



**FOR PARENT/CARERS OF CHILDREN WITH A DISABILITY,  
DEVELOPMENTAL DELAY or NEURODIVERGENCE  
(including Autism & ADHD)**

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

**Term 2 2025**

**Are you a parent or carer of a child with a disability, developmental delay or hidden disability (Autism or ADHD...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 /carers at one of our monthly or fortnightly peer support groups. Share stories and strategies, have a cuppa, a chat and share 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 a session for your community group or organisation,**

**Contact Michelle on 0438 646 744**

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



**PARENTZONE**

Groups meet monthly or fortnightly, except on public holidays or during school holidays.  
Groups are free of charge. Bookings are required. Contact Michelle on 0438 646 744  
[StrengtheningParentSupportProgram@anglicarevic.org.au](mailto:StrengtheningParentSupportProgram@anglicarevic.org.au)

### TERM 2 2025

#### WALKING GROUP

TIME & DAY:  
LOCATION:  
DATES FOR  
Term 2 2025

Come together for a short walk ending with a cuppa @ Cafe on the Park  
10:30-11:30am monthly Thursday mornings during school terms  
Glen Park Community Centre, 30 Glen Park Rd, Bayswater Nth  
May 1st & 29th, June 26th

#### PDA SUPPORT GROUP

TIME & DAY  
LOCATION  
DATES FOR  
Term 2 2025

For parent/carers of PDAers to share their experiences with PDA.  
10:30-11:30am fortnightly on Tuesday mornings during school terms  
via Zoom  
May 6th & 20th, June 3rd & 17th, July 1st

#### ONLINE DAY GROUP

TIME & DAY:  
LOCATION  
DATES FOR  
Term 1 2025

For parent/carers of children with a disability, ADHD & Autism  
10:30-11:30am fortnightly on Thursday mornings during school terms  
via zoom  
May 8th & 22nd, June 5th & 19th, July 3rd

#### SELF-CARE GROUP

TIME & DAY:  
LOCATION:  
DATES FOR  
Term 2 2025

Activities for parents/carers to focus on their self-care.  
10:30-11:30am monthly on Wednesday Mornings  
Anglicare office Box Hill Level 2/37-44 Prospect Street Box Hill  
May 14th & June 11th