



MS Peer Support in Tasmania

Group listing

ABOUT MS PEER SUPPORT

Our **MS 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!

You can connect with an MS 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.

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.

NORTH / NORTH WEST - FACE TO FACE GROUPS

Circular Head

Meets: Monthly, 1st Monday – 7:30pm–9pm
Circular Head

Ulverstone

Meets: Monthly, 4th Wednesday – 11am-1:30pm
Ulverstone

Northern

Meets: Monthly, 2nd Thursday – 11am-1pm
Kings Meadows

Dorset

Meets: Occasionally throughout the year
Meeting dates:

TBA – Invitations will be sent

**Please note new Winter meeting time is lunch

SOUTH - FACE TO FACE GROUPS

Glenorchy

Meets: Monthly, Last Monday – 6-8pm
Glenorchy

Eastern Shore

Meets: Monthly, 2nd Friday – 10:30am-12 noon
Bellerive

Kingston

Meets: Monthly, Second Wednesday – 12-2pm

FACEBOOK GROUPS

Facebook and online groups are moderated by trained MS Peer Support volunteers — click on the links below to access the groups

[Young Carers Facebook Group \(aged 13-21\)](#)

[Carers/Family Members Facebook Group \(21yrs +\)](#)

[People Living with MS Facebook Group \(all ages\)](#)

ONLINE COMMUNITY GROUPS

Peer Support Online Community (People living with MS)

mymcommunity.msaustralia.org.au

Carers Peer Support Online Community

mymcommunity.msaustralia.org.au

ABOUT MULTIPLE SCLEROSIS LIMITED (MS)

MS is the preeminent source of information, advice and services for people newly diagnosed or living with the disease.

We're a combined entity of ACT, NSW, Victoria and Tasmania with 60 years' insights into how to live well with the disease.

While many things have changed over the years our focus remains the same: to help people live their lives with multiple sclerosis and provide them with the best long term options and life outcomes.

Please contact MS for more information:

MS Connect™: 1800 042 138

Email: msconnect@ms.org.au

Web: www.ms.org.au
