

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.

North / North West

Circular Head	1st Mon of month	7.00 – 8.30pm
Northern Social Group – Kings Meadows	2nd Thurs of month	11.00am – 1.00pm
Launceston PSG	Last Sat of month	10.00am – 12.00pm
Wynyard	2nd Wed of month	1.00 – 4.00pm
ON HOLD: Devonport	3rd Sat of month	10.30 – 11.30am
Ulverstone	4th Wed of month	11.00am – 1.30pm
Sheffield	1st Mon of month	2.00pm onwards

South

Glenorchy	Last Mon of month	6.00 – 8.00pm
Hobart – Men’s Peer Support Group	3rd Fri of month	12.30 – 2.30pm
Eastern Shore – Bellerive	2nd Fri of month	10.30am – 12.00pm
New Norfolk	1st Wed of month	10.30am – 12.30pm
ON HOLD: Kingston	2nd Thurs of month	12.00 – 2.00pm

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.

Under 30s Telegroup	1st Thurs of month	6.30 – 7.30pm
Men’s Support Group	1st Thurs of month 1st Tues of month	1.30 – 2.30pm 12.00 – 1.00pm
People with MS: general group for people wanting support and to share information	1st Mon of month 2nd Tues of month	11.00am – 12.00pm 7.00 – 8.00pm
After Hours for Working People with MS	1st Thurs of month	7.00 – 8.00pm
Mums Telegroup	2nd Tues of month	1.00 – 2.00pm
Women support group	4th Mon of month	12.30 – 1.30pm
Women in the 40-64 age group	3rd Tues of month	1.30 – 2.30pm
Over 65s Support Group	1st Tues of month 2nd Tues of month	10.30 – 11.30am 10.00 – 11.00am
ON HOLD: Carers/family	1st Tues 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, 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