

MS Auckland Support Groups



Guidance | Support
Connection

Guidelines for Engagement

MS Auckland support groups provide a welcoming space for people with **MS to connect, share experiences, and support** one another. These groups can be general, location-based, or focused on specific experiences.

Newcomers are always **welcome**, and Community Advisors can help find a **suitable group**.

To ensure a positive experience, groups follow these guidelines:

- **Confidentiality:** What is shared in the group stays in the group (unless there is a risk to someone's safety).
- **Respect Individual Experiences:** MS affects everyone differently, so be mindful of varying experiences and progression.
- **Mutual Respect:** Value diversity of opinion and experience.
- **Positive Environment:** Keep discussions constructive and avoid excessive negativity or offensive language.
- **Health & Safety:** Follow any relevant safety protocols.

Please get in touch with any concerns or for further information. 09 845 5921/info@msakl.org.nz



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