

## NORTHERN RIVERS SUPPORT GROUPS

NAME	LOCATION	WHEN	CONTACT NAME	EMAIL	PHONE
<b>Prostate Cancer Support Group - Day Group</b> Men diagnosed with prostate cancer & their partners or carers	<b>Alstonville</b> - Alstonville Bowling Club Deegan Street	3rd Monday of each month 10am-12noon	Pat	<a href="mailto:patcog@inet.net.au">patcog@inet.net.au</a>	
<b>Ballina Bunjalung Carer group</b>	<b>Ballina</b>		Gayle Lambert	<a href="mailto:gayle.lambert@northcott.com.au">gayle.lambert@northcott.com.au</a>	02 6620 6600
<b>Bunjum Aboriginal Carers Support Group</b> - Carers of people with autism, Down Syndrome, cerebral palsy, Global Development Delay	<b>Ballina</b>		Isobel Bradshaw, EarlyLinker, Bunjum		02 66811540
<b>Cuppa Connections</b>	<b>Ballina</b>		Megan Perrin		0409 840 677
<b>Parkinsons NSW Support Group</b>	<b>Ballina</b>		Parkinsons freecall		1800 644 189
<b>Dementia Friendly Ballina Community Café</b> - A regular get together of people with dementia and their supporters to develop social connections, build understanding and create awareness - all welcome	<b>Ballina</b> - Café Sebastian, Shop 36 Ballina Shopping Centre	1st Wednesday every month 10 - 12pm	Lou, Home Instead Senior Care	<a href="mailto:lou@hiscgoldcoast.com.au">lou@hiscgoldcoast.com.au</a>	0467 641 853
<b>Ballina Mental Health Family and Carers Support</b> - One Door Mental Health run a range of different groups across the State that cater to all kinds of people affected by mental illness including those with lived experience, their families and carers.	<b>Ballina</b> - Cherry Street Sports Club	4th Monday 5-7pm	Susie Grinky		6623 7413
<b>Northern Rivers Parkinson's Support group</b>	<b>Ballina</b> - Crowley education centre & House with no Steps	Meets 2 <sup>nd</sup> Friday every 2 <sup>nd</sup> month at Crowley Education Centre 10 – 11.45am; Informal get together at House With No Steps at 10 – 11.45am alternate Fridays every 2nd month	Yvonne Magrath	<a href="mailto:NorthernriversparkinsonsSG@gmail.com">NorthernriversparkinsonsSG@gmail.com</a>	02 6628 5884 or 0429 946 146
<b>My Time Play Group</b> - For Carers of young children with a disability. Siblings welcome	<b>Ballina and Cabbage Tree Island</b>	Ballina – Wednesday; Cabbage Tree - Tuesday	Elaina Creighton		6686 6889 or 0432 480 288
<b>Brain Injury Support group</b>	<b>Bangalow</b>			<a href="mailto:tdudgeon@bigpond.net.au">tdudgeon@bigpond.net.au</a>	66871290
<b>Carers Coffee Club</b> - for carers supporting someone living with Dementia	<b>Bangalow</b> , Brunswick Heads or Mullumbimby - local café	2nd Monday of the month 10.30am – 12 noon	Karen Harborow	<a href="mailto:dementiafriendly@byronrespite.com.au">dementiafriendly@byronrespite.com.au</a>	0412 911 613

<b>Tweed Banora – Autism,ADHD,ODD, Anxiety and Selective Mutism Support Group</b>	<b>Banora Point</b> - Proposed every 2nd Monday of the school term Salvation Army Hall Banora Point		Rachel Brindley		0448 811 704
<b>Kyogle LGA Peer Network -</b>	<b>Bonalbo/Woodenbong</b>	2 <sup>nd</sup> Tuesday of the month	Astrid Bannah		6634 1372
<b>Carers Coffee Club</b> - for carers supporting someone living with Dementia	<b>Brunswick Heads</b> , Mullumbimby or Bangalow - local café	2nd Monday of the month 10.30am – 12 noon	Karen Harborow	<a href="mailto:dementiafriendly@byronrespite.com.au">dementiafriendly@byronrespite.com.au</a>	0412 911 613
<b>Byron Family Drug Support Group</b> - For families and carer of people with drug related issues.	<b>Byron Bay</b>				1300 368 186 – 24 hr support line
<b>Byron Bay Autism Spectrum Disorder support group</b>	<b>Byron Bay</b> - Byron Bay Hospital	1st Friday of the month	Joy McGrath		6639 9108
<b>Casino Bundjalung Crew</b> - Informal support group for local Bunjalung Carers	<b>Casino</b>		Gayle Lambert	<a href="mailto:gayle.lambert@northcott.com.au">gayle.lambert@northcott.com.au</a>	02 6620 6600
<b>Casino MyTime</b> - free support for people caring for children (up to 16) with disabilities	<b>Casino</b>				02 9787 0871
<b>Casino Parkinson Support group</b>	<b>Casino</b>				1800 644 189
