



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

Northern – Social Group

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

Launceston PSG

Meets: Monthly, Last Saturday of the month – 10:00am – 12 Midday.

Wynyard

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

Devonport ON HOLD

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

Ulverstone

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

Sheffield

Meets: Monthly, 1st Monday – 2pm onwards

SOUTH - FACE TO FACE GROUPS

Glenorchy

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

Hobart

Men's Peer Support Group
Meets: Monthly, Third Friday - 12:30pm to 2:30pm.

Eastern Shore

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

New Norfolk

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

Kingston ON HOLD

Meets: Second Thursday 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

MS Peer Support in TAS continued

- 2nd Monday of the month, 7pm to 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, 1:30pm to 2:30pm

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

- Second Tuesday of the month, 10am to 11am

Carers/ family members **ON HOLD**

- 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

Under 30's Telegroup

- 1st Thursday of the month, 6.30 to 7.30pm

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