome.
Frankston	MOIRA disability & Youth services coffee mornings	Ballam Park Primary School Bela rave, Frankston (your children do not need to attend the school for you to attend this group) New members welcome For more information contact: Amy on 0433 992 854 Or Phone: 03 8552 2222 Email: hello@moira.org.au Website: moira.org.au	Meetings: Second Monday of the month, except school holidays or public holidays. 10am -12pm A peer support group for parents and carers who have a child with Autism Spectrum Disorder. Come along and get to know other parents and share information.
Frankston	Peninsula ASD, Meet and Support Mothers Group	Amy Taylor via email:	Meetings: fortnightly, venue details posted to Facebook. Mothers-only catch ups every few months giving mothers a few hours to relax and chat without

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		ASDMothersSupportGroup@groups.facebook.com www.facebook.com/groups/ASDMothersSupportGroup	<p>interruptions. Based in the Peninsula areas - Safety Beach, Dromana, Rosebud, Mornington and Frankston, but anyone from any area is welcome to join.</p> <p>Also meets at Frankston Special School to do activities with the children.</p>
Geelong	Gateways Support Services	Katy Mackenzie – Geelong Region Parent Support Worker – info@gateways.com.au , (03) 5221 2984 www.gateways.com.au , www.autismhelp.info 10-12 Albert St, Geelong West VIC 3218	<p>Gateways provide a range of services including carer support and information.</p>
	Asperger Syndrome Information Group (Gateways)	(03) 5221 2984, or info@gateways.com.au	<p>Asperger’s specific; fathers welcome; topical informative group.</p> <p>Meetings: held at Gateways Support Services, 7.30 - 10pm on the 3rd Thursday of each month, excluding school holidays. (Access is only available through rear entrance near car park).</p>
	Bellarine Parents Network (Gateways)	Nicola Copley, copley.nicola.k@edumail.vic.gov.au	<p>Network for parents of children with autism on the Bellarine Peninsula.</p> <p>Meets: at Clifton Springs Primary School, Jetty Road, Clifton Springs from 9:15am on the last Wed of each month (not hols). Ring prior to confirm meeting on. <i>“We aim to share resources, ideas, stories, have fun and meet others in the same situation. Morning tea is provided!”</i></p>
	The Treehouse	Lisa Hamling Email: m_lhamling@bigpond.com www.thetreehousegeelong.org.au Facebook page: The Treehouse Geelong	<p>The Treehouse offers:</p> <ul style="list-style-type: none"> • Open House Support Group: meets various times. Contact John or Sharon for details. • Clubhouse Social Group for students with autism attending mainstream primary school.

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			<ul style="list-style-type: none"> • ASPYRE school group for teens with autism attending mainstream secondary school. • Adults with Asperger's 25+ social group • Dad's Group meets once per month on various days. • Lego Club – kids meet and play legos for 1 ½ hours one Sunday a month.
	Kardinia Supported Playgroup	Contact Clare 0410 819 974 or email: playgroups@kardinia.org.au	Support group for carers of play-group age children. Meets: fortnightly for playgroups during school term at the Kardinia Kids Playcafe in North Geelong. Offer a safe, fun and encouraging support group with children's programs and a space for the parents to talk. Once a month have a guest speaker that provides information about services available. A qualified disability worker supervises children during these meetings.
Hamilton	Hamilton Disability Support Group	Rhonda Zschech on (03) 5571 2122 * Not autism specific	We welcome parents/carers or children with special needs. Meets: for lunch every 3-4 weeks at various venues. We pay for one coffee/drink per person, carers pay for own lunch. The lunches are advertised in the Hamilton Special Developmental School newsletter, and also in Warrnambool's MPower newsletter, or contact Rhonda.
Hastings	Living with Autism Spectrum Resource Support Group	Gaye Hart (03) 5971 9444 or 0439 576 690 Gaye.hart@goodshep.org.au	Exploring own skills & Wisdom, an opportunity to discover/share new tools. Mondays: 9.30 to 11.30 Every 4th Monday of the month Wallaroo Community Centre, 6 Wallaroo Place, Hastings.

