

Support Groups

Held face to face and/or online

RA & Sjogren's Support Group

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

ME CFS Fibromyalgia Chat Group via Zoom

Wednesdays 11:30am-
12:30pm AEDT

Lounging Lizards (17-40yr olds)

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

Connections via Zoom

Support Group for Energy
Limiting & Pain Conditions
Tuesdays
7:00pm-8:00pm AEDT

Osteoporosis Support Group via Zoom

Mondays
1:30pm-2:30pm AEDT

Cafe Catch Ups

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

Northside 11am 1st Monday
of Month

Southside 11am 3rd Monday
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

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.

PEM ACT Whatsapp group

For anyone living with ME/CFS, Long COVID, Fibromyalgia
or any debilitating fatigue condition

To join a group

6251 2055 / 1800 041 011

info@arthritisact.org.au

Support group participation guidelines

Arthritis, Pain Support & Emerge ACT run a number of online and in-person support groups for people with chronic conditions, including chronic pain and fatiguing conditions. Support groups can be an incredible resource of friendship, information sharing and connection. For our support groups to continue to be safe spaces for participants and facilitators, we ask that you adhere to the following guidelines:

- **be courteous to and mindful** of all staff, volunteers and participants
- **maintain confidentiality** if personal information is shared within the group
- **allow everyone the opportunity to share equally**
- **limit comments to your own experience** without pushing advice - this allows people to take or leave information shared as they wish, without feeling pressured or belittled
- **consider the impact of the content you decide to share** - is this appropriate for a support group, or do you require 1:1 support? If you have distressing information you wish to share, it may be more appropriate to seek professional rather than peer support
- **contact the facilitator or staff privately if you require additional support or counselling** - we can put you in contact with other services, including our free and confidential counselling service

Maintaining a safe and respectful culture within our support groups is important to us.
Thank you for helping us do that.

You can contact us at:

02 6251 2055

info@arthritisact.org.au