

### 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!

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#### 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.

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#### It's completely FREE to participate

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

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#### 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](mailto:connect@msplus.org.au)) to register your interest and discuss alternative options.

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## Melbourne and Surrounds

### EASTERN

<b>Blackburn discussion Group</b>	Every 2nd Wed	1.00 – 3.00pm
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<b>Outer Eastern Dinner Group</b>	2nd Tues of month	6.30pm onwards
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<b>The Hills Peer Support Group</b>	2 <sup>nd</sup> Wednesday of the month	1pm
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<b>Women in the east, North Blackburn</b>	1st Thursday of the month	12-2pm
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### NORTHERN

<b>Coburg Support Group</b>	1st Tues of month	12.30 – 2.30pm
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<b>Coburg/ Brunswick After Hours Dinner Group</b>	3rd Thurs of month	7.00 – 9.00pm
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<b>Mill Park / Northern Group</b>	4th Tues of month	11.00am – 2.30pm
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<b>Sunbury Support Group</b>	Last Monday of month	1.00 – 3.00pm
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### SOUTHERN

<b>Cheltenham Peer Support Group – including water aerobics</b>	Tues	11.00am onwards
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<b>Frankston Support Group</b>	2nd Sat of month	11.00am – 1.00pm
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<b>South East Dinner Group</b>	Last Thurs of month	6.30pm onwards
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<b>South East Morning Tea Group</b>	1st Fri of month	10.30am onwards
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### WESTERN

<b>Sunshine Mixed Day Group</b>	Last Thurs of month	10.00am – 12.00pm
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<b>Footscray Culturally and Linguistically Diverse Group</b>	1st Tues of month	10.00am – 12.00pm
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<b>St Albans Dinner Group</b>	2nd Thurs of month	10.00am – 12.00pm
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<b>Sunbury Support Group</b>	Last Mon of month	1.00 – 3.00pm
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### MELBOURNE CBD

<b>People working in the City Area</b>	1st Tues of month	5.30pm onwards
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## Regional and Rural VIC

### HUME

<b>Albury/ Wodonga Support Group</b>	2nd Sat every 2nd month	10.30am – 12.30pm
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<b>Kyabram Support Group</b>	1st Wed of month	5.00 – 6.30pm
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<b>Myrtleford Support Group</b>	4th Mon of month	10.30am – 12.00pm
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<b>Shepparton Support Group</b>	3rd Tues of month	9.30am – 12.30pm
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<b>Goulburn Valley Friendship Group</b>	3rd Sun of month	1.00 – 3.00pm
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<b>Wangaratta Support Group</b>	2nd Thurs of month	11.00am onwards
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### GIPPSLAND

<b>Bairnsdale Support Group</b>	3rd Wed of month	10.30am – 12.00pm
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<b>Bass Coast Mixed Day Group</b>	1st Wed of month	10.30am – 12.30pm
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<b>Latrobe Valley Peer Support Group</b>	2nd Wed of month	10am – 12pm
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<b>Yarra Ranges (Coldstream)</b>	Every 3rd month	11.30am – 1.00pm
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### MORNINGTON

#### PENINSULA

<b>Mornington Peer Support Group</b>	2nd Tues of month	1.00 – 3.00pm
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<b>Rosebud Peer Support Group</b>	3rd Fri of month	1.00pm – 3.30pm
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<b>Peninsula Dinner Group</b>	2nd Wed of month	6.30pm onwards
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### GRAMPIANS

<b>Ballarat Support Group</b>	4th Wed of month	10.30am – 12.00pm
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<b>Grampians Peer Support Group (Stawell)</b>	4th Thurs of month	4.30 – 6.00pm
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<b>Sunraysia Peer Support Group (Mildura)</b>	3rd Sat of month	12.00pm onwards
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### LODDON

<b>Bendigo Support Group</b>	1st Tues of month	3.30 – 5.00pm
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<b>Echuca Support Group</b>	2nd Mon of month	10.30am – 12.00pm
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<b>Maryborough Support Group</b>	4th Fri of month	2.00 – 4.00pm
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## BARWON

<b>Geelong Mixed Day Group</b>	4th Tues of month	11.30am – 1.30pm
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<b>Geelong Coffee Group</b>	1st Sat of month	10.00am onwards
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<b>Warrnambool Support Group</b>	3rd Wed of month	10.30am onwards
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<b>Cobden Support Group</b>	3rd Tues of month	2.00 – 4.00pm
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## Carers Groups

<b>Carers Group</b>	1 <sup>st</sup> Wed of month	12.30pm – 2.30pm
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## 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.

<b>Young people living with MS</b>	1st Thurs of month	6.30 – 7.30pm
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<b>Men with MS Support Group</b>	1st Thurs of month	1.30 – 2.30pm
	2nd Tues of month	1.00 – 2.00pm
	1 <sup>st</sup> Friday of month	12.30 – 1.30pm

<b>People with MS: general group for people wanting support and to share information</b>	1st Mon of month	11.00am – 12.00pm
	2nd Tues of month	7.00 – 8.00pm
	2nd Mon of month	7.00 – 8.00pm

<b>After Hours Telegroup for Working People with MS</b>	2nd Wed of month	6.30 – 7.30pm
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<b>Mums with MS</b>	2nd Tues of month	1.00 – 2.00pm
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<b>Women support group</b>	4th Mon of month	12.30 – 1.30pm
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<b>Women in the 40-64 age group</b>	3rd Tues of month	1.30 – 2.30pm
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<b>Over 65s Support Group</b>	1st Tues of month	10.30 – 11.30am
	2nd Tues of month	10.30 – 11.30am

## TELEGROUPS

## 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.*

## For more information

T 1800 042 138

E [connect@msplus.org.au](mailto:connect@msplus.org.au)

W [www.msplus.org.au](http://www.msplus.org.au)



