



# MS Peer Support in VIC

## Group listing

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### 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](mailto:msconnect@ms.org.au)) to register your interest and discuss alternative options.

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### MELBOURNE AND SURROUNDS

#### Eastern

##### **Blackburn Singing Group / Choir**

- Thurs, 11am–1pm

##### **Blackburn Discussion Group**

- Every 2<sup>nd</sup> Wed, 1–3pm

##### **Croydon Peer Support Group**

- 4<sup>th</sup> Tues of month, 11am onwards

##### **Ringwood Men's Group**

- 1<sup>st</sup> Monday of the month, 7pm onwards

##### **Knox Dinner Group**

- 2<sup>nd</sup> Tues of the month, 6.30pm onwards

#### Northern

##### **Coburg Support Group**

- 1<sup>st</sup> Wed of month, 1–3pm

##### **Coburg/ Brunswick After Hours Dinner Group**

- 3<sup>rd</sup> Thursday of month, 7–9pm

##### **Mill Park / Northern Group**

- 4<sup>th</sup> Tues of month, 11am–12.30pm

##### **Sunbury Support Group**

- Last Mon of month, 1–3pm

##### **Heidelberg Peer Support Group**

- Mondays Fortnightly, 9.30am to 1pm

#### Southern

##### **Cheltenham Peer Support Group — water aerobics**

- Tues, 11.00am onwards

##### **Frankston Support Group**

- 2<sup>nd</sup> Saturday of month, 11am–1pm

##### **Caulfield Dinner Group**

- Last Thursday of month, 6.30pm onwards

##### **Malvern Morning Tea Group**

- Second Wed , 10.30am onwards

#### Western

##### **Sunshine Mixed Day Group**

- Last Thursday of month, 10am–12pm

##### **Footscray Culturally and Linguistically Diverse Group**

- 1<sup>st</sup> Tuesday of month, 10am–12pm

#### Melbourne CBD

##### **People working in the City Area**

- 1<sup>st</sup> Tuesday of month, 5.30 onwards

### REGIONAL / RURAL VIC

#### Hume

##### **Albury/ Wodonga Support Group**

- 2<sup>nd</sup> Sat every 2nd month, 10.30am–12.30pm

##### **Benalla Support Group**

- 2<sup>nd</sup> Wed of month, 12pm–2pm

##### **Kyabram Support Group**

- 1<sup>st</sup> Wed of month, 5–6.30pm

##### **Myrtleford Support Group**

- 4<sup>th</sup> Mon of month, 10.30am–12pm

##### **Shepparton Support Group**

- 3<sup>rd</sup> Tues of month, 9.30am–12.30pm

##### **Yarrawonga Support Group**

- 1<sup>st</sup> Tues of month, 11.00 onwards

#### Gippsland

##### **Bairnsdale Support Group**

- 3<sup>rd</sup> Wed every month, 10.30am–12pm

##### **Bass Coast Mixed Day Group**

- 1<sup>st</sup> Wed of month, 10.30am–12.30pm

##### **Latrobe Valley Peer Support Group**

- 4<sup>th</sup> Wed of month, 10.30am–12.30pm

##### **Yarra Ranges (Coldstream)**

- Every 3<sup>rd</sup> month, 11.30am–1pm

#### Mornington Peninsula

##### **Mornington MS Peer Support Group**

- 2<sup>nd</sup> Tues of month, 1pm - 3pm

##### **Rosebud MS Peer Support Group**

- 3<sup>rd</sup> Monday of month, 1.30 – 3.30pm

#### Grampians

##### **Ballarat Support Group**

- 4<sup>th</sup> Wed of month, 10.30am–12pm

##### **Grampians MS Peer Support Group (Stawell)**

- 4<sup>th</sup> Thurs of month, 4.30–6pm

##### **Sunraysia Peer Support Group (Mildura)**

- 3<sup>rd</sup> Saturday of the month, 11am onwards

#### Loddon

##### **Bendigo Support Group**

- 1<sup>st</sup> Tues of month, 3.30–5pm

##### **Echuca Support Group**

- 2<sup>nd</sup> Mon of month, 10.30am–12pm

##### **Kyneton Support Group**

- 4<sup>th</sup> Wed of month, 10.30am–12.30pm

##### **Maryborough Support Group**

- 4<sup>th</sup> Fri of month, 2–4pm

#### Barwon

##### **Geelong CBD - Working People with MS**

- Last Tues of month, 6pm–8pm

##### **Geelong Mixed Day Group**

- 4<sup>th</sup> Tues of month, 11am–12.30pm

##### **Lara Support Group**

- Thurs every 6 weeks, 12–2pm

##### **Warrnambool Support Group**

- 3<sup>rd</sup> Wed of month, 10.30am onwards

## CARERS GROUPS

### Blackburn Carers Support Group

- 1<sup>st</sup> Wednesday of the month, 1.30 – 3.30pm

### Newstead/ Castlemaine Carers Support Group

- 3<sup>rd</sup> Thursday of the month, 11.00 – 1.00

## 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

- 1<sup>st</sup> Monday of the month, 11am - 12pm
- 2<sup>nd</sup> Tuesday of the month, 7pm - 8pm
- 2<sup>nd</sup> Monday of the month, 7pm - 8pm

### After hours for Working People with MS

- 1<sup>st</sup> Thursday of the month, 7pm - 8pm

### 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

### Over 65's support group

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

### Mums Telegroup

- 2<sup>nd</sup> Tuesday of the month, 1 - 2pm

### Men with MS Support Group

- 1<sup>st</sup> Thursday of the month, 1.30 - 2.30pm
- 1<sup>st</sup> Tuesday of the month, 12pm – 1pm

### Carers/ family members

- 1<sup>st</sup> Tuesday of the month, 7pm - 8pm

### Under 30s Telegroup

- 1<sup>st</sup> Friday of the month, 12.30 - 1.30pm

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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 13-21yrs)

Carers/Family Members Facebook Group (21yrs +)

People Living with MS Facebook Group (all ages)

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## ABOUT MULTIPLE SCLEROSIS LIMITED (MS)

MS is the pre-eminent source of information, advice and services for people newly diagnosed or living with the disease. We're a combined entity of ACT, NSW and Victoria with more than 55 years' insight 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](mailto:msconnect@ms.org.au)

**Web:** [www.ms.org.au](http://www.ms.org.au)