SELF HELP GROUPS

Support groups are 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!

In NSW & ACT there are self-help groups for people with multiple sclerosis, some of which have been meeting for many years. These groups have untrained facilitators and may not always be facilitated by a person living with MS.

If you can’t find a group that suits you, please contact MS Connect™ (Freecall 1800 042 138 or email msconnect@ms.org.au) to register your interest and discuss alternative options.

SYDNEY AND SUR roundS

Blacktown
• Meet occasionally for lunch at different venues and times.

Bowral — Southern Highlands MS Support Group
• 2nd Friday of each month, 10.30am–12.30pm

Castle Hill — Hills Support Group
• 2nd Fri of each month, 10am–12pm

Fairfield — Spanish Support Group
• 1st Friday of each month, 10.30–12pm

Lidcombe — MS Western Sydney Social & Support Group
• 2nd Tuesday of each month, 10am–12.30pm

North Ryde — New Directions Support Group
• 1st Wednesday of each month, 10.30am–12.30pm

St Ives — Wildflowers Gardens MS Support Group
• 4th Friday of each month, 10.30am–2:00pm

St Ives — Friendship Group
• 2nd Friday of each month, 10.30am–2.00pm

REGIONAL / RURAL NSW

Cowra Support Group
• 3rd Wednesday of month, 12pm–2pm

Doyalson- Central Coast North Support Group
• Bi-Monthly on 3rd Thursday of the month, 12pm-2pm

Goulburn Support Group
• Monthly. Last Thursday of each month. 10am-12pm

Great Lakes Manning Friendship Group
• 1st Monday of the month, 10.30am – 1pm

Jesmond - Newcastle/Lake Macquarie Group
• 3rd Wednesday of each month, 10am-12pm

Katoomba area - ‘Mainstay’
• 2nd Wednesday of the month, 12pm.

Maitland Support Group
• 3rd Friday of each month, 10am-12pm

Newcastle Choir Group for Parkinson’s and MS
• Weekly, Every Tuesday, 1.30pm - 3.30pm

Parkes - Support Group
• Meeting dates vary, 12pm-2:00pm

Singleton & District Support Group
• 2nd Tuesday of each month, 12pm-2pm

The Entrance - Central Coast MS Support Group
• Bi-monthly, 2nd Wednesday of the month, 10.30–12pm
Gosford Sunday Group
• Sunday lunch

Griffith Support Group
• Meet 4 times a year for lunch, 11–2pm

Wagga Wagga MS Support Group
• Afternoon coffee catch up: Monthly, 2nd Saturday of the month, 2pm

ACT

The MS Side Steppers Walking Group, Canberra
• Weekly, every Wednesday morning, 10am in various locations across Canberra.

HSCT for MS Support Group, Deakin
• 1st Friday of each month, 5.30pm-7pm

MS Café Group
• 2nd Friday of each month, 10am

Taking Control of MS Group, Deakin
• 2nd Saturday of each month, 2pm–4pm

Art Groups, Deakin
• Every second Friday Afternoon, 12.30pm – 2.30pm

Mindfulness Practice Meeting, Deakin
• Monthly, Last Friday of Each Month, 10.30am – 12pm.

Please contact MS Connect for more information about these groups:

MS Connect™: 1800 042 138    Email: msconnect@ms.org.au    Web: www.ms.org.au