

EDUCATION & CONNECTION OPPORTUNITIES 2026



FOR INDIVIDUALS AND FAMILIES IMPACTED BY MND

*MND Victoria looks forward to welcoming you to one or more of our online or in-person educational and peer support events. These sessions are available for all people impacted by MND, with sessions suitable to those newly diagnosed as well as those who have been living with the condition for some time. These events are **free** to attend, but registrations are required to secure your spot. We hope you can join us.*



MND READY Informed, Prepared and Empowered

This monthly session helps people living with MND - and their families - understand the condition, its sub-types, progression, and management options, while also exploring practical considerations for planning ahead. We will highlight key ways family members and friends can support someone after diagnosis, offering guidance, resources, and strategies to help them feel prepared to sustain a caring role.



MND EXCHANGE Sharing Knowledge and Expertise to Face Everyday Challenges

These topic-focused sessions offer an opportunity for people living with MND and their families to learn from experts in MND, including professionals and others with lived experience, and develop knowledge and strategies in response to common challenges.

Different topic each month with in-person and online sessions available.



MND RELATE Connected and Supported

These facilitated peer-support groups provide a relaxed opportunity for peer connection and to share experiences amongst people living with MND and their carers. All are welcome.

Bi-monthly, online sessions. Some in-person locations (region-specific).



MND READY

All MND Ready sessions are conducted ONLINE

Tues 3rd February 10am – 11:15am
Thurs 5th March 6pm – 7:15pm
Thurs 9th April 10am – 11:15am
Thurs 7th May: 10am – 11:15am
Tues 2nd June 6pm – 7:15pm
Thurs 9th July 10am – 11:15am
Tues 4th August 10am – 11:15am
Thurs 3rd September 6pm - 7:15pm
Tues 6th October 10am – 11:15am
Thurs 5th November 10am – 11:15am
Tues 1st December 10am – 11:15am

MND EXCHANGE

All MND Exchange sessions commence at 10:30am and are conducted ONLINE or IN PERSON

Thurs 12th February (ONLINE) - MND Research: Insight & Updates
Thurs 12th March (ONLINE) - Getting Away: Travel and MND
Wed 18th March (IN PERSON) - Wangaratta Community Seminar
Wed 22nd April (ONLINE) - Understanding Driving & MND
Thurs 21st May (ONLINE) - Future Planning: Legal & Financial options
Wed 24th June (ONLINE) - Understanding Breathing Support
Fri 24th July (IN PERSON) - Metro Community Seminar
Wed 5th August (ONLINE) - Supporting nutrition and planning ahead
Thurs 17th September (ONLINE) - Mouth Matters: Oral Health & MND
Thurs 1st October (ONLINE) - Staying Connected: Intimacy & Relationships
Mon 26^h October (TBC) - IN PERSON - TAS Community Seminar
Mon 9th November (ONLINE) - Peer Stories: Living positively
Mon 7th December (ONLINE) - Navigating the holiday season with care



MND RELATE

2PM-3PM, ONLINE

Wed 18th February
Wed 15th April
Wed 17th June
Wed 19th August
Wed 21st October
Wed 2nd December

Register here!
www.mnd.org.au/events
E: info@mnd.org.au
P: (03) 9830 2122



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