

Our services for ME/CFS, Long COVID & Fibromyalgia

Support groups

Participants must be financial members

Club Tortoise

via Zoom and Facebook

A structured group for energy-limiting and pain conditions to expand on your pacing skills

Tuesdays 7:00pm-8:00pm

Thursdays 11:00am-12:00pm

Lounging Lizards

via Discord

For younger people (17-40yrs) with PEM and pain

Wednesdays

3:30-4:30pm AEDT

ME/CFS, Fibromyalgia & Long COVID

Chat Group

via Zoom

Open Zoom group for people with PEM and pain

Wednesdays 11:30am-12:30pm AEDT

Cafe Catch Ups

In-person, various locations

For people with PEM and pain

Northside - 11am 1st Monday of Month

Southside - 11am 3rd Monday of Month

Locations announced via Newsletter

Courses and other services

Self-help course for ME/CFS, Fibromyalgia, Long COVID and persistent pain

[Open resource - cost varies](#)

9-week small group self-management course via Zoom, led by facilitators with lived experience. Delivery dates and times vary.

Long COVID fact sheets

[Open resource - no cost](#)

An information program for those living with long COVID that includes fact sheets and PowerPoint presentations which can be viewed at your convenience via our website.

PEM Self Help ACT Whatsapp group

[Financial members only - no additional costs](#)

A closed Whatsapp group for people with PEM and pain who use our services.

Fortnightly newsletter

[Financial members only - no additional costs](#)

A free newsletter for members with upcoming talks, events and services by Emerge ACT, as well as information about other services in the Canberra region that might be of interest.

**Membership is
\$49 annually**

For more information contact:

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