

## BCH Services Guide - Support Groups

Ballarat Community Health has many support groups which meet within our facilities. Please see the list below and contact details for the support groups

### Ballarat Parkinson's Support Group

Ballarat Parkinson's Support Group is an informal gathering of people who share similar situations, experiences and problems and who can offer one another emotional and/or practical support.

#### Program Information

##### What is it about?

Ballarat Parkinson's Support Group is an informal gathering of people who share similar situations, experiences and problems and who can offer one another emotional and/or practical support.

##### How much time will it take?

1st Friday of each month, 1.00pm - 3.00pm

##### How do I get into the program?

Please contact Elaine - Phone: 5342 8307

## **Ballarat Type 2 Diabetes Support Group**

Ballarat Type 2 Diabetes Support Group is an informal gathering of people who share similar situations, experiences and problems and who can offer one another emotional and/or practical support.

### **Program Information**

#### **When & Where is it held?**

Once a month, 2nd Monday at 4 - 5pm, Ballarat Community Health – 260 Vickers St, Sebastopol

#### **Other Information**

For further information please contact Joan Krahe ph 0419384106