

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

ON HOLD

**Blue Mountains –
Glenbrook**
(Café group)

**Georges
River Area
– Allawah** 2nd
Wednesday
of month

**Georges
River Area
– Sans Souci** 3rd Saturday
of month

**Inner West
– Glebe** 1st Tuesday 5.30pm
of month

NEW GROUP
**Liverpool Weekend
Group** Last Saturday 12pm
of month

NEW GROUP
**Narellan Weekend
Group** 1st Saturday 12.30pm
of month

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

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

Westmead 1st 11.30am
Wednesday
of month

(starting Feb),
2nd
Wednesday
of month

**Batemans Bay –
Eurobodalla MS
Support Group** 1st Thursday 11.30am –
of the month 1.30pm

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

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

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

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

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

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

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

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

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

Regional and Rural NSW/ACT

**Albury Support
Group** 2nd Saturday 11.00am
of month

**Armidale Support
Group & Branch** Every 2nd 10.30am
month

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

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 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 2.00 – 3.00pm
month

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.

