



## **FOR PARENTS & CARERS OF CHILDREN WITH A DISABILITY (including ASD, ADD)**

### **PARENT PEER SUPPORT GROUPS** **STRENGTHENING PARENT SUPPORT PROGRAM**

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)? Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups. 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. You can come to one or as many groups as you like!

Groups are free of charge and bookings are required

For information on groups, individual support, or if you'd like an information session for your community group or organisation, contact on Michelle 0438 646 744

**Details for all groups listed  
over page.**

# **PARENT***ZONE*



**Glen Park**  
Community Centre



Health  
and Human  
Services

Groups meet monthly or fortnightly, except on public holidays or during school holidays. Term 2 2023

#### **BOXHILL**

**TIME & DAY:**

10:00-11:00AM on the 1st Tuesday of every month during school terms

**LOCATION:**

Anglicare office Level 2/37-41 Prospect St, Box Hill

**DATES FOR**

**Term 2 2023**

May 2nd & June 6th

2hr free parking in Hopetoun Pde, walking distance to group.

#### **BAYSWATER**

**TIME & DAY:**

10:30-11:30AM on the 2nd Wednesday of the month during school terms

**LOCATION:**

Glen Park Community Centre 30 Glen Park Rd, Bayswater Nth

**DATES FOR**

**Term 2 2023**

May 10th & June 14th

#### **LILYDALE**

**TIME & DAY**

10:30-11:30AM on the 3rd Friday of the month during school terms

**LOCATION**

Anglicare office, 47-51 Castella Street, Lilydale

**DATES FOR**

**Term 2 2023**

May 19th & June 16th

#### **ONLINE GROUP**

**TIME & DAY:**

Fortnightly on Tuesday mornings

**LOCATION**

10:30-11:30 via zoom

**DATES FOR**

**Term 2 2023**

May 9th & 23rd, June 6th & 20th

#### **LIVING WITH**

**AUTISM**

**SUPPORT**

An informal peer support group for parent/carers who are caring for children living with Autism

**TIME & DAY:**

Fortnightly Tuesday Evenings 7-8pm

**LOCATION**

via Zoom

**DATES FOR**

**Term 2 2023**

May 2nd, 16th & 30th, June 13th

#### **ADHD/ADD**

**SUPPORT**

**GROUP**

A 5-week parenting program for parent/carers of children with ADHD/ADD to share information and experiences and build connections around living with ADHD/ADD

**TIME & DAY**

weekly sessions for 5 weeks Thursday 10:30am-12pm

**LOCATION**

Via Zoom

**DATES FOR**

**Term 2 2023**

May 11th-June 15th

Free of charge. Bookings are required.

Contact Michelle on 0438 646 744 or

[StrengtheningParentSupport@anglicarevic.org.au](mailto:StrengtheningParentSupport@anglicarevic.org.au)

**PARENT****ZONE**