<b>Casino Vision Impaired Group</b>	<b>Casino</b> - Baptist Church Hall	1st Monday of each month, 10am	Denise		0428 661 917
<b>Casino Peer Support Group</b> - for people with disability, carers and family	<b>Casino</b> - Casino Community Centre	4 <sup>th</sup> Wednesday of the month	Pam Bourne	<a href="mailto:teko.valentino2@gmail.com">teko.valentino2@gmail.com</a>	0438 225 470
<b>Mental Health Family and Carers Support group</b> - Carers of people living with mental illness	<b>Casino</b> - Neighbourhood Centre	1 <sup>st</sup> Thursday of the month 10am – 12 pm.	Stephanie Pages		6623 7401
<b>Carers Group Casino</b> - Friendly, inclusive and supportive group support people who are carers for family member or friend	<b>Casino</b> - Southern Cross Care Community Centre, 62 Centre Street,	3rd Friday of each month 10 11.30am	Lyn Johnston or Donna Hampton	<a href="mailto:ljohnston@sccliving.org.au">ljohnston@sccliving.org.au</a>	02 6662 5844
<b>Coffs Coast Autism Family Support Group: Meet and Share</b> - Autism Spectrum Disorder, Genetic Illness, Sensory Processing Disorder & ADD/ADHD	<b>Coffs Harbour</b> - 191 Harbour Drive, Cavanbah Centre	Last Wednesday of each month, from 10am-12pm			6652 7330 or 0412 639 789
<b>Mid Richmond Neighbourhood Centre Carer Support</b> - Mainly parents of younger children with additional needs, who like to meet on an informal basis to have a chat and a cuppa and share information and stories.	<b>Evans Head</b> - Chill Cafe, Woodburn Street	3rd Monday of the month except school holidays.10am until approximately 12 noon.	Carol Holmes		02 6682 4334
<b>Evans Head Parent Carer Support Group</b>	<b>Evans Head</b> - Scout Hall, Mangrove Street	3rd Thursday of the month 10am until 12noon, Morning Tea provided	Carol Holmes		(02) 66824334
<b>Chit Chats Carers group</b> - Group meets to have a chat	<b>Goonellabah</b> - 43 Dudley Dr	Third Wednesday of the month	Elizabeth Smyth		0421 766 893

<b>SACOD (Siblings And Carers Of Disabilities) - At</b> SACODs we understand the trials and tribulations you go through with a person with a disability. This group is to enable siblings to be kids and forget about their 'carers' role while feeling supported in a non-judgemental environment.	<b>Grafton</b>		Libby Read	<a href="mailto:libby.read@outlook.com">libby.read@outlook.com</a>	0487 447 007
<b>Mental Health Family and Carers Support group -</b> Carers of people living with mental illness	<b>Grafton - 132 Princess St</b>	3 <sup>rd</sup> Thursday 10am – 12pm	Nev or Helen		Nev 6649 3660 or Helen 66587831
<b>Parkinson Support Group - for carers of people with Parkinsons</b>	<b>Grafton - Grafton District Services Club, 105-107 Mary Street</b>	11-12noon followed by lunch	Catherine Eggins	<a href="mailto:catherine.eggins@bigpond.com">catherine.eggins@bigpond.com</a>	
<b>Grafton General Cancer Carer Support Group</b>	<b>Grafton - Grafton District Services Club, Fry St, Grafton</b>	2 <sup>nd</sup> Monday of the month at 10am for an informal morning tea	Susanne Webb	<a href="mailto:susanne.webb@health.nsw.gov.au">susanne.webb@health.nsw.gov.au</a>	
<b>Clarence Valley Forward Steps carers support group -</b> Carers of people with disability	<b>Grafton and surrounding areas</b>		CV Forward Steps on Facebook <a href="https://www.facebook.com/groups/697744113621367/">https://www.facebook.com/groups/697744113621367/</a>		
<b>Dementia Carer Support group -</b> Carers of people with Dementia	<b>Kingscliff</b>		<a href="http://www.lifebridge.org.au">http://www.lifebridge.org.au</a>	<a href="mailto:sandrawoolnough@lifebridge.org.au">sandrawoolnough@lifebridge.org.au</a>	07 5589 8900 Work
<b>MS Carers Support -</b> Carer's for those living with MS provides the opportunity to share stories and knowledge whilst enjoying the company of others going through similar experiences so that you know that you are not alone on this journey	<b>Kingscliff - Cudgen Headland Surf Life Saving Club, 3 Marine Pde</b>	4th Tuesday of each month, excluding January and December, 11am to 1pm.	Deb Monaghan		0438 279 949
