

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

## Greater Sydney

**Blue Mountains – Springwood** (Café group)    2<sup>nd</sup> Friday of month    10am – 12pm

**Georges River Area – Allawah**    2<sup>nd</sup> Wednesday of month

**Georges River Area – Sans Souci**    3<sup>rd</sup> Saturday of month

**Westmead**    1<sup>st</sup> Wednesday of month    11.30am

**Inner West – Glebe**    1<sup>st</sup> Tuesday of month    5.30pm

**Northern Beaches Dinner Group – Belrose**    2<sup>nd</sup> Wednesday of month    6.30pm

**Sydney CBD – People working in the CBD**    3<sup>rd</sup> 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**    2<sup>nd</sup> Thursday of month    10.30am

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

**Coffs Harbour Support Group**    1<sup>st</sup> Friday of month, and alternate 1<sup>st</sup> Saturday of month    Mid-morning

**East Lake Macquarie Support Group**    4<sup>th</sup> Thursday of month    10am

**Gosford Peer Support Group – Narara**    3<sup>rd</sup> Wednesday of month    11.30am

**Goulburn Peer Support Group**    Last Thursday of every month    10am – 12noon

**Grafton – Clarence Valley Support Group**    3<sup>rd</sup> Tuesday of month    11.00am – 1.00pm

**Kingscliff – North Rivers Peer Support Group**    4<sup>th</sup> Tuesday of month    11.00am – 2.00pm

## Regional and Rural NSW/ACT

**Albury Support Group**    2<sup>nd</sup> Saturday of month    11.00am

**Armidale Support Group & Branch**    Every 2<sup>nd</sup> month (starting Feb), 2<sup>nd</sup>    10.30am

**Lismore Peer Support Group**    Saturday, once a month    2.00pm

**Newcastle Peer Support Group – Carrington**    3<sup>rd</sup> Wednesday of month    8.00 – 10.00am

**Tamworth Peer Support Group**    Wednesdays, Afternoons once a month

**Wollongong Peer Support Group**    2<sup>nd</sup> Sunday of month    11.30am

## 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**    2<sup>nd</sup> Wednesday of month    6.30 – 7.30pm

**Mums with MS**    2<sup>nd</sup> 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**    3<sup>rd</sup> Tues of month    10.00 – 11.00am

**Over 65s Support Groups**

- 1st Tues of month    10.30 – 11.30am

2<sup>nd</sup> 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**    2<sup>nd</sup> Wednesday of month    12.00 – 1.00pm

2<sup>nd</sup> Thursday of month    12.30 – 1.30pm

1<sup>st</sup> Thursday of month    12.30 – 1.30pm

**Trigeminal Neuralgia Support Group**    2<sup>nd</sup> 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.*

