

## 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](mailto:info@amaze.org.au) to request changes or additions to this listing.

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## PARENTS/CARERS

Location	Group	Contacts/Details	Services/Times & Dates
Ashwood	<a href="#">MyTime Ashwood (MumsConnect Group)</a>	To reserve a place for your child email Rachel <a href="mailto:griffith007@bigpond.com">griffith007@bigpond.com</a> or text: 0425 111 509	<p><b>MumsConnect</b> runs two MyTime Programs from Power Neighbourhood House.</p> <p>1) A mums' group with general play for children.  <b>Meets:</b> on the 4<sup>th</sup> 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.</p> <p>2) A Family Group with Lego plays for children. MumsConnect occasionally run additional events. Contact them for more information.</p>
Bairnsdale	<a href="#">East Gippsland Autism Spectrum Disorder Support Group</a>	Contact Julie on 0408 013 555 <a href="mailto:egippsautismrr@gmail.com">egippsautismrr@gmail.com</a>	<p><b>Meetings:</b> Once a month for cuppa and a friendly chat in the Resource Room, at the Uniting Care office, 49 McCulloch Street (Cnr McCulloch &amp; Macleod Streets), Bairnsdale from 10am – 12pm with access to the East Gippsland Autism Resource Room afterwards.            All welcome.</p>
Ballan	<a href="#">Embrace ASD</a>	Parent support volunteer: Amber Durante. Phone: (03) 5368 7549 or 0430 343 473	For more details please visit <b>Embrace ASD's</b> Facebook page: <a href="http://www.facebook.com/EmbraceASD">www.facebook.com/EmbraceASD</a>

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Ballarat	Ballarat Autism Network	Kris Schmidt 0417 413 994 <a href="mailto:kks@netconnect.com.au">kks@netconnect.com.au</a> <a href="http://www.ballaratautism.com">www.ballaratautism.com</a> <a href="https://www.facebook.com/Ballarat-Autism-Network">www.facebook.com/Ballarat-Autism-Network</a>	<p>The Ballarat Autism Network is a voluntary group that plans events, workshops and social opportunities to support families and people on the autism spectrum.</p> <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	NABAS Peer Support Group (Nillumbik & Banyule Autism Support)  Contact: Brenton Carey Mobile: 0409 477 997 Email: <a href="mailto:brenton@bexcellent.com.au">brenton@bexcellent.com.au</a>	<p>NABAS Peer Support Group            (Nillumbik &amp; 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	Contact Sally Martin. Phone: (03) 5762 6202 Email: <a href="mailto:cpsgbenalla@bigpond.com">cpsgbenalla@bigpond.com</a> Or Parent Support Worker, Roslyn, on 0424 918 943 Email: <a href="mailto:bsgroup@telcoplus.com.au">bsgroup@telcoplus.com.au</a>	<p>The <b>Carers and Parents Support Group (CPSG)</b> 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><b>Meetings:</b> on the 1st Monday of the month from 10 am – 12 pm at the Gilding Club of Victoria Building,</p>

Location	Group	Contacts/Details	Services/Times & Dates
		<p>Office Hours are: Monday, Tuesday and Wednesday from 8:30am – 4pm.  <b>*Not autism specific</b></p>	<p>37 Samaria Road, Benalla. Carers are welcome to bring a plate and join us for lunch and a chat.  CPSG also:</p> <ul style="list-style-type: none"> <li>offer three carer meetings in Wangaratta per year &amp; one in Mansfield.</li> <li>publish a bimonthly newsletter sent via email or post for members</li> <li>coordinate regular workshops on current issues &amp; topics</li> </ul> <p>provide advocacy and social activities for carers (carer to carer support) including bus trips &amp; lunches during the year.</p>
	<p><b>Benalla Support Group for Children with Special Needs</b></p>	<p>Sharon Fragomeni on (03) 5762 7057 or email: <a href="mailto:bsgroup@telcoplus.com.au">bsgroup@telcoplus.com.au</a>, 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  <b>* Not autism specific</b></p>	<p><b>Note:</b> Not autism specific but does have families with children with autism.</p>
<p><b>Bendigo</b></p>	<p><b>Bendigo Autism Asperger Group (BAAG)</b></p>	<p>For recorded information about meetings and coming events, phone 0417 057 672. For further information please go to our website <a href="http://www.bendigoautism.org.au">www.bendigoautism.org.au</a> or email us at <a href="mailto:info@bendigoautism.org.au">info@bendigoautism.org.au</a></p> <p>P.O. BOX 439, Bendigo VIC 3552.</p>	<p><b>BAAG</b> 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.</p> <p>We share experience, information and resources and network with other other organizations to provide encouragement and social support. As a group we</p>

Location	Group	Contacts/Details	Services/Times & Dates
			seek to raise the profile of autism within the Bendigo region.
<b>Blackburn</b>	<b>Bendigo Autism and Neurological Disorders Support Group (BAND)</b>  <b>Targets adults 30 years and older</b>  <b>(Aspergers Victoria)</b>	Contact Marlene on 0404 646 707 or email: <a href="mailto:drouinblair@hotmail.com">drouinblair@hotmail.com</a>  <a href="mailto:asadults@aspergersvic.org.au">asadults@aspergersvic.org.au</a>  The Ms Nerve Centre, 54 Railway Rd, Blackburn Vic 3130	Group meets on various dates.  A relaxing get together with like-minded adults discussing topics of interest.  This event is for Adults Peer Group attendees only. It may be most suitable for those who are aged 35 years and over, although younger adults may still attend if they wish to. (Young adults may prefer to attend the Young Adults meetings for those aged 18-35 years).  This group is for Aspergers Victoria members only. However you are welcome to attend one meeting before joining.
<b>Blackburn</b>	<b>Young Adults Group caters to 18-35 year olds</b>  <b>(Aspergers Victoria)</b>	<a href="mailto:youngadults@aspergersvic.org.au">youngadults@aspergersvic.org.au</a>	If you are a young adult with Aspergers aged 18 to 35 years having left school, then this group may suit your needs. Meetings are held in the Eastern suburbs

