



MND SUPPORT GROUPS

If you are living with MND, are a carer or are a local health/community care worker for people living with MND - these groups are for you!

The MND and Me Foundation host regular support groups to provide the opportunity for people living with Motor Neurone Disease to meet together in an informal environment to chat, catch up and learn from each other.

Regular guest speakers from the health and community sector, who know about MND or have expertise in a topic that may be of interest to the members, are invited to present to the support groups.

This year's Queensland Support Groups have been scheduled for: Sunshine Coast, South Brisbane, North Brisbane, with small local groups planned for regional centres in Mackay, Townsville and Cairns.

To find out when your next local MND Support Group is being held go to www.mndandme.com.au or contact Sarah on 07 3394 5333 or services@mndandme.com.au.



Research

Services

Information

Equipment

Health
Professional
Advice

Come along – you
can get the right
information from
the right people!

Informal setting

Easy access

Refreshments

Local community
involvement

MND AND ME FOUNDATION SUPPORT GROUPS

SOUTH BRISBANE		1st Thursday of every month
<p>10:00am to 12:00pm</p> <p>1 Feb, 7 March, 4 April, 2 May, 6 June, 4 July, 1 Aug, 5 Sept, 3 Oct, 7 Nov, 5 Dec</p>	<p>QLD MND Centre 5/28 Cavendish Road, Coorparoo</p>	<p>Sarah Durand services@mndandme.com.au 07 3394 5333</p>
NORTH BRISBANE		1st Tuesday of every month
<p>1:00pm to 3:00pm</p> <p>6 Feb, 5 March, 2 April, 7 May, 4 June, 2 July, 6 Aug, 3 Sept, 1 Oct, 5 Nov, 3 Dec</p>	<p>Chermside Library 375 Hamilton Road, Chermside</p>	<p>Sarah Durand services@mndandme.com.au 07 3394 5333</p>
MACKAY		ON HOLD
	<p>These sessions are currently on hold. Please contact Bonnie for more information.</p>	<p>Bonnie Evans bonnie@baesupportcoordination.com 0421 355 035</p>
SUNSHINE COAST		2nd Tuesday of every 2nd month
<p>10:30am to 12:30pm</p> <p>13 Feb, 9 April, 11 June, 13 Aug, 8 Oct, 10 Dec</p>	<p>Coolum Civic Centre 2-4 Park Street, Coolum Beach</p>	<p>Sarah Durand services@mndandme.com.au 07 3394 5333</p>
TOWNSVILLE		2nd Wednesday of every 2nd month
<p>10:00am to 12:00pm</p> <p>14 Feb, 10 April, 12 June, 14 Aug, 9 Oct, 11 Dec</p>	<p>Big Mikes Mobility 185 Ingham Road West End, Townsville</p>	<p>Angie Morio angie.morio@supportplusnq.com.au 0439 788 331</p>
CAIRNS		1st Friday of every 2nd month
<p>1:00pm to 3:00pm</p> <p>2 Feb, 5 April, 7 June, 2 Aug, 4 Oct, 6 Dec</p>	<p>Spinal Life Healthy Living Centre 2-4 Smith St Cairns North 4870</p>	<p>Yvonne Reddacliff/Olivia Ballantyne yvonne@albizia.cc/olivia.ballantyne @sparkneurocare.com.au 0412 792 270 (Yvonne)</p>

CARER GROUPS

SOUTH BRISBANE (CAN ALSO BE ACCESSED ONLINE VIA ZOOM)		3rd Friday of every month
<p>10:00am to 12:00pm</p> <p>16 Feb, 15 March, 19 April, 17 May, 21 June, 19 July, 16 Aug, 20 Sept, 18 Oct, 15 Nov, 20 Dec</p>	<p>QLD MND Centre 5/28 Cavendish Road, Coorparoo</p>	<p>Sarah Durand services@mndandme.com.au 07 3394 5333</p>

