

Peer Support Groups 2025

Location/PSG Name	Contact	Phone	Email	Website	Socials
Ballarat Arthritis Peer Support Group	Lucy	0411 703 902	lucyballarat@gmail.com		www.facebook.com/Ballarat-Arthritis-Support-Group-295893173867926/
Bendigo Arthritis Club Inc	Sandra	0488 773 308	sandradoolan0@gmail.com	https://bendigoarthritis.weebly.com/	
Colac Arthritis Self Help Group	Amy	0408 377 418	amycole@gmail.com		
Cranbourne Arthritis Support Group	Bernice	0439 336 424	bernicehelle12@bigpond.com	https://casg.tidyhq.com	
Frankston Arthritis Self Help Group	Noel	0433 726 346	noel.vivian.white@gmail.com		
Glen's Goldies Self Help Support Group (Warburton)	Patricia	0419 144 514	pthole1@bigpond.com		
Glen Waverley - Eastern Suburbs Hydrotherapy Inc	Anne	0438 816 763	is_ah@bigpond.net.au		https://www.facebook.com/Eastern-Suburbs-Hydrotherapy-Inc-357210837807046/
Healesville Arthritis Self Help Support Group	Barbara	0419 501 724	barbhegarty48@gmail.com		
Horsham Self Help Group	Walter	0455 548 445	lance.duffield@gmail.com		
Mt Beauty - Alpine Move Group	Heather	0407 885 042	jackson7089@gmail.com		
Pakenham Arthritis Self Help Group Inc	Bernadette	0411 098 519	bernadette.lilley56@gmail.com		https://www.facebook.com/groups/607126627404441
Condition Specific Groups	Contact	Phone	Email	Website	Socials
Bairnsdale Fibromyalgia Support Group	Christine	0412 598 830	bfsgroup2016@outlook.com		
Ballarat Fibromyalgia & CFS Self Help Group	Jenny	0403 220 525	jennymcc49@msn.com		https://www.facebook.com/groups/296271493770005
Geelong Lupus & Sjogren's Support Group	Chris	0410 104 575	chrisaash@hotmail.com		

Heidelberg - Ankylosing Spondylitis Group of Victoria	Annie	0408 343 104	asvictreasurer@hotmail.com	https://www.asvictoria.org	https://www.facebook.com/asgroupvic https://www.asvictoria.org
Age Specific Groups	Contact	Phone	Email	Website	Socials
Various locations in Melbourne - Young Women's Arthritis Support Group	Rosemary Tassia	0400 447 624 0413 858 286	rosemary@ywasg.com tassia@ywasg.com	http://ywasg.com/	http://ywasg.com/ Facebook https://www.facebook.com/ywasg Twitter https://twitter.com/YWASG
The Joint	Mikayla	0426 154 836	mikaylaoneill23@gmail.com	https://discord.com/invite/5p qePh6s	