

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.

Melbourne and Surrounds

EASTERN

Blackburn discussion Group	Every 2nd Wed	1.00 – 3.00pm
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Outer Eastern Dinner Group	2nd Tues of month	6.30pm onwards
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NORTHERN

Coburg Support Group	1st Tues of month	12.30 – 2.30pm
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Coburg/ Brunswick After Hours Dinner Group	3rd Thurs of month	6.30 – 8.30pm
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Mill Park / Northern Group	4th Tues of month	11.00am – 2.30pm
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Sunbury Support Group	Last Monday of month	1.00 – 3.00pm
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SOUTHERN

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

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

People working in the City Area	1st Tues of month	5.30pm onwards
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Regional and Rural VIC

HUME

Albury/ Wodonga Support Group	2nd Sat every 2nd month	10.30am – 12.30pm
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Kyabram Support Group	1st Mon of month	1.30pm – 3.30pm
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Myrtleford Support Group	4th Mon of month	10.30am – 12.00pm
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Shepparton Support Group	3rd Tues of month	9.30am – 12.30pm
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Goulburn Valley Friendship Group	3rd Sun of month	1.00 – 3.00pm
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Yarrawonga Support Group	1st Tues of month	11.00am onwards
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Wangaratta Support Group	2nd Thurs of month	11.00am onwards
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Mansfield Support Group	Last Thurs of the month	11.00am onwards
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GIPPSLAND

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

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

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

Bendigo Support Group	1st Tues of month	3.30 – 5.00pm
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Echuca Support Group	2nd Mon of month	10.30am – 12.00pm
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BARWON

Geelong Mixed Day Group	4th Tues of month	11.30am – 1.30pm
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Geelong Coffee Group	1st Sat of month	10.00am onwards
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Lara Support Group	Thurs every 6 weeks	12.00 – 2.00pm
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Warrnambool Support Group	3rd Wed of month	10.30am onwards
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Cobden Support Group	3rd Tues of month	2.00 – 4.00pm
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Carers groups

Carers Group	1 st 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.

TELEGROUPS

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

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

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

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

W www.msplus.org.au