Location	Group	Contacts/Details	Services/Times & Dates
		<p>The Ms Nerve Centre, 54 Railway Rd, Blackburn Vic 3130</p>	<p>on the 4th Thursday of the month, February to November except public holidays. Occasional social outings are arranged from this group. Meet other young adults, participate in discussions that determine your own life, and listen to the occasional speaker in a friendly inclusive environment.</p> <p>Parents and carers do not attend this group, and are welcome to attend the Parents &amp; Carers of Young Adults Group.</p> <p>Young Adults with lived experience run all meetings, and will welcome new attendees. It is expected that group members independently manage their own email to and from the Young Adults group.</p>
<p><b>Caroline Springs</b></p>	<p><b>iCare Special Needs Group Inc.</b></p>	<p>Pepsi: 0434 140 620 iCare: 0499 429 969 Email: <a href="mailto:info@icaregroup.com.au">info@icaregroup.com.au</a> Springside Community Pavillion 22-50 Becca Way, Caroline Springs, 3023. <a href="http://www.icaregroup.com.au">www.icaregroup.com.au</a> <b>*Not autism specific</b></p>	<p><b>iCare Special Needs Group Inc.</b> 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 &amp; multimedia] for registered members, social activities, educational and up-skilling workshops and guest speakers from peak disability service providers. <b>Meets:</b> Fridays 10am – 12pm at Springside Community Pavilion, to discuss disability issues.</p>



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Caulfield	Jewish Spectrum Support	Contact Vicky Email: <a href="mailto:info@jewishspectrumsupport.com">info@jewishspectrumsupport.com</a> 0407 455 645 <a href="http://www.jewishspectrumsupport.com">www.jewishspectrumsupport.com</a>	<p><b>JSS</b> is an informal support group for parents and carers of Jewish children on the spectrum.</p> <p><b>Meets:</b> <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	
Chadstone	Strengthening Parent Support Program	<p><a href="https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/">https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/</a></p> <p>Contact details: Grace: 0438 646 744</p> <p><a href="mailto:Strengtheningparentsupport@anglicarevic.org.au">Strengtheningparentsupport@anglicarevic.org.au</a></p>	<p><b>Address:</b> Cabena Child &amp; Family Centre, 22 Cabena Crescent, Chadstone</p> <p><b>Services/Times &amp; Dates:</b> 10:30 – 11:30AM on the 2nd Friday of every month</p> <p>Free, however bookings are essential</p> <p>For parent's or carer's of a child with a disability or developmental delay (with or without a formal diagnosis)</p> <p>Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment</p>
Craigieburn	POKITS – Parents of Kids on The Spectrum	Susie Ball, Coordinator, 0402 245 086 <a href="mailto:susieandmichael@yahoo.com.au">susieandmichael@yahoo.com.au</a> Or Renee Stott 0412 524 678 Or visit <a href="#">their Facebook Page</a> .	<p>Support group for parents of kids with autism spectrum disorders.</p> <p><b>Meetings:</b> held on the 1<sup>st</sup> Monday of each month (except January) from 7.30pm to 9pm at Crossway</p>

Location	Group	Contacts/Details	Services/Times & Dates
			North Baptist Church, Unit 7/334 Hume Hwy, Craigieburn 3064
Deer Park	Early Years Group	9680 8489 or email: <a href="mailto:spsp@mackillop.org.au">spsp@mackillop.org.au</a>	<p>A parent group for Parents of children aged 0-5 that are caring for a child with a disability or global developmental delay. A new space for parents living in the western suburbs of Melbourne to be part of a new Parent Peer Support Group to share their experiences over a warm drink.</p> <p>When: Last Friday of every month (within the school term)</p> <p>Time: 9:30am-11:00am</p> <p>Where: Deer Park Playgroup Centre: Cnr Station Rd &amp; Irvine St Deer Park</p>
Deniliquin	Deni Autism Support Group	Leesa Telford 0419 649 471 <a href="mailto:leesa227@hotmail.com">leesa227@hotmail.com</a>	<b>Meetings:</b> held on third Saturday of every month at 10.30am
Doveton	Casey Asperger Syndrome Support Group (CASS Inc.)	Jenni or Meghan on email: <a href="mailto:info@thecass.com.au">info@thecass.com.au</a> Web: <a href="http://www.thecass.com.au">www.thecass.com.au</a> Facebook: <a href="https://www.facebook.com/groups/aspiecass">www.facebook.com/groups/aspiecass</a>	<p><b>CASS</b> is a not-for-profit, parent-run group supporting families.</p> <p>Activities are run during school terms and include:</p> <ul style="list-style-type: none"> <li>• Regular information sessions about autism and related issues</li> <li>• Guest speakers</li> <li>• Large resource library (books, dvds, handouts)</li> </ul>

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			<ul style="list-style-type: none"> <li>• Ten Pin Bowling for all ages every Saturday</li> <li>• Social activity groups for primary, tween (11-14) and teen aged children.</li> <li>• Whole group activities once per term (e.g. mini golf, trampolining, rock climbing, laser tag.)</li> <li>• Online support forums including our website and Facebook page.</li> <li>• Social nights out for parents.</li> </ul> <p>Please visit our website or email us for times and dates.</p>
Echuca	<p><b>S.P.O.C.A.A.S - Supporting Parents of Children with Autism and Asperger Syndrome</b></p>	<p>Email Donna <a href="mailto:spocaas@clrs.org.au">spocaas@clrs.org.au</a> (preferred mode of contact)  <a href="http://www.clrs.org.au">www.clrs.org.au</a> - then follow the link at the bottom of the left hand-side  26A Percy Street, Echuca VIC 3564</p>	<p>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.</p> <ul style="list-style-type: none"> <li>• Coffee Club (morning and evening), Monthly Morning Teas with onsite fee free child care.</li> <li>• Monthly Evening Committee Meetings</li> <li>• Social Events</li> <li>• Awareness events and education opportunities</li> <li>• Monthly SPOCAAS Newsletter</li> </ul>
Emerald	<p><b>The Hills Autism and Special Needs Support Group</b></p>	<p>Barb Maclean on 0400 596 961 or email: <a href="mailto:brum-bs-4ever@live.com">brum-bs-4ever@live.com</a>  P.O Box 221, Emerald VIC 3782</p>	<p><b>Meetings:</b> held approximately every 3<sup>rd</sup> Friday. There are 15 meetings each year. Meet at Red Box Café in Emerald. Children welcome.</p>
Footscray	<p><b>Vietnamese Families Special Nees Group Inc.</b></p>	<p>MacKillop Family Services</p>	<p>A vibrant support group for carers of children with a disability living in the west.</p>

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		Nga 0433 103 401 <a href="mailto:vn.specialneeds@gmail.com">vn.specialneeds@gmail.com</a>  9680 8489 or email: <a href="mailto:spsp@mackillop.com.au">spsp@mackillop.com.au</a>	<p><b>When:</b> Thursday mornings, 10:30am-12:30pm (except school holidays)</p> <p><b>Where:</b> MacKillop Family Services, 118 Commercial Rd, Footscray.</p>
<b>Footscray</b>	<b>Mandarin Group</b>	9680 8489 or email: <a href="mailto:spsp@mackillop.org.au">spsp@mackillop.org.au</a>	<p>A new group for Mandarin speaking families with children with a disability. Babysitting can be provided.</p> <p><b>When:</b> First Monday of each month (during the school term)</p> <p><b>Where:</b> MacKillop Family Services, 118 Commercial Rd, Footscray</p>
<b>Frankston</b>	<b>MOIRA disability &amp; Youth services coffee mornings</b>	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: <a href="mailto:hello@moira.org.au">hello@moira.org.au</a>  Website: moira.org.au	<p><b>Meetings:</b> Second Monday of the month, except school holidays or public holidays.</p> <p>10am -12pm</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>

