

About Plus Peer Support

Our Plus Peer Support program is a great way for people affected by multiple sclerosis to connect and support each other — both those living with the disease, and also carers, family and friends.

Giving and receiving practical and emotional support can help you understand a recent diagnosis, manage your symptoms, and live well with multiple sclerosis. It's also a great way to make new friends!



Connect with a Plus Peer Support Group

You can connect with a Plus Peer Support group face to face, online, or over the phone – whatever makes you feel the most comfortable.



It's completely FREE to participate

Our current groups are listed below. We also list areas we have identified for new groups.



Need help finding a group?

If you can't find a group that suits you, please contact **Plus Connect** (Freecall **1800 042 138** or email connect@msplus.org.au) to register your interest and discuss alternative options.

Greater Sydney

Blue Mountains – Springwood (Café group) 2nd Friday of month 10am – 12pm

Georges River Area – Allawah 2nd Wednesday of month

Georges River Area – Sans Souci 3rd Saturday of month

Westmead 1st Wednesday of month 11.30am

Inner West – Glebe 1st Tuesday of month 5.30pm

Northern Beaches Dinner Group – Belrose 2nd Wednesday of month 6.30pm

Sydney CBD – People working in the CBD 3rd Wednesday of month 5.30pm

Narellan First Saturday of the month 12.30pm - lunchtime
First meeting February 2023.

Wednesday of month

The Sapphire (Bega Valley) Support Group 2nd Thursday of month 10.30am

Central Coast Peer Support Group Saturdays Times and dates vary each month

Coffs Harbour Support Group 1st Friday of month, and alternate 1st Saturday of month Mid-morning

Cooma Berridale 1st Wednesday of the month Time and venue varies

East Lake Macquarie Support Group 4th Thursday of month 10am

Gosford Peer Support Group – Narara 3rd Wednesday of month 11.30am

Grafton – Clarence Valley Support Group 3rd Tuesday of month 11.00am – 1.00pm

Kingscliff – North Rivers Peer Support Group 4th Tuesday of month 11.00am – 2.00pm

Lismore Peer Support Group Saturday, once a month 2.00pm

Newcastle Peer Support Group – Carrington 3rd Wednesday of month 8.00 – 10.00am

Regional and Rural NSW/ACT

Albury Support Group 2nd Saturday of month 11.00am

Armidale Support Group & Branch Every 2nd month (starting Feb), 2nd 10.30am

Tamworth Peer Support Group Wednesdays, Afternoons once a month

Wollongong Peer Support Group 3rd Sunday of month 12.00pm for lunch

Australian Capital Territory (ACT)

People with MS Support Group – Deakin Last Friday of month, except December

ACT Weekend Support Group Saturdays, once a month

Telegroups

Do you like the idea of connecting with other people living with Multiple Sclerosis? Would you prefer not to have to go out for another meeting?

Telegroups are an effective way of connecting people by phone who have a common need. Telegroups meet by telephone rather than in person.

After Hours Young Persons Support Group 1st Thursday of month 6.30 – 7.30pm

Men with MS Support Groups 1st Thursday of month 1.30 – 2.30pm

1st Tuesday of month 12.00 – 1.00pm

1st Friday of month 12.30 – 1.30pm

People with MS: general group for people wanting support and to share information 1st Tuesday of month 7.00 – 8.00pm

1st Monday of month 7.00 – 8.00pm

After Hours Telegroup for Working People with MS 2nd Wednesday of month 6.30 – 7.30pm

Mums with MS 2nd Tuesday of month 1.00 – 2.00pm

Women support group 4th Monday of month 12.30 – 1.30pm

Women in the 40-64 age group 3rd Tues of month 10.00 – 11.00am

Over 65s Support Groups 1st Tues of month 10.30 – 11.30am

2nd Tues of month 10.30 – 11.30am

Last Tuesday of the month 10.30 – 11.30am

Taking Control of your MS 4th Wed of month 12.00 – 1.00pm

Newly Diagnosed Support Groups 2nd Wednesday of month 12.00 – 1.00pm

2nd Thursday of month 12.30 – 1.30pm

1st Thursday of month 12.30 – 1.30pm

Trigeminal Neuralgia Support Group 2nd Thursday of month 2.00 – 3.00pm

**Queer and Gender
Diverse Virtual
Support Group** Last Thursday 7.00 – 8.00pm
of month

About MS Plus

At MS Plus, we work to improve the wellbeing of people living with MS and other neurological conditions.

Breaking down barriers on your journey is a team effort with you in charge. We can help you apply for the NDIS and My Aged Care. We can connect you with specialised services and help you manage your payments. We have a team of employment consultants, physiotherapists, occupational therapists, exercise physiologists, dietitians and continence nurses who are here to help.

MS Plus – empowering your neuro wellbeing.