Location	Group	Contacts/Details	Services/Times & Dates
Highett	<p>MOIRA disability and youth services Art Therapy parent group</p> <p>*Not Autism specific</p>	<p>Highett Neighbourhood community house</p> <p>2 Livingston St. Highett</p> <p>New members welcome</p> <p>For more information call the MOIRA parent support officer:</p> <p>Phone: 03 8552 2222</p> <p>Email: hello@moira.org.au</p> <p>Website: moira.org.au</p>	<p>Meetings: 3rd Tuesday of the month</p> <p>10am – 12pm</p> <p>This group provides parents of children with disabilities the opportunity for mutual support through art, guided by a qualified art therapist.</p> <p>Not good at art? Don't worry! The benefits lie in the process, not the art itself.</p>
Highett	<p>MOIRA disability & Youth services coffee mornings</p>	<p>Highett Neighbourhood community house</p> <p>2 Livingston St. Highett</p> <p>New members welcome</p> <p>For more information call the MOIRA parent support officer:</p> <p>Phone: 03 8552 2222</p> <p>Email: hello@moira.org.au</p> <p>Website: moira.org.au</p>	<p>Meetings: Second Thursday of every month, except school holidays.</p> <p>9:15am – 11:15am</p> <p>A peer support group for parents and carers who have a child with Autism Spectrum Disorder.</p> <p>Come along and get to know other parents and share information.</p>
Hoppers Crossing	<p>Hoppers Crossing Support Group</p>	<p>Clare Johnstone</p> <p>Email: cjohnstone28@yahoo.com.au</p>	<p>Meetings: weekly on a Tuesday</p>
Horsham	<p>Wimmera Autism Support Group</p>	<p>Karen Kennedy on 0422 560 459 or Anne Page on (03) 5362 4042 email: annep@wuc.org.au</p>	<p>Meetings are held once a month in the evening at local Cafes or Pubs (changes regularly)</p>

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		c/- Uniting Care, PO Box 442, Horsham VIC 3400	Note: Telephone support is provided between meetings and a regular newsletter goes to all members.
Inverloch	Inverloch ASD Support Group	Tona O'Connor tonaleo@me.com	Inverloch ASD Support Group Meets: once a month from 10:30am – 12:30pm (except school holidays) at Inverloch Hub, 16 A'beckett St, Inverloch,
Keilor Downs	Autism Angels Inc	Phone 0404 522 226 or email: info@autismangels.org.au www.autismangels.org.au PO BOX 4086, Keilor Downs VIC 3038	Support group for parents and carers of children with autism. Meetings: at Sydenham Community Hub, Level 1, Station St, Watergardens Town Centre – contact us for details and times.
Kilmore	Carer's Coffee Club	Contact Tess Murray on Phone: 0416 059 793 or email: atmurray@netspace.net.au *Not autism specific	Support group for Carer's of any disability including Carer's of the elderly. Meets: once a month at Café Dingleish, 76A Sydney St, Kilmore (pay as you go). Children are welcome.
Lakes Entrance	Lakes Entrance Autism Support	Contact Carolyn on (03) 5156 5744 or 0427 399 372	
Latrobe Valley	Latrobe Valley High Needs Parent Support Group	Email enquiries can be directed via website www.dannyblackford.com.au *Not autism specific	Parent support group in Latrobe Valley.
Leongatha	South Gippsland Carers	Contact Heather on phone: (03) 5668 9243	Meets: on the second Tuesday of the month during school Term at Leongatha Community House 16 Bruce St Leongatha from 10am – noon. Contact Heather for more information.
Lilydale	Stronger together (Parentzone)	Contact details: Tamara Dixon: 9735 6123 Strengtheningparentsupport@anglicarevic.org.au	Address: Anglicare Victoria Lilydale 47-51 Castella st. Lilydale 3140 Services/Times & Dates: The first Monday of each month (10:30am – 11:30am) Free, however bookings are essential

