



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 hosts 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 motor neurone disease 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: Cairns, Mackay, Ipswich, Toowoomba, South Brisbane, North Brisbane, Townsville, Gold Coast and Sunshine Coast.

To find out when your next local MND Support Group is being held go to:

<http://www.mndandme.com.au/helping-people/support-groups/>
or you can give us a call!

Sarah: 07 3394 5333 or email us on 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**

CAIRNS		Every 1st Friday of every 2nd month
1:00pm to 3:00pm 3 Feb, 14 Apr, 2 Jun, 4 Aug, 6 Oct, 1 Dec	Spinal Life Healthy Living Centre 2-4 Smith St, Cairns North QLD 4870	Yvonne Reddacliff / Olivia Ballantyne yvonne@albizia.cc / Olivia.Ballantyne@sparkneurocare.com.au or call 0412 792 270 (Yvonne)
MACKAY		Every 2nd Tuesday of every 2nd month
10:00am to 12:00pm 7 Feb, 4 Apr, 6 Jun, 1 Aug, 3 Oct, 5 Dec	Jubilee Community Centre Gordon St, Mackay 4740 (Mackay Regional Council grounds)	Bonnie Evans bonnie.evans@sparkneurocare.com.au or call 0428 984 391
GOLD COAST		Every 2nd Tuesday of every 2nd month
10:00am to 12:00pm 14 Mar, 9 May, 11 Jul, 12 Sep, 14 Nov	Southport Library Meeting room Corner Garden and Lawson St, Southport QLD 4215	Sarah Durand services@mndandme.com.au or call 3394 5333
IPSWICH		Every 3rd Thursday of every 2nd month
10:00am to 12:00pm 16 Feb, 20 Apr, 15 Jun, 17 Aug, 19 Oct, 21 Dec	Wolston Park Golf Club Ellerton Drive, Wacol	Sarah Durand services@mndandme.com.au or call 3394 5333
SOUTH BRISBANE		Every 1st Thursday of every month
10:00am to 12:00pm 2 Feb, 2 Mar, 6 Apr, 4 May, 1 Jun, 6 Jul, 3 Aug, 7 Sep, 5 Oct, 2 Nov, 7 Dec	QLD MND Centre 5/28 Cavendish Road, Coorparoo	Sarah Durand services@mndandme.com.au or call 3394 5333
NORTH BRISBANE		Every 1st Tuesday of every month
1:00pm to 3:00pm 7 Feb, 7 Mar, 4 Apr, 2 May, 6 Jun, 4 Jul, 1 Aug, 5 Sep, 3 Oct, 7 Nov, 5 Dec	Chermshire Library 375 Hamilton Road, Chermshire	Sarah Durand services@mndandme.com.au or call 3394 5333
TOWNSVILLE		Every 2nd Wednesday of every 2nd month
10:00am to 12:00pm 8 Feb, 12 Apr, 14 Jun, 9 Aug, 11 Oct, 13 Dec	Big Mikes Mobility 185 Ingham Road West End, Townsville	Angie Morio angie.morio@sparkneurocare.com.au or call 0439 788 331
SUNSHINE COAST		Every 2nd Tuesday of every 2nd month
10:00am to 12:00pm 14 Feb, 11 Apr, 13 June, 8 Aug, 10 Oct, 12 Dec	Coolum Civic Centre 2-4 Park Street, Coolum Beach	Sarah Durand services@mndandme.com.au or call 3394 5333
TOOWOOMBA		Every 3rd Thursday of 2nd month
10:00am to 12:00pm 16 Mar, 18 May, 20 Jul, 21 Sep, 16 Nov	Jacaranda Room Grand Central, Margaret St, Toowoomba	Sarah Durand services@mndandme.com.au or call 3394 5333