



## 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](http://www.mndandme.com.au) or contact Stacey on 07 3394 5333 or [services@mndandme.com.au](mailto: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
10:00am to 12:00pm 5 Feb, 5 March, 2 April, 7 May, 4 June, 2 July, 6 Aug, 3 Sept, 1 Oct, 5 Nov, 3 Dec	QLD MND Centre 5/28 Cavendish Road, Coorparoo	Stacey Verner-Wren services@mndandme.com.au 07 3394 5333
NORTH BRISBANE		4th Thursday of every month
1:00pm to 3:00pm 26 Feb, 26 March, 23 April, 28 May, 25 June, 23 July, 27 Aug, 24 Sept, 22 Oct, 26 Nov	Chermside Library 375 Hamilton Road, Chermside	Stacey Verner-Wren services@mndandme.com.au 07 3394 5333
MACKAY		To be advised
	These sessions are scheduled accordingly. Please contact Bonnie for more information.	Bonnie Evans bonnie@baesupportcoordination.com 0421 355 035
SUNSHINE COAST		2nd Friday of every 2nd month
10:30am to 12:30pm 13 Feb, 10 April, 12 June, 14 Aug, 9 Oct, 11 Dec	Coolum Civic Centre 2-4 Park Street, Coolum Beach	Stacey Verner-Wren services@mndandme.com.au 07 3394 5333
TOWNSVILLE		
10:00am to 12:00pm 11 Feb, 25 Mar, 6 May, 10 June, 29 July, 9 Sept, 21 Oct, 2 Dec	Big Mikes Mobility 185 Ingham Road West End, Townsville	Angie Morio angie.morio@supportplusnq.com.au 0439 788 331
CAIRNS		Last Friday of every 2nd month
10:00am to 12:00pm 30 Jan, 27 March, 29 May, 31 July, 25 Sept, 27 Nov	Spinal Life Healthy Living Centre 2-4 Smith St Cairns North 4870	Yvonne Reddacliff yvonne@albizia.cc 0412 792 270

## CARER GROUPS

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