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			<p>Busy? Tired? No time for yourself? You are not alone!</p> <p>Your stories will not be the same but the importance of taking care of yourself is. Come have a cuppa and a chat with other parents of a child with a disability. Share stories, frustrations and ideas and be ready to have some fun too. (not autism specific)</p>
Macedon Ranges (Woodend)	ASD Parent Support Group/Network	Fiona Le Nepveu at Fiona@lenepveu.com or call 0414 891 107 Prue Southey - Prue.southey@cobaw.vic.gov.au or (03) 5421 1694 Also closed Facebook Group (contact Fiona for details).	<p>Open to all parents, carers and families. Meets: fortnightly Wednesdays Coffee & Chat at Ethic Café, Urquhart St, Woodend. Plus:</p> <ul style="list-style-type: none"> • LEGO group – all ages and families welcome. Parents stay with child (playgroup format). • Youth Group Thursday afternoon, parents may stay for a chat.
Maffra	Maffra Carers' Group	Contact Pam (03) 5145 5417 PO Box 3032, Gippsland Mail Centre VIC 3841, www.noahsarkinc.org.au	<p>Meets: from 1-3pm at the Maffra Hospital, 48 Kent St in the Community Meeting Room Meetings are held on the 3rd Monday of the month from February to November - providing information & support for people in various caring roles.</p>
Mansfield	Mansfield Support Group for Children with Special Needs	Anya Abela on 0412 442 412, Support Worker Liz Klein on 0428 410 883 snmansfield2010@gmail.com PO Box 675, Mansfield VIC 3722 * Not autism specific	<p>Meetings: held once a month at Mansfield Community Centre, Bank Place, Mansfield. Newsletter each term.</p>
Melbourne West	Melbourne's West ASD Network	Contact Jody Mehlhopt on 0421 186 629 ms_asd_network@outlook.com	
Mildura	Sunraysia Autism Spectrum Support Group Inc	Phone 0447 112 507 or email sunraysia.autism@gmail.com www.sassg.org.au	<p>Sunraysia Autism Support Group is coordinated by a small group of dedicated parents. Throughout the year we plan a variety of events, workshops, family</p>

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		159 Langtree Ave, Mildura VIC 3501	<p>get-togethers and social opportunities for caring families and people who have autism. Lego Club and Xbox Game Club also held. Please contact us for details.</p> <p>We aim to provide opportunities for families to meet and learn from each other and share information, knowledge and experience.</p>
Moe	Good Beginnings Australia - Latrobe	(03) 5127 7270 Latrobe@goodbeginnings.org.au www.goodbeginnings.org.au	Facilitated group programs and individual support programs.
Mornington Peninsula	Peninsula ASD and Special Needs Mothers group	Amy Taylor https://www.facebook.com/groups/ASDMothersSupportGroup/ Email: amyt5566@gmail.com	<p>The group is run through Facebook for the Mornington Peninsula and surrounding areas but we are open to families all around Australia if they are seeking support.</p> <p>Keep an eye on Facebook for regular catch up and event details.</p>
Morwell	Gippsland Carers Association	Phone: (03) 5133 3343 http://gippslandcarers.org www.facebook.com/GippslandCarers	<p>Gippsland Carers Association - monthly carer support group is open to all unpaid family carers in Gippsland.</p> <p>Meetings: Disability Advocacy, 8 Hopetoun Rd, Morwell 10am – 12pm on 1st Wednesday of each month</p> <p>Check for details by phoning (03) 5133 3343 and talk to Melissa or leave a message for a call back.</p>
Multiple Locations	MyTime Support Groups	Phone: 1800 889 997 http://www.mytime.net.au www.raisingchildren.net.au	<p>Groups for mothers, fathers and carers of children with a disability, developmental delay or chronic medical condition.</p> <p>Share ideas with others who understand the rewards and intensity of the caring role.</p> <p>(For parenting information and specialist content on autism and disability, visit the Raising Children website.)</p>

