

# **Blue Mountains ME/CFS and Fibromyalgia Support and Social Group**

*Living, surviving and supporting each other*

**Support group meeting:  
First Thursday of the month, except Jan  
10am -12**

**Belong Blue Mountains Inc  
Mid Mountains Neighbourhood Centre:  
9 New Street, Lawson**

*We have a monthly newsletter to reach  
people by mail or email,  
and also Facebook support:  
Blue Mountains ME/CFS/FM Support Group*

**Support group co-ordinator :**

**Therese 0401 238 551**

**email: [cfsbluemountains@gmail.com](mailto:cfsbluemountains@gmail.com)**

**Auspiced by Belong Blue Mountains Inc  
Mid Mountains Neighbourhood Centre:**

**Danielle: Ph: 4759 2592; Fax: 4759 1056**