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Frankston	Peninsula ASD, Meet and Support Mothers Group	<p>Amy Taylor via email:</p> <p><a href="mailto:ASDMothersSupportGroup@groups.facebook.com">ASDMothersSupportGroup@groups.facebook.com</a></p> <p><a href="http://www.facebook.com/groups/ASDMothersSupportGroup">www.facebook.com/groups/ASDMothersSupportGroup</a></p>	<p><b>Meetings:</b> fortnightly, venue details posted to Facebook. Mothers-only catch ups every few months giving mothers a few hours to relax and chat without interruptions. Based in the Peninsula areas - Safety Beach, Dromana, Rosebud, Mornington and Frankston, but anyone from any area is welcome to join.</p> <p><b>Also meets</b> at Frankston Special School to do activities with the children.</p>
Geelong	Gateways Support Services	<p>Katy Mackenzie – Geelong Region Parent Support Worker – <a href="mailto:info@gateways.com.au">info@gateways.com.au</a> , (03) 5221 2984 <a href="http://www.gateways.com.au">www.gateways.com.au</a> , <a href="http://www.autismhelp.info">www.autismhelp.info</a></p> <p>10-12 Albert St, Geelong West VIC 3218</p>	<p><b>Gateways</b> provide a range of services including carer support and information.</p>
	Asperger Syndrome Information Group (Gateways)	<p>(03) 5221 2984, or <a href="mailto:info@gateways.com.au">info@gateways.com.au</a></p>	<p>Asperger’s specific; fathers welcome; topical informative group.</p> <p><b>Meetings:</b> held at Gateways Support Services, 7.30 - 10pm on the 3<sup>rd</sup> Thursday of each month, excluding school holidays. (Access is only available through rear entrance near car park).</p>
	Bellarine Parents Network (Gateways)	<p>Nicola Copley, <a href="mailto:copley.nicola.k@edumail.vic.gov.au">copley.nicola.k@edumail.vic.gov.au</a></p>	<p>Network for parents of children with autism on the Bellarine Peninsula.</p> <p><b>Meets:</b> 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>

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	<p><b>The Treehouse</b></p>	<p>Lisa Hamling            Email: <a href="mailto:m_lhamling@bigpond.com">m_lhamling@bigpond.com</a>  <a href="http://www.thetreehousegeelong.org.au">www.thetreehousegeelong.org.au</a>            Facebook page: <a href="#">The Treehouse Geelong</a></p>	<p><b>The Treehouse</b> offers:</p> <ul style="list-style-type: none"> <li>• Open House Support Group: meets various times. Contact John or Sharon for details.</li> <li>• Clubhouse Social Group for students with autism attending mainstream primary school.</li> <li>• ASPYRE school group for teens with autism attending mainstream secondary school.</li> <li>• Adults with Asperger's 25+ social group</li> <li>• Dad's Group meets once per month on various days.</li> <li>• Lego Club – kids meet and play legos for 1 ½ hours one Sunday a month.</li> </ul>
	<p><b>Kardinia Supported Playgroup</b></p>	<p>Contact Clare 0410 819 974 or email: <a href="mailto:playgroups@kardinia.org.au">playgroups@kardinia.org.au</a></p>	<p>Support group for carers of play-group age children. <b>Meets:</b> 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.</p>
<p><b>Greensborough</b></p>	<p><b>Hearts in Mind Project</b></p>	<p>Lisa Petersen &amp; Georgina Mills  <a href="mailto:heartsinmindproject@gmail.com">heartsinmindproject@gmail.com</a></p>	

Location	Group	Contacts/Details	Services/Times & Dates
		<a href="https://www.heartsinmindproject.com/">https://www.heartsinmindproject.com/</a>	<p>For women who are carers of family members with disability, autism or other long term additional needs, to focus on their own wellbeing.</p> <p>Greenhills Neighbourhood House</p> <p>Open Mondays for drop in and peer support and a series of workshops during the school year focusing on well being.</p>
Hamilton	<b>Hamilton Disability Support Group</b>	Rhonda Zschech on (03) 5571 2122 <b>* Not autism specific</b>	<p>We welcome parents/carers or children with special needs. <b>Meets:</b> for lunch every 3-4 weeks at various venues. We pay for one coffee/drink per person, carers pay for own lunch.</p> <p>The lunches are advertised in the Hamilton Special Developmental School newsletter, and also in Warrnambool's MPower newsletter, or contact Rhonda.</p>
Hastings	<b>Living with Autism Spectrum Resource Support Group</b>	Contact (03) 5971 9444 <a href="mailto:contact@seigaiha.com.au">contact@seigaiha.com.au</a>	<p>Exploring own skills &amp; Wisdom, an opportunity to discover/share new tools.</p> <p><b>Mondays:</b> 9.30 to 11.30</p> <p>Every 4th Monday of the month</p> <p>Wallaroo Community Centre, 6 Wallaroo Place, Hastings.</p>
Highett	<b>MOIRA disability and youth services Art Therapy parent group</b>	Highett Neighbourhood community house 2 Livingston St. Highett	<p><b>Meetings:</b> 3<sup>rd</sup> Tuesday of the month</p> <p>10am – 12pm</p>

Location	Group	Contacts/Details	Services/Times & Dates
	*Not Autism specific	<p>New members welcome</p> <p>For more information call the MOIRA parent support officer:</p> <p>Phone: 03 8552 2222</p> <p>Email: <a href="mailto:hello@moira.org.au">hello@moira.org.au</a></p> <p>Website: moira.org.au</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	MOIRA disability & Youth services coffee mornings	<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: <a href="mailto:hello@moira.org.au">hello@moira.org.au</a></p> <p>Website: moira.org.au</p>	<p><b>Meetings:</b> 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	Hoppers Crossing Support Group	<p>Clare Johnstone</p> <p>Email: <a href="mailto:cjohnstone28@yahoo.com.au">cjohnstone28@yahoo.com.au</a></p>	<p><b>Meetings:</b> weekly on a Tuesday</p>
Horsham	Wimmera Autism Support Group	<p>Karen Kennedy on 0422 560 459 or Anne Page on (03) 5362 4042 email: <a href="mailto:annep@wuc.org.au">annep@wuc.org.au</a></p> <p>c/- Uniting Care, PO Box 442, Horsham VIC 3400</p>	<p><b>Meetings</b> are held once a month in the evening at local Cafes or Pubs (changes regularly)</p> <p><b>Note:</b> Telephone support is provided between meetings and a regular newsletter goes to all members.</p>
Inverloch	Inverloch ASD Support Group	<p>Tona O'Connor</p> <p><a href="mailto:tonaleo@me.com">tonaleo@me.com</a></p>	<p><b>Inverloch ASD Support Group</b></p> <p><b>Meets:</b> once a month from 10:30am – 12:30pm (except school holidays) at</p>



