

Multiple Sclerosis (MS) Support Group - Mosgiel



MS Otago offers free support groups in person and online, in Mosgiel and throughout the Otago region, providing a welcoming space for people living with Multiple Sclerosis to connect, share experiences, and access helpful resources. These groups offer peer support, information, and a sense of community, helping individuals navigate their MS journey with confidence and care.

To find details about upcoming meetings and events, visit the MS Otago website (<https://msotago.org.nz/>) or the [calendar](#).

Support Groups: To register for reminder emails which will have the monthly location please email katie on katie.burns@msotago.org.nz

Dunedin Monday group

The first Monday of the month at 11:30am. The venue varies each month and is decided by the group members the meeting before.

Email our Community Connector at info@msotago.org.nz for details of the next venue.

Mosgiel group

The second Monday of the month at 10:30am in the Downes room, Mosgiel Library.

The second Monday of the month at 1:00pm in The Hub, 4 Cemetery Road, East Taieri.

North Otago group

The second Tuesday of the month at 11:30am at the Brydone Hotel Cafe, Oamaru.

Central Otago group

The third Wednesday of the month at 12pm at Alexandra Community House, usually in meeting room A.

South Otago group

The fourth Tuesday of the month at 11am at Cafe 55 on Clyde, Balclutha.

TYO (The Young Ones) group

The last Thursday of the month at 1:30pm at the Daily Dose cafe inside Antidote on MacAndrew Road, South Dunedin.

Online support group

The second Monday of the month at 6pm via Zoom.

Resources & Support:

- **MS New Zealand:** www.msnz.org.nz – National advocacy, research, and information.
- **MS Otago Facebook Group** – Connect with others and stay updated on local events (<https://www.facebook.com/OtagoMSS>).
- **Otago Community Support Services** – Assistance with daily living, mobility, and wellbeing (<https://www.live-work.immigration.govt.nz/choose-new-zealand/regions-cities/otago/community-services>).

If you'd like to get in touch, feel free to contact the MS Community Connector:

 **Email:** katie.burns@msotago.org.nz

 **Phone:** 027 889 9035

Work Hours:

 Monday, Tuesday, Thursday: 8:00am - 6:00pm

 Wednesday: 8:00am - 5:30pm