



# MS Peer Support in NSW & ACT

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. Our Peer support groups are facilitated by a person with MS who is a trained facilitator.

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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## GREATER SYDNEY FACE TO FACE PEER SUPPORT GROUPS

### Blue Mountains - Glenbrook

- Second Saturday of the month. Café group.

### Georges River Area

- Every 2nd Wednesday of the month in Allawah
- Every 3rd Saturday of the month. Coffee group in Carss Park.

### Westmead

- 1<sup>st</sup> Wednesday of the month, 11.30am.

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## REGIONAL / RURAL NSW & ACT PEER SUPPORT GROUP

### Albury Support Group

- 2nd Saturday of each month, 11am.

### Armidale - Support Group and Branch

- Every 2nd Month (Feb, April, June, Aug, Oct & Dec) on the 2nd Wednesday of the month, 10.30am

### Batemans Bay - Eurobodalla MS Support Group

- 1st Thurs of month, 11.30am–1.30pm

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### Inner West – Glebe

- 1st Tuesday of the month, 5.30pm.

### Northern Beaches MS Peer Support Dinner Group – Belrose

- Second Wednesday of the Month, 6.30pm.

### Sydney CBD – People Working in the CBD

- 3rd Wednesday of each Month, 5.30pm.

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### **ON HOLD** Bathurst Peer Support Group

- Cafe group for young working women (under 50). Meet for lunch at various venues.

### **NEW GROUP** The Sapphire (Bega Valley) MS Peer Support Group

- Second Tuesday of the month, 10.30am. First meeting being held on **Tuesday 9 November 2021, 10.30am.**

### Central Coast Saturday MS Peer Support Group

- Dates and times vary each month.

### **Coffs Harbour MS Peer Support Group**

- First Friday of the month and alternate First Saturday of the month. Mid morning.

### **Cooma/Berridale**

- 1st Wednesday of each month, time and venue varies

### **NEW GROUP East Lake Macquarie Peer Support Group**

- 4<sup>th</sup> Thursday of every month, 9.30am. First meeting **28 October 2021**.

### **Gosford MS Peer Support Group – Narara**

- 3rd Wednesday of each month, 11.30am.

### **Grafton - Clarence Valley MS Support Group**

- 3rd Wednesday of each month, 11am–1pm

### **Kingscliff - North Rivers Peer Support Group**

- 4th Tuesday of month, 11am – 2pm

### **NEW GROUP Lismore MS Peer Support Group**

- Last Saturday of the month, 2pm. First meeting virtually **Saturday 30 October 2021**.

### **Newcastle Peer Support Group**

- 3rd Wednesday of the month, 8am-10am, Carrington.

### **ON HOLD Port Macquarie Peer Support Group**

- Last Wednesday of every month, from 5.30pm.

### **Tamworth Peer Support Group**

- Once a month on Wednesday afternoons

### **Wollongong Peer Support Group**

- 3rd Sunday of each month. Meet at 12pm for lunch at various locations.

### **AUSTRALIAN CAPITAL TERRITORY (ACT) People with MS Support Group, Deakin**

- Last Friday of Every Month, except December

### **NEW GROUP ACT Weekend MS Peer Support Group**

- Meeting once a month on a Saturday. First meeting on 27 November 2021.

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## **TELEGROUPS**

Do you like the idea of connecting with other people living with multiple sclerosis?  
Would you prefer not to have to go out for another meeting?

### **Young Persons After Hours**

- First Thursday night of every month – 6.30pm to 7.30pm

### **Men with MS**

- First Thursday of the month, 1.30pm - 2.30pm
- First Tuesday of the month, 12pm – 1pm
- First Friday of every month, 12.30pm – 1.30pm

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**

- First Tuesday of the month, 7pm - 8pm
- First Monday of the month, 7pm - 8pm

### **After Hours Telegroup for Working People with MS**

- Second Wednesday of the month, 6:30pm - 7:30pm

### **Mums with MS**

- Second Tuesday of the month, 1pm - 2pm

**Women support group**

- Fourth Monday of the month, 12.30pm - 1.30pm

**Women in the 40 to 64 aged group**

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

**Over 65's**

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

- Second Tuesday of the month, 10.30am – 11.30am

**Taking Control of your MS**

- Fourth Wednesday of the month – 12pm to 1pm

**Newly Diagnosed**

- Second Wednesday night of the month, 7pm to 8pm

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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, Victoria and Tasmania 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)