

## Support Groups

Held face to face and/or online

### **RA & Sjogren's Support Group**

10:30am-12pm  
2nd Thursday Monthly  
Mawson Club

### **Steady as She Goes Chat Group via Zoom**

For people with PEM  
Fridays 12-1pm AEDT

### **Lounging Lizards (17-40yr olds)**

Wednesdays  
3:30-4:30pm AEDT  
via a Discord server

### **ME CFS Fibromyalgia Chat Group via Zoom**

Wednesdays 11:30am-  
12:30pm AEDT

### **Cafe Catch Ups**

**ME/CFS, Fibromyalgia, Long Covid,  
Persistent Pain**

Northside 11am 1st Monday of Month  
Southside 10:30am 3rd Weds of Month

All facebook groups are private

### **Canberra JIA Support Group**

For families who have a child with JIA



### **Hypermobile ACT**

For anyone living with Hypermobility Syndromes or EDS

### **Tired Teens Canberra**

A safe place to talk for teens and young adults living with Chronic Fatigue Syndrome or other fatiguing illnesses.

### **Young Women's Autoimmune Friendship Group**

For women with Autoimmune Disease, Musculoskeletal Disorders or Chronic Pain.  
Monthly catch ups via Zoom, advertised in Facebook group.

### **ME/CFS**

For anyone living with ME/CFS

To join a group

**6251 2055 / 1800 041 011**

[info@arthritisact.org.au](mailto:info@arthritisact.org.au)