



PEER SUPPORT

Under 30s Telegroup

THE PROGRAM

Do you like the idea of connecting with other young people living with multiple sclerosis? Would it be easier to connect over the phone?

Telegroups are an effective way of connecting people by phone who have a common need. Telegroups meet by telephone rather than in person. The group is facilitated by experienced peer support volunteers.



MS TELEGROUP FOR UNDER 30S

Aim: Connecting young people from across the miles to share information and support.

Participants: Young people under 30 living with MS

THE PROGRAM

Program:

- Up to 10 people are connected on a teleconference
- Duration is for 1 hour
- Monthly
- Facilitated by a trained Peer Support Volunteer

"I felt so reassured speaking to another person who understands"

"Even by phone I feel less isolated"

"It is great to share ideas and support"

DETAILS

Date	Time	RSVP
First Friday of Every month First meeting to be held on Friday 5 April 2019 at 12.30pm	12.30pm – 1.30pm	Contact MS Connect on 1800 042 138

MORE INFORMATION

If you have any queries please contact MS Connect from 8.30am to 5pm, Monday to Friday:

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Please contact MS for more information:

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