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	Commonwealth Respite and Carelink Centre	Victorian Services Phone: 1800 052 222 After Hours for emergency respite Phone: 1800 059 059 http://www9.health.gov.au/ccsd/index.cfm#3 *Not autism specific	Information centres for older people, people with disabilities and those who provide care and services. Centres provide free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia. All respite centres offer different services. Phone 1800 052 222 to find your local service centre.
	Carers Victoria	Phone: Carer Advisory Line: 1800 242 636 Email: ccas@carersvictoria.org.au www.carersvictoria.org.au	Carers Victoria offers: <ul style="list-style-type: none"> • Free counseling specially designed for carers • Advisory Line • Education and Training • Policy and Research
	Noah's Ark Parent to Parent, Gippsland	Phone: 1800 010 453 or (03) 5135 3131. Email: p2pg@noahsarkinc.org.au www.noahsarkinc.org.au	Noah's Ark Parent to Parent, Gippsland - Information, support and self-advocacy coaching for families who live in Gippsland and have a child with a disability aged between 0 and 18 years. Contact Yvonne for more information including support groups across Gippsland.
	Victorian ASD Family Weekends	Contact email: vicasdfamilyweekends@gmail.com www.vicasdfamilyweekends.weebly.com	Weekends away (not respite) which gives families affected by autism the opportunity to holiday with similar families in a supportive environment.
Nillumbik	NABAS Peer Support Group	NABAS Peer Support Group (Nillumbik & Banyule Autism Support) Contact: Brenton Carey Mobile: 0409 477 997 Email: brenton@bexcellent.com.au	NABAS Peer Support Group (Nillumbik & Banyule Autism Support) Autism support group for parents and carers in the Nillumbik and Banyule area.

Location	Group	Contacts/Details	Services/Times & Dates
			Meets on the last Thursday of the month at HealthAbility, 917 Main Road Eltham.
Northern Suburbs	Northern Autism Parent Support Group	Thea Calzoni on (03) 9385 3235 or email tcalzoni@mcm.org.au 48-50 Box Forest Road, Glenroy, VIC 3046	<p>Program provides support and information to parents including contact with other parents. Also links with support groups such as:</p> <p>Northern ASSN Parent Support Reservoir Neighbourhood House, (Cnr Cuthbert Street and Strathmerton Street, Reservoir) northern@aspergersvic.org.au</p> <p>Craftability Glenroy Parent Group Jenowen20@gmail.com</p> <p>POKITS – Parents of Kids on The Spectrum Susie Ball, Coordinator 0402 245 086 susieandmichael@yahoo.com.au Or visit their Facebook Page.</p>
Northern Suburbs	Plenty Valley Support Group	Natasha Ngana Email: plentyvalleyclubhouse@gmail.com www.plentyvalleyclubhouse.com.au Various locations in the Northern Suburbs	Parent Support Group for children on the Spectrum Offers: Parent support, events, social groups. Times: Mondays & Tuesdays 10am-11.30am, Sunday 10am-12pm
Orbost, East Gippsland	STEPS Orbost	Contact Nadia 0408 896 875 nadsdeccy@yahoo.com.au or Jacque (03) 5154 6636 Jacque.Archer@orh.com.au	STEPS Orbost - Support Group meetings for parents to get together over a coffee or tea are held at Orbost Maternal & Child Health Centre, 29 Browning St, Orbost
Portland	Portland Autism Support Group	Betti Los: 0400 002 173 Laurel Selwood: (03) 5523 4593 or 0427 312 691. Email: laurel.selwood@bigpond.com	Parents of individuals with autism and Asperger's Syndrome are welcome to attend. The group aims to support members to learn about and live with autism; share resources within the