Location	Group	Contacts/Details	Services/Times & Dates
			Inverloch Hub, 16 A'beckett St, Inverloch,
Keilor Downs	Autism Angels Inc	Phone 0404 522 226 or email: <a href="mailto:info@autismangels.org.au">info@autismangels.org.au</a> <a href="http://www.autismangels.org.au">www.autismangels.org.au</a> PO BOX 4086, Keilor Downs VIC 3038	Support group for parents and carers of children with autism. <b>Meetings:</b> 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: <a href="mailto:atmurray@netspace.net.au">atmurray@netspace.net.au</a> <b>*Not autism specific</b>	Support group for Carer's of any disability including Carer's of the elderly. <b>Meets:</b> 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 <a href="http://www.dannyblackford.com.au">www.dannyblackford.com.au</a> <b>*Not autism specific</b>	Parent support group in Latrobe Valley.
Leongatha	South Gippsland Carers	Contact Heather on phone: (03) 5668 9243	<b>Meets:</b> 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	Strengthening Parent Support Program	<a href="https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/">https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/</a>	

Location	Group	Contacts/Details	Services/Times & Dates
		<p>Contact details: Grace: 0438 646 744</p> <p><a href="mailto:Strengtheningparentsupport@anglicarevic.org.au">Strengtheningparentsupport@anglicarevic.org.au</a></p>	<p><b>Address:</b> Anglicare Victoria 47-51 Castella st. Lilydale 3140</p> <p><b>Services/Times &amp; Dates:</b> 10:30 – 11:30AM on the 4<sup>th</sup> Friday of every month</p> <p>Free, however bookings are essential</p> <p>For parent's or carer's of a child with a disability or developmental delay (with or without a formal diagnosis)</p> <p>Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment</p>
<p><b>Macedon Ranges (Woodend)</b></p>	<p><b>ASD Parent Support Group/Network</b></p>	<p>Fiona Le Nepveu at <a href="mailto:president@mran.com.au">president@mran.com.au</a> or call 0414 891 107</p> <p>Facebook Page: <a href="https://www.facebook.com/rangesautism/">https://www.facebook.com/rangesautism/</a></p> <p>Also closed Facebook Group (contact Fiona for details).</p>	<p>Open to all parents, carers and families.</p> <p><b>Meets:</b> see website calendar for coffee dates etc. <a href="http://www.mran.com.au">www.mran.com.au</a></p> <p>Variety of events and supports available.</p>
<p><b>Maffra</b></p>	<p><b>Maffra Carers' Group</b></p>	<p>Contact Pam (03) 5145 5417 PO Box 3032, Gippsland Mail Centre VIC 3841, <a href="http://www.noahsarkinc.org.au">www.noahsarkinc.org.au</a></p>	<p><b>Meets:</b> from 1-3pm at the Maffra Hospital, 48 Kent St in the Community Meeting Room</p> <p>Meetings are held on the 3<sup>rd</sup> Monday of the month from February to November - providing information &amp; support for people in various caring roles.</p>

Location	Group	Contacts/Details	Services/Times & Dates
<b>Mansfield</b>	<b>Mansfield Support Group for Children with Special Needs</b>	Anya Abela on 0412 442 412, Support Worker Liz Klein on 0428 410 883 <a href="mailto:snmansfield2010@gmail.com">snmansfield2010@gmail.com</a> PO Box 675, Mansfield VIC 3722 <b>* Not autism specific</b>	<b>Meetings:</b> held once a month at Mansfield Community Centre, Bank Place, Mansfield. Newsletter each term.
<b>Melbourne West</b>	<b>Melbourne's West ASD Network</b>	Contact Jody Mehlhopt on 0421 186 629 <a href="mailto:ms_asd_network@outlook.com">ms_asd_network@outlook.com</a>	
<b>Mildura</b>	<b>Sunraysia Autism Spectrum Support Group Inc</b>	Phone 0447 112 507 or email <a href="mailto:sunraysia.autism@gmail.com">sunraysia.autism@gmail.com</a> <a href="http://www.sassg.org.au">www.sassg.org.au</a> 159 Langtree Ave, Mildura VIC 3501	<p><b>Sunraysia Autism Support Group</b> is coordinated by a small group of dedicated parents. Throughout the year we plan a variety of events, workshops, family 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>
<b>Moe</b>	<b>Good Beginnings Australia - Latrobe</b>	(03) 5127 7270 <a href="mailto:Latrobe@goodbeginnings.org.au">Latrobe@goodbeginnings.org.au</a> <a href="http://www.goodbeginnings.org.au">www.goodbeginnings.org.au</a>	Facilitated group programs and individual support programs.
<b>Moonee Valley</b>	<b>Moonee Valley &amp; Maribyrnong Group</b>	9680 8489 or email: <a href="mailto:spsp@mackillop.org.au">spsp@mackillop.org.au</a>	<p>A parent group that meets at a café in a park, room for toddlers to play.</p> <p>When: Last Monday of each month</p> <p>Time: 9:30 – 10:45am</p> <p>Where: Curator’s Collective Café, Queens Park, Moonee Valley</p>

Location	Group	Contacts/Details	Services/Times & Dates
<b>Mornington Peninsula</b>	<b>Peninsula ASD and Special Needs Mothers group</b>	Amy Taylor <a href="https://www.facebook.com/groups/ASDMothersSupportGroup/">https://www.facebook.com/groups/ASDMothersSupportGroup/</a> Email: <a href="mailto:amyt5566@gmail.com">amyt5566@gmail.com</a>	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.
<b>Morwell</b>	<b>Gippsland Carers Association</b>	Phone: (03) 5133 3343 <a href="http://gippslandcarers.org">http://gippslandcarers.org</a> <a href="http://www.facebook.com/GippslandCarers">www.facebook.com/GippslandCarers</a>	<b>Gippsland Carers Association</b> - monthly carer support group is open to all unpaid family carers in Gippsland. <b>Meetings:</b> Disability Advocacy, 8 Hopetoun Rd, Morwell 10am – 12pm on 1 <sup>st</sup> Wednesday of each month Check for details by phoning (03) 5133 3343 and talk to Melissa or leave a message for a call back.
<b>Multiple Locations</b>	<b>MyTime Support Groups</b>	Phone: 1800 889 997 <a href="http://www.mytime.net.au">http://www.mytime.net.au</a>  <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>	Groups for mothers, fathers and carers of children with a disability, developmental delay or chronic medical condition. Share ideas with others who understand the rewards and intensity of the caring role. (For parenting information and specialist content on autism and disability, visit the Raising Children website.)
	<b>Commonwealth Respite and Carelink Centre</b>	Victorian Services Phone: 1800 052 222  After Hours for emergency respite	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

