



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 – 7pm–8:30pm
Circular Head

Wynyard

Meets: Monthly, First Wednesday of the month, 1-4pm.

Northern – Social Group

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

ON HOLD Devonport

Meets: Monthly, 3rd Saturday - 10:30am - 11:30am, Devonport. Next Meeting: TBA

Launceston - Under 50s PSG

Meets: Monthly, Last Saturday of the month – 10:30am – 12:30pm.

Ulverstone

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

SOUTH - FACE TO FACE GROUPS

Glenorchy

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

Eastern Shore

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

New Norfolk

Meets: Monthly, 1st Wednesday - 10:30am - 12:30pm, New Norfolk.

Hobart

Men's Peer Support Group

Meets: Monthly, Third Friday - 12:30pm to 2:30pm.

Kingston

Meets: Second Tuesday of Month, 12pm-2pm.

MS TELEGROUPS

Telegroups are an effective way of connecting people by phone who have a common need.

Telegroups meet by telephone rather than in person.

People with MS – general group for people wanting support & to share information

- 1st Monday of the month, 11.00am to 12noon
 - 2nd Tuesday of the month, 7 to 8pm
 - 2nd Monday of the month, 7pm to 8pm
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Women support group

- Fourth Monday of the month, 12.30 - 1.30pm

Women in the 40 to 64 aged group

- Third Tuesday of the month, 10am - 11am

NEW Greek Speaking Telegroup for PwMS

- 4th Monday of the month, 11am -12pm
First meeting **25 February 2019, 11am**
4η Δευτέρα του μήνα

Men's support group

- First Thursday of the month, 1.30pm - 2.30pm
- 1st Tuesday of the month, 12pm – 1pm

Over 65's support group

- First Tuesday of the month, 10.30am -11.30am

Carers/ family members

- 1st Tuesday of the month, 7pm to 8pm

After hours for Working People with MS

- 1st Thursday of the month, 7pm to 8pm

Mums Telegroup

- 2nd Tuesday of the month, 1 to 2pm
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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)

mymscommunity.msaustralia.org.au

Carers Peer Support Online Community

mymscommunity.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