Location	Group	Contacts/Details	Services/Times & Dates
		4 Gawler St, Portland, VIC, 3305	community and region; raise awareness of autism in the local community, arrange social events for the group; to be a voice for autism and a contact for state and national organisations. Meetings: held on the 2 nd Monday of every month (including school holidays) from 10.00am to 12.00pm
Preston	Chinese Support Group	(03) 9480 1666	This group is facilitated by ADEC (Action on Disability in Ethnic Communities)
Reservoir	Parents and Carers Northern Suburbs (Asperger's Victoria)	Email: northern@aspergersvic.org.au Asperger's Victoria Phone: (03) 9845 2766	A coffee evening for parents and carers of pre- and primary-school aged children. Meets: 7-9pm on the 4 th Tuesday of every month, except December, at Reservoir Neighbourhood House, 2B Cuthbert Rd, Reservoir.
Ringwood East	Parent Support Network - Eastern Region Inc	Phone (03) 9874 6205 Email: psn-emr@bigpond.net.au www.psn-emr.com.au 563 Whitehorse Rd, Mitcham, Vic 3132 * Not autism specific	Information, support and advocacy to parents of children with a disability. Meetings: held at various venues, times and dates throughout the year. Please contact us for details. Information workshops, professional & community education, social activities, art therapy courses, advocacy services, quarterly newsletter.
Sale	Wellington Special Needs Network Inc Support Group	Contact Anita (03) 5144 4408	Meets: once a month at 5 Star Housing, Community Room Corner Howard & McCole Streets, Sale
Shepparton	RISE- Resource, Information, Support and Education	Jenny Mallamaci (RISE Centre Coordinator) (03) 5822 1230 or gvsntl@iinet.net.au 38 Packham Street, Shepparton VIC 3630 *Not autism specific	<ul style="list-style-type: none"> • MyTime parent support group - for families of children 0-18, playgroup for children provided on site. • Resource lending library • Autism Workshops run on a regular basis
	Goulburn Valley Support Group for Children with Special Needs Inc.	Nicole O'Brien (family support worker) on (03) 5831 7157 or email: information@gvsgcsn.com.au	This group covers the greater Goulburn Valley area which encompasses the following towns; Shepparton/Mooroopna, Tatura, Nagambie, Yarrowonga, and Cobram and all areas in between Regular events such as

Location	Group	Contacts/Details	Services/Times & Dates
		<p>Nicole is available in the office Monday, Tuesdays, and Thursdays during school terms by appointment only.</p> <p>*Not autism specific</p>	<ul style="list-style-type: none"> • Coffee mornings • Specific activities such as but not limited to Mum's weekend away, dads events, siblings events, social gatherings. • Education opportunities • Bi-monthly newsletter
	<p>GV TAG</p>	<p>Nicolle Answer nicolle.answer@gmail.com</p>	<p>Meets: the third at 10am Thursday of each month (excluding school holidays) at: Tatura community House 12 Casey Street Tatura. Group meets for coffee and a chat. Anyone who has something to do with autism is welcome. <i>"It is a positive relaxed environment where we come together to share ideas, talk about problems we may be having and share what may or may not be working for our kids."</i></p>
<p>Springvale</p>	<p>Action on Disability in Ethnic Communities (ADEC)</p>	<p>(03) 9480 1666 * Not autism specific</p>	<p>This group is facilitated by ADEC (Action on Disability in Ethnic Communities) Carer support group in following languages: Chinese, Turkish, Vietnamese, Japanese, Burmese, Afghan, Italian, Somali, Greek, Arabic</p>
<p>St Albans</p>	<p>Diversity and Disability</p>	<p>Phone: (03) 9367 6044 Email: christian@mrcnorthwest.org.au or dnd@mrcnorthwest.org.au 45 Main Road West, St Albans VIC 3021 www.mrcnorthwest.org.au * Not autism specific</p>	<p>Self-advocacy for people with a disability from NESB. Support groups, activities, and skills development toward independency as much as possible. One on one support and empowerment.</p>
<p>Stawell & Ararat</p>	<p>Stawell/Ararat Autism/ Asperger Support Group</p>	<p>Julene Barnes (03) 5352 2129 Email: jnbarnes@dodo.com.au</p>	<p>Meets: monthly - please contact Julene for venue details.</p>
<p>Traralgon</p>	<p>SuppAUT</p>	<p>Contact Lou (03) 5175 0877</p>	<p>suppAUT is a parent-run group support group for parents of a child/children with autism (and other autism-related conditions). We are based in the Latrobe valley region. We meet once a month for a cuppa and a chat. It is an informal gathering; all</p>

