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 Victoria many self-help groups are run through People with Multiple Sclerosis (VIC) Inc. 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.

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Cranbourne
- Contact Janette Windsor
  - jdwindsor@optusnet.com.au

Craigieburn
- Contact Sandra Dorman
  - finance@craigieburn.org.au

Korumburra
- Contact Glenda Godfrey
  - (03) 5658 1425

Narre Warren
- Contact Bridget Kozik
  - Bridget.kozik@bigpond.com

Warrnambool
- Contact Marion Chapple
  - (03) 5562 0038

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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