Location	Group	Contacts/Details	Services/Times & Dates
		Phone: 1800 059 059 <a href="http://www9.health.gov.au/ccsd/index.cfm#3">http://www9.health.gov.au/ccsd/index.cfm#3</a> <b>*Not autism specific</b>	within Australia. All respite centres offer different services. Phone 1800 052 222 to find your local service centre.
	<b>Carers Victoria</b>	Phone: Carer Advisory Line: 1800 242 636 Email: <a href="mailto:ccas@carersvictoria.org.au">ccas@carersvictoria.org.au</a> <a href="http://www.carersvictoria.org.au">www.carersvictoria.org.au</a>	<b>Carers Victoria</b> offers: <ul style="list-style-type: none"> <li>• Free counseling specially designed for carers</li> <li>• Advisory Line</li> <li>• Education and Training</li> <li>• Policy and Research</li> </ul>
	<b>Noah's Ark Parent to Parent, Gippsland</b>	Phone: 1800 010 453 or (03) 5135 3131. Email: <a href="mailto:p2pg@noahsarkinc.org.au">p2pg@noahsarkinc.org.au</a> <a href="http://www.noahsarkinc.org.au">www.noahsarkinc.org.au</a>	<b>Noah's Ark Parent to Parent, Gippsland -</b> 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.
	<b>Victorian ASD Family Weekends</b>	Contact email: <a href="mailto:vicasdfamilyweekends@gmail.com">vicasdfamilyweekends@gmail.com</a> <a href="http://www.vicasdfamilyweekends.weebly.com">www.vicasdfamilyweekends.weebly.com</a>	Weekends away (not respite) which gives families affected by autism the opportunity to holiday with similar families in a supportive environment.
<b>Casey / Narre Warren</b>	<b>Casey Asperger Syndrome Support Group</b>	<b>Contact Details:</b> Email: <a href="mailto:info@thecass.com.au">info@thecass.com.au</a> Web: <a href="http://www.thecass.com.au">www.thecass.com.au</a> Facebook Page: <a href="http://www.facebook.com/groups/aspiecass">www.facebook.com/groups/aspiecass</a> P.O. Box 2181, Fountain Gate, Vic, 3805.	<b>Services:</b> Primary Aged Social Group Teens/Young Adult Social Group End of Term Event for all ages Support meetings for Parents/Adults Once per Term Parents/Adults night out for Dinner. Weekly Social Ten Pin Bowling Session open to all ages.

<b>Nillumbik</b>	<b>NABAS Peer Support Group</b>	NABAS Peer Support Group (Nillumbik & Banyule Autism Support) Contact: Brenton Carey Mobile: 0409 477 997 Email: <a href="mailto:brenton@bexcellent.com.au">brenton@bexcellent.com.au</a>	NABAS Peer Support Group (Nillumbik & Banyule Autism Support)
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Location	Group	Contacts/Details	Services/Times & Dates
			<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>
<p><b>Northern Suburbs</b></p>	<p><b>Northern Autism Parent Support Group</b></p>	<p>Thea Calzoni on (03) 9385 3235 or email <a href="mailto:tcalzoni@mcm.org.au">tcalzoni@mcm.org.au</a> 48-50 Box Forest Road, Glenroy, VIC 3046</p>	<p>Program provides support and information to parents including contact with other parents. Also links with support groups such as:</p> <p><b>Northern Aspergers Network</b> Reservoir Neighbourhood House, (Cnr Cuthbert Street and Strathmerton Street, Reservoir)</p> <p>A group for parents of children in mainstream primary entering into early years of high school.</p> <p>Lisa Petersen 0430 724 910 <a href="mailto:lisa@northernaspergersnetwork.com">lisa@northernaspergersnetwork.com</a>.</p> <p><b>Craftability Glenroy Parent Group</b> <a href="mailto:Jenowen20@gmail.com">Jenowen20@gmail.com</a></p> <p><b>POKITS – Parents of Kids on The Spectrum</b> Susie Ball, Coordinator 0402 245 086 <a href="mailto:susieandmichael@yahoo.com.au">susieandmichael@yahoo.com.au</a> Or visit <a href="#">their Facebook Page</a>.</p>

Location	Group	Contacts/Details	Services/Times & Dates
Northern Suburbs	Plenty Valley Support Group	Natasha Ngana Email: <a href="mailto:plentyvalleyclubhouse@gmail.com">plentyvalleyclubhouse@gmail.com</a> <a href="http://www.plentyvalleyclubhouse.com.au">www.plentyvalleyclubhouse.com.au</a> Various locations in the Northern Suburbs	Parent Support Group for children on the Spectrum <b>Offers:</b> Parent support, events, social groups. <b>Times:</b> Mondays & Tuesdays 10am-11.30am, Sunday 10am-12pm
Orbost, East Gippsland	STEPS Orbost	Contact Nadia 0408 896 875 <a href="mailto:nadsdeccy@yahoo.com.au">nadsdeccy@yahoo.com.au</a> or Jacque (03) 5154 6636 <a href="mailto:Jacque.Archer@orh.com.au">Jacque.Archer@orh.com.au</a>	<b>STEPS Orbost</b> - 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
Ormond	Parents and carers (Aspergers Victoria)	<a href="mailto:parents@aspergersvic.org.au">parents@aspergersvic.org.au</a> 456 North Rd, Ormond Vic 3204 (Upstairs)	<p>Southern Parents &amp; Carers <u>usually</u> meet at <b>10am - 12.30pm</b>, on the <b>fourth Friday of the month</b> (except school holidays).</p> <p>This group is a place for Parents, Grandparents and Carers (of a person with Aspergers or High Functioning Autism) to meet, share their experiences and support each other.</p> <p>We have a range of parents who attend, who have children of varying ages from toddlers through to young adults. The group is structured/facilitated to allow opportunity for all attendees to talk if they wish. Some months are focused on a topic of interest. Attendance varies from month to month, and it's great to talk to others who have been through similar challenges.</p>