<b>Mental Health Family and Carers Support group -</b> Carers of people living with mental illness	<b>Kyogle - Community Health, 199 Summerland Way</b>	1 <sup>st</sup> Tuesday of the month	Stephanie Pages		6623 7401
<b>Kyogle Support group -</b> for people with a disability or chronic illness their carers and family to be able to have a chat , gain support and gain information on services.	<b>Kyogle – various locations</b>	The Second THURSDAY of the month 11am -1pm	Melissa Smyth		0423 658 137
<b>Brain Injury Support Group</b>	<b>Lismore</b>	3rd Tuesday of the month at 10am	Marie	<a href="mailto:tdudgeon@bigpond.net.au">tdudgeon@bigpond.net.au</a>	
<b>Lismore MyTime -</b> Carers of children with a disability, developmental delay or chronic medical condition	<b>Lismore</b>				1800 171 882
<b>Prostate Cancer Support Group - Night Group -</b> Men diagnosed with prostate cancer & their partners or carers	<b>Lismore - Lismore Workers Club Keen Street</b>	First Wednesday each month at 7:00 pm - 9:00 pm	Vida	<a href="mailto:stenneroldies@bigpond.com.au">stenneroldies@bigpond.com.au</a>	

<b>Lismore Mental Health Carers Support Group</b>	<b>Lismore</b> - Mission Australia Office, 29 Moleworth Street	1st Wednesday of the Month 10am - 12noon	Chris	<a href="mailto:JedrzejczykC@missionaustralia.com.au">JedrzejczykC@missionaustralia.com.au</a>	6623 7402 or 0409 818 643
<b>Aged Connectors Support Group</b> - for those 50 years or older & identify as an Aboriginal or Torres Strait Islander Person, Support & Information for aged care for older people with mental health Challenges, Linkages to Services, Wellness & Reablement, Commonwealth Home Support Program & Navigating My Aged Care	<b>Lismore</b> - Momentum Collective, 48 Uralba Street	First Monday of each month 10 am -12 Noon	Louise		0427 735 836 or 6622 0309
<b>Northern Rivers MD Mums Connecting</b> - We welcome mums of children with a neuromuscular condition within the Northern Rivers area. We meet once a term at various restaurants to share stories and information as well as giving support to old and newcomers. It is an informal casual get together with a free flowing conversation.	<b>Lismore</b> – Northern Rivers	Once each term, usually Thursday or Friday evenings	Andrea Watts; or Vivienne Cox	andid22@hotmail.com; vivcox1@gmail.com	
<b>St Carthages carers group</b> - For people supporting someone living with dementia	<b>Lismore / Goonellabah</b>	Last Monday of the month 1-3pm	Tracey Clement		6620 0000
<b>Chit Chats Lismore</b> - for family or friends caring for people living with a range of conditions including people with Intellectual disability, physical disability, Autism/ASD/Asperger's	<b>Lismore / Goonellabah</b> - 43 Dudley Dr Goonellabah	3rd Wednesday of the month	Elizabeth Smyth		0421 766 893
<b>Prostate Cancer Support Group</b> - Carers of people diagnosed with Cancer	<b>Lismore</b> and Far North Coast			<a href="mailto:richilton@optusnet.com.au">richilton@optusnet.com.au</a>	02 6621 2053
<b>Mental Health Family and Carers Support group</b> - Carers of people living with mental illness	<b>Lismore</b> Westlawn Building Molesworth St		Stephanie Page		6623 7401
<b>Mental Health Family and Carers Support group</b> - Carers of people living with mental illness	<b>Mullumbimby</b> Neighbourhood Centre		Leanne Gilchrist		0409 818 643
<b>Carers Coffee Club</b> - for carers supporting someone living with Dementia	<b>Mullumbimby</b> , Bangalow or Brunswick Heads - local café	2nd Monday of the month 10.30am – 12 noon	Karen Harborow	<a href="mailto:dementiafriendly@byronrespite.com.au">dementiafriendly@byronrespite.com.au</a>	0412 911 613
<b>Cancer Support group</b>	<b>Murwillumbah</b>	2nd Friday of the month	Carolyn		6672 0252
<b>ADHD, ODD, Anxiety &amp; Behavioural issues support group</b> - Support group for carers of children with ADHD, ODD, Anxiety and Behavioural issues	<b>Murwillumbah</b> - Murwillumbah Services club	2nd Friday of every month 10 am. Tea, coffee and cake provided.	Natalie	nabrsumam@yahoo.com.au	0427 778 667 For other areas call 131120
<b>Far North Coast Downs Syndrome Support</b>	<b>Northern Rivers</b>		facebook group <a href="https://www.facebook.com/groups/425522704176459/">https://www.facebook.com/groups/425522704176459/</a>		