Location	Group	Contacts/Details	Services/Times & Dates
			<p>parents/carers/family members are welcome to attend and children/siblings are welcome too. Meets: LAST THURSDAY of the month (not during school holidays) 10.30am - 12pm. Latrobe Special Developmental School, Hickox St, Traralgon. (Please enter via first gate and sign in at the office)</p>
Yarraville	The First Step ASD Parent Support Group Online Support Group	Contact Anna Braiser Email: annabrasier@gmail.com	<p>Service/Meet ups: Every journey begins with the first step.</p> <p>The First Step is a secret Facebook group which predominantly offers online support, with connections to local groups and activities.</p> <p>Please contact Anna via email for membership requests.</p>

[Back to top](#)

DADS/ MENS ONLY GROUPS

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Garnegie	<p>MOIRA DUCKS</p> <p>(Dads Understanding Challenged Kids)</p> <p>*Not autism specific</p>	<p>Gabriella pizza</p> <p>146 Koornang rd.</p> <p>Carnegie</p> <p>For more info contact Craig Jarvis:</p> <p>0418 357 281</p> <p>Moira.ducks@gmail.com</p> <p>Or</p> <p>Phone: 03 8552 2222</p> <p>Email: hello@moira.org.au</p> <p>Website: moira.org.au</p>	<p>Meetings: 1st Thursday of the month, 7:30pm</p> <p>Ducks is a monthly support group for fathers of disabilities in the southern area of Melbourne.</p>
Geelong	<p>DADS – Dads Appreciating Disabilities (Gateways)</p>	<p>For further details, contact Steve on 0409 969 710 or steve_dads@bigpond.com</p> <p>*Not autism specific</p>	<p>The DADS group is for any male who would like to join a network that provides peer support by men for men, including fathers, husbands, step-fathers, grandfathers, uncles, etc.</p> <p>Meets 2nd Monday or each month (not holidays) at The Sphinx, Thompsons Rd, Geelong for a meal and informal chat, a chance to share, and have a laugh.</p>
Moonee Valley	<p>Dads Together</p>	<p>Paul Greenfield on 0409 949 978 or email: paul.greenfield@me.com</p> <p>*Not autism specific</p>	<p>Meets every 4 to 6 weeks. Contact Paul for details.</p>

ADULTS ON THE AUTISM SPECTRUM

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Blackburn	AS Adults Blackburn (Aspergers Victoria)	Phone (03) 9845 2766 or email: asadults@aspergersvic.org.au	For adults on the autism spectrum. Meetings: The Nerve Centre, 54 Railway Rd, Blackburn. 7:30pm on the 3 rd Thursday every month, except December and January. Parents, carers and partners welcome to attend in odd months.
Cardinia, Casey, Greater Dandenong	Outlook- Recreation and Leisure	Phone: (03) 5941 1535 between 9am and 4:30pm Email: respice@outlookvic.org.au www.outlookvic.org.au *Not autism specific	Outlook creates opportunities for people between 18 and 64 years with a disability to access holiday, weekend and community-based activities that provide respite for their carers. Recreation is delivered by caring and experienced staff.
Collingwood	Asperger Women Melbourne	Phone: Gabby 0421 904 433 or Leonie 0418 994 066 aspergerwomenmelbourne@googlegroups.com	Asperger Women Melbourne (AWM) is a small group which meets for a community afternoon tea on the last Sunday of each month between 2-5pm. Meetings: held at Fitzroy Library, 128 Moor St, Fitzroy Meeting Room No.1 Cost: \$3 You can bring food and drink for yourself or to share - the room has boiling water, cups, fridge, etc. Women are welcome to enjoy an afternoon of sharing and laughter, meet others on a similar journey, discover new tips, tricks, and empowering life-tools while relaxing in a safe and nurturing environment.

[Back to top](#)

Grandparents

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Blackburn	AS Adults Blackburn (Aspergers Victoria)	Phone (03) 9845 2766 or email: asadults@aspergersvic.org.au	For adults on the autism spectrum. Meetings: The Nerve Centre, 54 Railway Rd, Blackburn. 7:30pm on the 3 rd Thursday every month, except December and January. Parents, carers and partners welcome to attend in odd months.