Location	Group	Contacts/Details	Services/Times & Dates
Portland	Portland Autism Support Group	Betti Los: 0400 002 173 Laurel Selwood: (03) 5523 4593 or 0427 312 691. Email: <a href="mailto:laurel.selwood@bigpond.com">laurel.selwood@bigpond.com</a> 4 Gawler St, Portland, VIC, 3305	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 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. <b>Meetings:</b> held on the 2 <sup>nd</sup> 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 <a href="#">ADEC</a> (Action on Disability in Ethnic Communities)
Reservoir	Northern Aspergers Network	Lisa Petersen 0430 724 910 <a href="mailto:lisa@northernaspergersnetwork.com">lisa@northernaspergersnetwork.com</a> .	The Northern Aspergers Network group is a peer support group for parents of children who are on the autism spectrum attending mainstream primary school and in the early stages of entering high school in the northern suburbs of Melbourne.  <b>Meetings</b> held on the 4 <sup>th</sup> Tuesday of every month. Reservoir Neighbourhood House, (Cnr Cuthbert Street and Strathmerton Street, Reservoir)
Ringwood	Parents and carers (Aspergers Victoria)	<a href="mailto:parents@aspergersvic.org.au">parents@aspergersvic.org.au</a> Salvation Army hall, rear of <u>45-53 Wantirna Rd, Ringwood</u>	

Location	Group	Contacts/Details	Services/Times & Dates
			<p>Eastern Parents &amp; Carers <u>usually</u> meet at <b>10am - 12.30pm</b>, on the <b>first Friday of the month</b> (except school holidays).</p> <p>This group is a place for Parents, Grandparents and Carers (of a person with Aspergers or High Functioning Autism) to meet, share their experiences and support each other.</p> <p>We have a range of parents who attend, who have children of varying ages from toddlers through to young adults. The group is structured/facilitated to allow opportunity for all attendees to talk if they wish. Some months are focused on a topic of interest. Attendance varies from month to month, and it's great to talk to others who have been through similar challenges.</p>
Ringwood	<p><b>Strengthening Parent Support Program</b></p>	<p><a href="https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/">https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/</a></p> <p>Contact details: Grace: 0438 646 744</p> <p><a href="mailto:Strengtheningparentsupport@anglicarevic.org.au">Strengtheningparentsupport@anglicarevic.org.au</a></p>	<p><b>Address:</b> Central Ringwood Community Cnetre, Rosewarne Lane, Ringwood</p> <p><b>Services/Times &amp; Dates:</b> 7:00 – 8:00PM on the 1<sup>st</sup> Tuesday of every month</p> <p>Free, however bookings are essential</p>

Location	Group	Contacts/Details	Services/Times & Dates
			<p>For parent's or carer's of a child with a disability or developmental delay (with or without a formal diagnosis)</p> <p>Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment</p>
Ringwood	Pop Culture Conversation Club	<p>9800 6430 or book online at <a href="https://events.yourlibrary.com.au">https://events.yourlibrary.com.au</a></p>	<p>A youth program based around discussion of popular books, movies and TV series.</p> <p>Come hang out and meet people with similar interests. Open to 16 to 21-year-olds.</p> <p>Cost \$10   Meets monthly.</p> <p>5:00 PM every first Friday of the month</p> <p>Realm Library, Ringwood Town Square 179 Maroondah Hwy, Ringwood</p>
Ringwood East	Parent Support Network - Eastern Region Inc	<p>Phone (03) 9874 6205 Email: <a href="mailto:psn-emr@bigpond.net.au">psn-emr@bigpond.net.au</a> <a href="http://www.psn-emr.com.au">www.psn-emr.com.au</a> 563 Whitehorse Rd, Mitcham, Vic 3132 <b>* Not autism specific</b></p>	<p>Information, support and advocacy to parents of children with a disability. <b>Meetings:</b> held at various venues, times and dates throughout the year. Please contact us for details. Information workshops, professional &amp; community education, social activities, art therapy courses, advocacy services, quarterly newsletter.</p>
Sale	Wellington Special Needs Network Inc Support Group	Contact Anita (03) 5144 4408	<b>Meets:</b> once a month at

Location	Group	Contacts/Details	Services/Times & Dates
			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 <a href="mailto:gvsntl@iinet.net.au">gvsntl@iinet.net.au</a> 38 Packham Street, Shepparton VIC 3630 <b>*Not autism specific</b>	<ul style="list-style-type: none"> <li>• <a href="#">MyTime</a> parent support group - for families of children 0-18, playgroup for children provided on site.</li> <li>• Resource lending library</li> <li>• Autism Workshops run on a regular basis</li> </ul>
	Goulburn Valley Support Group for Children with Special Needs Inc.	Nicole O'Brien (family support worker) on (03) 5831 7157 or email: <a href="mailto:information@gvsqcsn.com.au">information@gvsqcsn.com.au</a> Nicole is available in the office Monday, Tuesdays, and Thursdays during school terms by appointment only. <b>*Not autism specific</b>	<p>This group covers the greater Goulburn Valley area which encompasses the following towns; Shepparton/Mooroopna, Tatura, Nagambie, Yarrawonga, and Cobram and all areas in between</p> <p>Regular events such as</p> <ul style="list-style-type: none"> <li>• Coffee mornings</li> <li>• Specific activities such as but not limited to Mum's weekend away, dads events, siblings events, social gatherings.</li> <li>• Education opportunities</li> <li>• Bi-monthly newsletter</li> </ul>
	GV TAG	Nicolle Answer <a href="mailto:nicolle.answer@gmail.com">nicolle.answer@gmail.com</a>	<p><b>Meets:</b> 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>

Location	Group	Contacts/Details	Services/Times & Dates
Springvale	Action on Disability in Ethnic Communities (ADEC)	(03) 9480 1666 * Not autism specific	This group is facilitated by <a href="#">ADEC</a> (Action on Disability in Ethnic Communities) Carer support group in following languages: Chinese, Turkish, Vietnamese, Japanese, Burmese, Afghan, Italian, Somali, Greek, Arabic
St Albans	Diversity and Disability	Phone: (03) 9367 6044 Email: <a href="mailto:christian@mrcnorthwest.org.au">christian@mrcnorthwest.org.au</a> or <a href="mailto:dnd@mrcnorthwest.org.au">dnd@mrcnorthwest.org.au</a> 45 Main Road West, St Albans VIC 3021. <a href="http://www.mrcnorthwest.org.au">www.mrcnorthwest.org.au</a> * Not autism specific	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.
Stawell & Ararat	Stawell/Ararat Autism/Asperger Support Group	Julene Barnes (03) 5352 2129 Email: <a href="mailto:jnbarnes@dodo.com.au">jnbarnes@dodo.com.au</a>	<b>Meets:</b> monthly - please contact Julene for venue details.
Traralgon	SuppAUT	Contact Lou (03) 5175 0877	<b>suppAUT</b> 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 parents/carers/family members are welcome to attend and children/siblings are welcome too. <b>Meets:</b> 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)