<b>Ocean Shores MyTime</b> - free support for people caring for children (up to 16) with disabilities.	<b>Ocean Shores</b>				1800 171 882

<b>Caring for Carers of People with Dementia</b> - free online chat-based 6 week program to connect with other carers in a similar situation, chat from home, learn and share information and experiences	<b>Online</b>		Project Team	<a href="mailto:carers@cqu.edu.au">carers@cqu.edu.au</a>	0437 579 695
<b>Side By Side Asperger's group</b>	<b>Pottsville</b> - Neighbourhood Centre, 12a Elizabeth St	1st and 3rd Saturday of each month during NSW school terms	Belinda	<a href="mailto:belinda@pbnc.org.au">belinda@pbnc.org.au</a>	0404 249 869
<b>Pottsville Diabetics Support group</b>	<b>Pottsville</b> area / Northern Rivers				6676 0411
<b>Suffolk Park MyTime</b> - free support for people caring for children (up to 16) with disabilities	<b>Suffolk Park</b>				1800 171 882
<b>Tweed Aboriginal Support Group</b> - or families with children with a disability	<b>Tweed</b>	Every 3rd Thursday of the month 10.30 - 12.30	Isobel Bradshaw EarlyLinker Bunjum		02 66811540
<b>Twin Towns Friends Association</b> – Aged support group	<b>Tweed</b>		Doreen Walsh	<a href="mailto:Doreenfriends1@bigpond.com">Doreenfriends1@bigpond.com</a>	07 5524 1841
<b>NDIS Support Group</b> - Support group for parents and carers to discuss what they know about the NDIS & what they need to know. Start the pre-planning process in preparation for the roll-out.	<b>Tweed</b> - Banora Point Community Centre	Group meets on the 4th Monday of the month from 10 am - 12.30 pm at	Cathy O'Neill - Northcott Early Linker	<a href="mailto:cathy.oneill@northcott.com.au">cathy.oneill@northcott.com.au</a>	0427 175 211
<b>Tweed Parkinson's Support group</b>	<b>Tweed</b> - Community Room Tweed City Shopping centre	2 <sup>nd</sup> Monday of the month	Helen Boddington	<a href="mailto:helenandfred.b@bigpond.com">helenandfred.b@bigpond.com</a>	66762549
<b>Tweed Banora and Surrounding Areas Autism, ADHD, ODD, Anxiety and Selective Mutism Support Group</b>	<b>Tweed Banora</b> - Proposed - Salvation Army Hall, Banora Point	2nd Monday of the school term	Rachel Brindley		0448 811 704
<b>Tweed Heads MyTime</b> - free support for people caring for children (up to 16) with disabilities	<b>Tweed Heads</b>				02 9787 0871
<b>Dementia Carer Support Group</b>	<b>Tweed Heads</b> - Tweed Head Bowls Club	3rd Thursday of the month 12 noon - 2:00 pm	Janelle	<a href="mailto:janelle.egas@lifebridge.com.au">janelle.egas@lifebridge.com.au</a>	
<b>Mental Health Carer support group</b>	<b>Tweed Heads</b> - Tweed heads Bowls club	3 <sup>rd</sup> Thursday of the month 12pm – 3pm	Marion O' Grady	<a href="mailto:marion.ogrady@mymomentum.org.au">marion.ogrady@mymomentum.org.au</a>	0438 109 111
<b>Wardell MyTime</b> - free support for people caring for children (up to 16) with disabilities	<b>Wardell</b>				02 9787 0871
<b>Parkinsons NSW Support Group</b>	<b>Yamba</b>				1800 644 189
<b>Lower Clarence Carer Support Group</b> - We are a group for all carers in all caring roles. We offer support, friendship and information to all. During the year we have several social events such as High Tea, Christmas in July, Carers Week and Christmas party, these events are either low cost or subsidized for carers.	<b>Yamba</b> - Riverboat Restaurant, Yamba Bowling Club, 44 Wooli Street	3rd Tuesday each month from 10 am to 12 pm.	Jo Vestergaard, Coordinator, <a href="https://www.facebook.com/pages/Lower-Clarence-Carer-Support-Group/203685616332716">https://www.facebook.com/pages/Lower-Clarence-Carer-Support-Group/203685616332716</a>	<a href="mailto:jo@vestergaards.org">jo@vestergaards.org</a>	0400 110 768
<b>Mental Health Family and Carers Support group</b> - Carers of people living with mental illness	<b>Yamba</b> - Yamba Community Centre Treelands Drive	1st Monday of the month 10am - 12pm	Chris	<a href="mailto:JedrzejczykC@missionaustralia.com.au">JedrzejczykC@missionaustralia.com.au</a>	6623 7402 or 0409 818 643