[Back to top](#)

GIRLS ON THE AUTISM SPECTRUM

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Blackburn	AS Girls Blackburn (Aspergers Victoria)	Aspergers Victoria Phone: (03) 9845 2766	For AS girls to get to know one another in an informal and fun environment, while the parents discuss and share challenges in an adjoining room. Meetings held at The Nerve Centre, 54 Railway Rd, Blackburn. 7:30pm on the 3 rd Friday, in odd months, except January.
Various Locations	AS Girls (Aspergers Victoria)	Email: girls@aspergersvic.org.au for details. Aspergers Victoria Phone: (03) 9845 2766	A social outing for AS girls; email for more details.
	Yellow Ladybugs	Email: info@yellowladybugs.com.au Facebook: www.facebook.com/yellowladybugs	A Melbourne-based friendship group for girls aged between 5 and 8 years old.

BOYS ON THE AUTISM SPECTRUM

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Various Locations	AS Boys (Aspergers Victoria)	Email: boys@aspergersvic.org.au for details. Aspergers Victoria Phone (03) 9845 2766	For primary school aged AS boys to get to know one another in an informal and fun environment. Parents and carers supervise their children while discussing and sharing challenges. Meets: fortnightly during term on Saturdays.

TEENAGERS ON THE AUTISM SPECTRUM

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Blackburn	AS Teens Blackburn (Aspergers Victoria)	Email: teens@aspergersvic.org.au Aspergers Victoria Phone: (03) 9845 2766	For teenagers on the autism spectrum only. Meets: at 7:30pm on the 4th Friday in even months at The Nerve Centre, 54 Railway Rd, Blackburn. Please note that the Aspergers Victoria cannot act as carer at this venue.
Craigieburn	A.S. Teen JETS	Contact: Catherine Giandomenico Phone: 0401 068 880 Email: cgiando@bigpond.com Crossway North Baptist Church, Unit 7/334 Hume Hwy, Craigieburn 3064	A social and support group for teenagers on the autism spectrum that meets fortnightly on Wednesdays from 5pm till 6pm during the school term. The aim of the group is for teenagers on the autism spectrum to build friendships and social skills in a safe and comfortable environment.
Glen Waverley	AS Teens Glen Waverley (Aspergers Victoria)	Email: teens@aspergersvic.org.au Aspergers Victoria Phone: (03) 9845 2766	A social outing for AS teenagers. Meets: 7pm on the 4th Friday in even months at La Porchetta, 187 Coleman Pde, Glen Waverley. Please note that the Aspergers Victoria cannot act as carer at this venue.
Kilsyth	ASD Teen Social Group	Contact: Erin Weegberg at Interchange Outer East Phone: (03) 9758 5522 Email: teenasd@ioe.org.au	For teens 13 to 18 years old. This group is aimed to support teens on the autism spectrum in social settings. Meets: 3 rd Sunday of the month Time: 5:00pm - 8:30pm Venue: Kilsyth Club: Canterbury Room Address: Cnr Canterbury Rd and Colchester Rd Kilsyth <ul style="list-style-type: none"> Parents/Carers must be in attendance and supervise their teen at all times. Dinner and drinks at your own cost.
Multiple locations Doncaster Frankston Geelong	The Lab	http://www.thelab.org.au	The Lab is a technology club for 10 to 16 year-old people with Asperger's Syndrome or High Functioning Autism who enjoy working with computers. It offers one-to-one tuition by technology professionals in areas such as programming,

Maidstone Werribee			3D, digital design, and gaming. The Lab is part of a national not-for-profit called The Lab Network. Each local Lab is managed by a local organisation.
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GRANDPARENTS

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Narre Warren	Grandparent carer lunch *Not autism specific	Kilgerron Homestead restaurant 180 Narre Warren Cranbourne rd. Narre Warren (Melways ref 110 D12) Contact: Ewa Sadujko 03 8781 3410 Or Call Alfred Health Carer Services: 1800 052 222	Meetings: Various dates. View contact details for more info. 11:30am – 2:00pm For grandparents caring for a child with a disability. Alfred Health Carer Services Support for Older Carers program invites you to lunch. If you are the grandparent carer of a child with a disability why not come along? Cost is Free