Location	Group	Contacts/Details	Services/Times & Dates
Vermont South	<p><b>Strengthening Parent Support Program</b></p>	<p><a href="https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/">https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/</a></p> <p>Contact details: Grace: 0438 646 744</p> <p><a href="mailto:Strengtheningparentsupport@anglicarevic.org.au">Strengtheningparentsupport@anglicarevic.org.au</a></p>	<p><b>Address:</b> Vermont South Special School, 22-30 Livingstone Road, Vermont South</p> <p><b>Services/Times &amp; Dates:</b> 9:30 – 10:30AM on the 3<sup>rd</sup> Tuesday of every month</p> <p>Free, however bookings are essential</p> <p>For parent’s or carer’s of a child with a disability or developmental delay (with or without a formal diagnosis)</p> <p>Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment</p>

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## DADS/ MENS ONLY GROUPS

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Location	Group	Contacts/Details	Services/Times & Dates
Garnegie	<p><b>MOIRA DUCKS</b></p> <p>(Dads Understanding Challenged Kids)</p> <p><b>*Not autism specific</b></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><a href="mailto:Moira.ducks@gmail.com">Moira.ducks@gmail.com</a></p> <p>Or</p> <p>Phone: 03 8552 2222</p> <p>Email: <a href="mailto:hello@moira.org.au">hello@moira.org.au</a></p> <p>Website: moira.org.au</p>	<p><b>Meetings:</b> 1<sup>st</sup> 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><b>DADS – Dads Appreciating Disabilities (Gateways)</b></p>	<p>For further details, contact Steve on 0409 969 710 or <a href="mailto:steve_dads@bigpond.com">steve_dads@bigpond.com</a></p> <p><b>*Not autism specific</b></p>	<p>The <b>DADS</b> 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><b>Meets</b> 2<sup>nd</sup> 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><b>Dads Together</b></p>	<p>Paul Greenfield on 0409 949 978 or email: <a href="mailto:paul.greenfield@me.com">paul.greenfield@me.com</a></p>	<p><b>Meets</b> every 4 to 6 weeks. Contact Paul for details.</p>

\*Not autism specific

## ADULTS ON THE AUTISM SPECTRUM

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Location	Group	Contacts/Details	Services/Times & Dates
Blackburn	<b>AS Adults Blackburn (Aspergers Victoria)</b>	Phone (03) 9845 2766 or email: <a href="mailto:asadults@aspergersvic.org.au">asadults@aspergersvic.org.au</a>	For adults on the autism spectrum. <b>Meetings:</b> The Nerve Centre, 54 Railway Rd, Blackburn. 7:30pm on the 3 <sup>rd</sup> Thursday every month, except December and January. Parents, carers and partners welcome to attend in odd months.
Cardinia, Casey, Greater Dandenong	<b>Outlook- Recreation and Leisure</b>	Phone: (03) 5941 1535 between 9am and 4:30pm Email: <a href="mailto:respice@outlookvic.org.au">respice@outlookvic.org.au</a> <a href="http://www.outlookvic.org.au">www.outlookvic.org.au</a> <b>*Not autism specific</b>	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	<b>Asperger Women Melbourne</b>	Phone: Gabby 0421 904 433 or Leonie 0418 994 066 <a href="mailto:aspergerwomenmelbourne@googlegroups.com">aspergerwomenmelbourne@googlegroups.com</a>	<b>Asperger Women Melbourne (AWM)</b> is a small group which meets for a community afternoon tea on the last Sunday of each month between 2-5pm. <b>Meetings:</b> held at Collingwood Library, 11 Stanton St, Abbotsford VIC 3066 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.
<b>Ringwood</b>	<b>Pop Culture Conversation Club</b>	9800 6430 or book online at <a href="https://events.yourlibrary.com.au">https://events.yourlibrary.com.au</a>	<p>A youth program based around discussion of popular books, movies and TV series.</p> <p>Come hang out and meet people with similar interests. Open to 16 to 21-year-olds.</p> <p>Cost \$10   Meets monthly.</p> <p>5:00 PM every first Friday of the month</p> <p>Realm Library, Ringwood Town Square 179 Maroondah Hwy, Ringwood</p>

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## Grandparents

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Location	Group	Contacts/Details	Services/Times & Dates
<b>Blackburn</b>	<b>AS Adults Blackburn (Aspergers Victoria)</b>	Phone (03) 9845 2766 or email: <a href="mailto:asadults@aspergersvic.org.au">asadults@aspergersvic.org.au</a>	<p>For adults on the autism spectrum.</p> <p><b>Meetings:</b> The Nerve Centre, 54 Railway Rd, Blackburn. 7:30pm on the 3<sup>rd</sup> Thursday every month, except December and January.</p>

			Parents, carers and partners welcome to attend in odd months.
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## GIRLS ON THE AUTISM SPECTRUM

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Location	Group	Contacts/Details	Services/Times & Dates
Various Locations	Yellow Ladybugs	Email: <a href="mailto:info@yellowladybugs.com.au">info@yellowladybugs.com.au</a> Facebook: <a href="http://www.facebook.com/yellowladybugs">www.facebook.com/yellowladybugs</a>	A Melbourne-based friendship group for girls aged between 5 and 8 years old.

## BOYS ON THE AUTISM SPECTRUM

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Location	Group	Contacts/Details	Services/Times & Dates

## TEENAGERS ON THE AUTISM SPECTRUM

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Location	Group	Contacts/Details	Services/Times & Dates
Craigieburn	A.S. Teen JETS	Contact: Catherine Giandomenico Phone: 0401 068 880 Email: <a href="mailto:cgiando@bigpond.com">cgiando@bigpond.com</a> Crossway North Baptist Church, Unit 7/334 Hume Hwy, Craigieburn 3064	<p>A social and support group for teenagers on the autism spectrum that <b>meets</b> fortnightly on Wednesdays from 5pm till 6pm during the school term.</p> <p>The aim of the group is for teenagers on the autism spectrum to build friendships and social skills in a safe and comfortable environment.</p>
Kilsyth	ASD Teen Social Group	Contact: Erin Weegberg at Interchange Outer East Phone: (03) 9758 5522 Email: <a href="mailto:teenasd@ioe.org.au">teenasd@ioe.org.au</a>	<p>For teens 13 to 18 years old. This group is aimed to support teens on the autism spectrum in social settings.</p> <p><b>Meets:</b> 3<sup>rd</sup> Sunday of the month            Time: 5:00pm - 8:30pm            Venue: Kilsyth Club: Canterbury Room            Address: Cnr Canterbury Rd and Colchester Rd Kilsyth</p> <ul style="list-style-type: none"> <li>Parents/Carers must be in attendance and supervise their teen at all times. Dinner and drinks at your own cost.</li> </ul>
Multiple locations Doncaster Frankston Geelong Maidstone Werribee	The Lab	<a href="http://www.thelab.org.au">http://www.thelab.org.au</a>	<p>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.</p> <p>It offers one-to-one tuition by technology professionals in areas such as programming, 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.</p>

