

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

Bathurst/Orange Peer Support Group Last Thursday of the month 10.30am

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

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

Central Coast Peninsula Peer Support Group 6 weekly, on Wednesdays 10am – 12pm

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

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

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

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

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

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

Liverpool MS weekend Peer Support Group

Last Saturday 11am
of the month

Newcastle Peer Support Group – Carrington

3rd 8.00 –
Wednesday 10.00am
of month

Tamworth Peer Support Group

Wednesdays, Afternoons
once
a month

Wollongong Peer Support Group

2nd Sunday 11.30am
of month

Young Peer Support Group

Last 6pm
Wednesday
of the month

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 6.30 – 7.30pm
of month

Men with MS Support Groups

1st Thursday 1.30 –
of month 2.30pm

1st Tuesday 12.00 –
of month 1.00pm

1st Friday 12.30 –
of month 1.30pm

People with MS: general group for people wanting support and to share information

1st Tuesday 7.00 – 8.00pm
of month

After Hours Telegroup for Working People with MS

2nd 6.30 –
Wednesday 7.30pm
of month

Mums with MS

2nd Tuesday 1.00 –
of month 2.00pm

Women support group

4th Monday 12.30 –
of month 1.30pm

Women in the 40-64 age group

3rd Tues 10.00 –
of month 11.00am

Over 65s Support Groups

1st Tues 10.30 –
of month 11.30am

2nd Tues 10.30 –
of month 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
	1 st Thursday of month	12.30 – 1.30pm
Trigeminal Neuralgia Support Group	2 nd Thursday of month	2.00 – 3.00pm
Queer and Gender Diverse Virtual Support Group	Last Thursday of month	7.00 – 8.00pm

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, psychologists,

For more information

T 1800 042 138
E connect@msplus.org.au
W www.msplus.org.au