MULTI-LINGUAL

[Back to top](#)

Location	Language	Group	Contacts/Details	Services/Times & Dates
Springvale and Preston	Chinese, Turkish, Vietnamese, Japanese, Burmese, Afghan, Italian, Somali, Greek, Arabic	Action on Disability in Ethnic Communities (ADEC) - Carer Support Group * Chinese Support group only ASD specific. All others general disability groups.	(03) 9480 1666	This group is facilitated by ADEC.

PARTNERS

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Blackburn	Partners Blackburn (Aspergers Victoria)	Email: help@aspergersvic.org.au Aspergers Victoria Phone: (03) 9845 2766	A coffee evening where you can meet others in a similar situation. Meets: at 7:30pm on the 3rd Thursday of every month (except Jan and Dec) at The Nerve Centre, 54 Railway Rd, Blackburn.

SIBLINGS

[Back to top](#)

Location	Group	Contacts/Details	Services/Times & Dates
Blackburn	Siblings Blackburn	Email: siblings@aspergersvic.org.au Aspergers Victoria Phone: (03) 9845 2766	For 8-12 year old children who have a sibling with Aspergers or HFA.

	(Aspergers Victoria)		Meets: 7:30pm on the 2 nd Friday of every month except Jan at The Nerve Centre, 54 Railway Rd, Blackburn.
Ormond	Sensational Kids	(03) 9578 7560 or email: info@sensationalkids.com.au	Sibling Support Groups facilitated by therapists (offered on demand).

ONLINE SUPPORT

[Back to top](#)

Group	Contacts/Details	Services/Times & Dates
Peninsula ASD and Special Needs Mothers group	Amy Taylor https://www.facebook.com/groups/ASDMothersSupportGroup/	The group is run through Facebook for the Mornington peninsula and surrounding areas but we are open to families all around Australia if they are seeking support. Keep an eye on Facebook for regular catch up and event details. Email: amyt5566@gmail.com
Craigieburn Autism Support Group (online)	Kylie Clear Craigieburn Autism Support on Facebook	Online support group, people are welcome to join from any region
Eastern Region Parent Support Network	http://www.psn-emr.com.au * Not autism specific	Workshops, information sessions, school information, newsletters and forums
Raising children Network	http://raisingchildren.net.au/forum/Forum133-1.aspx	Online parenting forum
Autism Family Support Association Inc (AFSA)	Email: info@afsaconnect.org.au www.afsaconnect.org.au Ph: 0421 642 364 (Voicemail) PO Box 3328, Wheelers Hill VIC 3150	AFSA is an incorporated, state wide, voluntary, parent based support group. Through systemic advocacy and parent to parent support our aim is to improve the outcomes and quality of life for individuals on the autism spectrum and their families and carers. We are not a funded agency. AFSA... <input type="checkbox"/> is governed by a volunteer committee made up of parents and community members who “have been there” and wish to make a difference for other parents and carers <input type="checkbox"/> provides a voice for parents and carers – to the media, politicians and government – to improve the outcomes and quality of life for individuals with autism, their families and carers

		<p>□ provides the opportunity for parents and carers to network with each other through linkages to other Autism Spectrum Disorder support groups and consumer based organisations around Victoria and Australia</p> <p>AFSA committee members have experience across most age groups, service sectors and different presentations of Autism. We are able to provide information and guidance from a parent's perspective via phone or email. Families wishing to contact us should go to our website and use the form on the Contact Us page, ring our mobile and leave a message, or write to us - in each instance with a brief outline of your concerns or request. A committee member will contact you within a few days.</p>
<p>Model Me Kids, LLC</p>	<p>www.modelmekids.com (Rockville, Maryland, USA) Email: info@modelmekids.com; Phone: 888-838-3240 (USA)</p>	<p>Educational videos, software, and apps that teach social skills through peer modeling to children/teens with Autism.</p>

[Back to top](#)