<p><b>Ringwood</b></p>	<p><b>Pop Culture Conversation Club</b></p>	<p>9800 6430 or book online at <a href="https://events.yourlibrary.com.au">https://events.yourlibrary.com.au</a></p>	<p>A youth program based around discussion of popular books, movies and TV series.</p> <p>Come hang out and meet people with similar interests. Open to 16 to 21-year-olds.</p> <p>Cost \$10   Meets monthly.</p> <p>5:00 PM every first Friday of the month</p> <p>Realm Library, Ringwood Town Square 179 Maroondah Hwy, Ringwood</p>
<p><b>South Eastern (Variable location)</b></p>	<p><b>AS Teens (Aspergers Victoria)</b></p>	<p>Email: <a href="mailto:teens@aspergersvic.org.au">teens@aspergersvic.org.au</a> Aspergers Victoria Phone: (03) 9845 2766</p>	<p>Meet like-minded peers in a relaxed environment; share strengths, passions or interests over board games, or chat with our young adult leaders.</p> <p>Please note that the Aspergers Victoria cannot act as carer at this venue.</p>

## GRANDPARENTS

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Location	Group	Contacts/Details	Services/Times & Dates
<p><b>Narre Warren</b></p>	<p><b>Grandparent carer lunch</b></p>	<p>Kilgerron Homestead restaurant 180 Narre Warren Cranbourne rd. Narre Warren</p>	<p><b>Meetings:</b> Various dates. View contact details for more info.</p> <p>11:30am – 2:00pm</p>

	<p><b>*Not autism specific</b></p>	<p>(Melways ref 110 D12)</p> <p>Contact: Ewa Sadujko 03 8781 3410</p> <p>Or</p> <p>Call Alfred Health Carer Services:</p> <p>1800 052 222</p>	<p>For grandparents caring for a child with a disability.</p> <p>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?</p> <p>Cost is Free</p>
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## Culturally & Linguistically Diverse

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Location	Language	Group	Contacts/Details	Services/Times & Dates
Footscray	Vietnamese	Families Special Needs Group Inc.	<p>MacKillop Family Services</p> <p>Nga 0433 103 401  <a href="mailto:vn.specialneeds@gmail.com">vn.specialneeds@gmail.com</a></p> <p>9680 8489 or email:  <a href="mailto:spsp@mackillop.com.au">spsp@mackillop.com.au</a></p>	<p>A vibrant support group for carers of children with a disability living in the west.</p> <p><b>When:</b> Thursday mornings, 10:30am-12:30pm (except school holidays)</p> <p><b>Where:</b> MacKillop Family Services, 118 Commercial Rd, Footscray.</p>
Footscray	Mandarin	Mandarin Group	<p>9680 8489 or email:  <a href="mailto:spsp@mackillop.org.au">spsp@mackillop.org.au</a></p>	<p>A new group for Mandarin speaking families with children with a disability. Babysitting can be provided.</p> <p><b>When:</b> First Monday of each month (during the school term)</p> <p><b>Where:</b> MacKillop Family Services, 118 Commercial Rd, Footscray</p>
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.	<p>(03) 9480 1666</p>	<p>This group is facilitated by ADEC.</p>

## PARTNERS

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Location	Group	Contacts/Details	Services/Times & Dates
Eastern Suburbs	Partners Blackburn (Aspergers Victoria)	Email: <a href="mailto:partners@aspergersvic.org.au">partners@aspergersvic.org.au</a> Aspergers Victoria Phone: (03) 9845 2766	<p>Partners Support Group Meetings are for adults who have (or have had) partners on the autism spectrum. Couples may be formally diagnosed or not; co-habiting or not.</p> <p>These meetings allow us to share experiences, offer peer support &amp; gain information.</p> <p>The group also often organises enjoyable in-house activities.</p>

## SIBLINGS

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Location	Group	Contacts/Details	Services/Times & Dates
Ormond	Sensational Kids	(03) 9578 7560 or email: <a href="mailto:info@sensationalkids.com.au">info@sensationalkids.com.au</a>	Sibling Support Groups facilitated by therapists (offered on demand).

## ONLINE SUPPORT

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Group	Contacts/Details	Services/Times & Dates
<b>Peninsula ASD and Special Needs Mothers group</b>	Amy Taylor <a href="https://www.facebook.com/groups/ASDMothersSupportGroup/">https://www.facebook.com/groups/ASDMothersSupportGroup/</a>	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: <a href="mailto:amyt5566@gmail.com">amyt5566@gmail.com</a>
<b>Craigieburn Autism Support Group (online)</b>	Kylie Clear <a href="#">Craigieburn Autism Support on Facebook</a>	Online support group, people are welcome to join from any region
<b>Eastern Region Parent Support Network</b>	<a href="http://www.psn-emr.com.au">http://www.psn-emr.com.au</a> <b>* Not autism specific</b>	Workshops, information sessions, school information, newsletters and forums
<b>Raising children Network</b>	<a href="http://raisingchildren.net.au/forum/Forum133-1.aspx">http://raisingchildren.net.au/forum/Forum133-1.aspx</a>	Online parenting forum
<b>Strengthening Parent Support Program</b>	<a href="https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/">https://www.anglicarevic.org.au/what-we-do/supporting-families/parentzone/</a>  Contact details: Grace: 0438 646 744  <a href="mailto:Strengtheningparentsupport@anglicarevic.org.au">Strengtheningparentsupport@anglicarevic.org.au</a>	<b>Services/Times &amp; Dates:</b> 10:30 – 11:30 Am on the 2 <sup>nd</sup> Tuesday of every month & 7:30 – 8:30 PM on the 2 <sup>nd</sup> Wednesday of every month  On your computer or other device – you will be given a link on Zoom (online video chat)  For parent’s or carer’s of a child with a disability or developmental delay (with or without a formal diagnosis)
<b>Autism Family Support Association Inc (AFSA)</b>	Email: <a href="mailto:info@afsaconnect.org.au">info@afsaconnect.org.au</a> <a href="http://www.afsaconnect.org.au">www.afsaconnect.org.au</a> 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.

		<p>AFSA...</p> <p>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</p> <p>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> <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><b>Model Me Kids, LLC</b></p>	<p><a href="http://www.modelmekids.com">www.modelmekids.com</a>  (Rockville, Maryland, USA)  Email: <a href="mailto:info@modelmekids.com">info@modelmekids.com</a>;  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>

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