

EDUCATION & CONNECTION OPPORTUNITIES 2025



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 session is repeated monthly and provides an opportunity for people living with MND, and their families, to learn more about MND and gather important insights into the practicalities of planning ahead following a diagnosis of MND. We'll discuss the sub-types, common symptoms, progression, management options, support services and other key considerations, to help attendees feel better prepared to tackle the challenges of MND.

Carers may also wish to attend the Carer-specific extension which is offered quarterly, immediately following the MND Ready session.

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.

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



MND READY

- Tuesday 4th February 10am – 11am (ONLINE)
- Thursday 6th of March 10am – 11am (IN PERSON)
- Tuesday 1st of April 6:00pm – 7:00pm (ONLINE)
- Thursday 1st of May: 10am – 11am (ONLINE)
- Tuesday 3rd of June 10am – 11am (ONLINE)
- Thursday 3rd of July 6:00pm – 7:00pm (ONLINE)
- Tuesday 5th of August 10am – 11am (IN PERSON)
- Thursday 4th of September 10am-11am (ONLINE)
- Tuesday 7th of October 6:00pm – 7:00pm (ONLINE)
- Thursday 6th of November 10am – 11am (ONLINE)
- Tuesday 2nd of December 10am – 11am (ONLINE)



MND READY - Carers

- Tuesday 4th February 11.15am– 11.45am (ONLINE)
- Tuesday 1st of April 7.15pm – 7.45pm (ONLINE)
- Thursday 3rd of July 7.15pm – 7.45pm (ONLINE)
- Tuesday 2nd of December 11.15am – 11.45am (ONLINE)

MND EXCHANGE

10.30am

- Monday 10th February (ONLINE): Preparing for times away from home
- Thursday 13th March (ONLINE): Beyond MND; Managing life's roles and responsibilities
- Thursday 10th April (IN PERSON at Laverton Community Hub) Metro West MND Community Seminar
- Thursday 8th May (ONLINE): Tackling tricky conversations and situations
- Thursday 12th June (IN PERSON) The impact of MND on the Family Unit
- Monday 14th July (ONLINE): "Ready, Set, Go": Let's talk about Driving, Transport and Community Access
- Thursday 14th August (IN PERSON): Taking the fear out of aids and equipment...over morning tea!
- Monday 8th September (ONLINE): Maintaining healthy & intimate relationships
- Thursday 9th October (ONLINE): The Do's and Don'ts of Exercise
- Monday 10th November (ONLINE): 'Swipe Right!': Getting the most out of digital devices, applications and technology



MND RELATE

2pm

- Wednesday 19th March (ONLINE)
- Wednesday 18th June (ONLINE)
- Wednesday 17th September (ONLINE)
- Wednesday 19th November (ONLINE)



SCAN ME



Register here!

www.mnd.org.au/events

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