National Multiple Sclerosis Society
Georgia Chapter

Georgia Chapter Self Help Group Listing

"Metro" Atlanta Based Self-Help Groups:

African Americans with MS Self-Help Group
Contact Info: JoAnn: (404)-932-2662
Location: Berean Seventh Day Adventist Church 291 H.E. Holmes Drive Atlanta, GA
When do we meet? Meets the 2nd Saturday of every month from 3:00pm -5:00 pm

Atlanta Women's Self-Help Group
Contact Info: Kristin (404)-351-0205 {ext. 110}
Location: MS Center of Atlanta 3200 Downwood Circle Suite 550 Atlanta, GA
When do we meet? Meets the 4th Tuesday of every month from 6:30pm-8:00pm (No meetings in November and December)

Decatur Self-Help Group
Contact Info: O.J. (770)-256-2516
Location: Green Forest Community Baptist Church 23250 Rainbow Road Decatur, GA 30030
When do we meet? Meets the 2nd Saturday of every month from 10:00am - 12:00pm

Lawrenceville Women's Self-Help Group
Contact Info: Karen (678)-975-7167
Location: McKendree Methodist Church- 1570 Lawrenceville-Suwanee Rd Lawrenceville, GA 30043
When do we meet? Meets the 2nd Saturday of every month from 10:30am-12:00pm

MS Institute at Shepard Self-Help Group: "S.H.E.P.S"
Contact Info: Kate (404)-402-0368
Location: MS Institute at Shepherd 2020 Peachtree Road Atlanta, GA
When do we meet? Meets the 2nd Saturday of every month from 10:00am - 12:00pm

Perimeter – Atlanta Area: "Dine and Discuss:" Partners and Spouses Information and Share Group"
Contact Info: Jan (404)-579-6782

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Location: LA Madeleine-Perimeter 1165 Perimeter Center West Atlanta, GA
When do we meet? Meets the 2nd Thursday of every month from 7:00pm-8:30pm

Snellville Self-Help Group
Contact Info: Vicki (770)-978-1517
Location: Emory Eastside Medical Center 1700 Medical Way SW Snellville, GA
When do we meet? Meets the 4th Saturday of every month from 10:00am – 12:00pm

Outside "Metro" Atlanta Based Self-Help Groups:

Albany Self-Help Group
Contact Info: Janet (229)-435-2517
Location: Phoebe Putney NW Conference Center 2336 Dawson Road Albany, GA
When do we meet? Meets the 1st Monday of every month from 6:00pm - 8:00pmAlbany

African American Self-Help Group
Contac Info: Colette (229)-395-4150
Location: Chosen to Conquer, Inc. 1120 W. Broad Avenue. Suite C-1.
When do we meet? Meets the 2nd Saturday of every month from 12:00pm-2:00pm

Athens MS Family
Contact Info: (706)-353-0606
Location: Athens Neurological Associates 1086A Baxter Street Athens, GA
When do we meet? Meets the 3rd Thursday of every other month from 6:00pm - 7:00pm in the **months of Jan, Mar, May, July, Sept and Nov**

Augusta MS Self-Help Group
Contact Info: Erin (706)-721-1411
Location: Georgia Health Sciences - MS Center 6th Floor 1120 15th Street Augusta, GA
When do we meet? Meets the last Monday of every month from 6:00pm - 7:30pm

Cartersville –"Bartow County Self-Help Group"
Contact Info: Towanda (770)-687-1663

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Location: BBQ Street 650 Henderson Dr. Cartersville, GA
When do we meet? Meets the 4th Thursday of every month from 6:30pm - 8:30pm

Camilla Self-Help Group –"Mitchell County MS Self-Help Group"
Contact Info: Lucas (229)-224-5979
Location: Mitchell County Hospital-Community Room
90E. Stephens Street Camilla, GA
When do we meet? Meets the 2nd Tuesday of every month from 6:00pm – 7:00pm

Columbus, Georgia- "Chattahoochee Valley Self-Help Group" (Currently under construction)

Cumming Self-Help Group
Contact Info: Anthony (Tony) Franklin (678)-455-4139
Location: Northside Forsyth Hospital 1400 Doctor Bldg. Cumming, GA
When do we meet? Meets the 1st Saturday of every month from 10:00am – 12:00pm

Douglasville Self-Help Group
Contact Info: Stephanie (770)-577-0408
Location: First Presbyterian Church Parlor Room Douglasville, GA
When do we meet? Meets the 3rd Thursday of every month from 7:00pm - 8:30pm

Macon Self-Help Group - Hope Floats Self-Help Group
Contact: Marty (478)-742-9011
Location: Pine gate 300 Charter Blvd, Macon GA
When do we meet? Meets the last Monday of every month from 6:00pm - 8:00pm

Newton County Self-Help Group
Contact Info: Jean (678)-346-0740 OR (724)-822-8507
Location: Newton General Hospital Auditorium Covington, GA
When do we meet? Meets the 2nd Tuesday of every month from September – May from 7:00pm - 8:30pm

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Peachtree City: "Let's Lunch: MS Group for Working Professionals"
Contact Info: Lynn (612)-655-9901 or lynn.meloche@gmail.com
Location: Atlanta Bread Company Peachtree City, GA 30269
When do we meet? Meets one Saturday per month from 11:00am to 1:00pm. Please call Lynn for specific dates.

Thomaston Self-Help Group-"T.A.M.S. Self-Help Group"
Contact Info: Sherry (706)-472-3273 OR (706)-975-9762
Location: American Pie Pizzeria of Thomaston 710 N. Church Street Thomaston, GA
When do we meet? Meets the 3rd Thursday of every month from 12:30pm – 2:00pm

Thomasville MS Self-Help Group
Contact Info: Mike (229)-346-9746
Location: Plaza Restaurant-Thomasville GA
When do we meet? Meets the 3rd Tuesday of every month from 6:00pm – 8:00pm

Valdosta MS Self Help Group
Contact Info: Barbara (229)- 247-7792
Location: Smith Northview Hospital-4810 North Valdosta Road, Valdosta GA
When do we meet? Meets the 3rd Thursday of every month at 6:30pm

Vidalia Self-Help Group – "Looking Good Self-Help Group"
Contact Info: Paula (912)-538-0142
Location: Tree House 723 North Street West Highway 292 Vidalia, GA
When do we meet? Meets the 2nd Tuesday of every **other** month from 7:00pm-9:00pm
Co-Leader is Tony Walmsley. 478-279-9343

Waleska Self Help Group
Contact Info: Jennifer (352)-231-3351
Location: Cherokee Outdoor Family YMCA. G. Cecil Pruett Community Center Family YMCA 151 Waleska St, Canton GA 30114
When do we meet? Meets the 2nd Tuesday of every month from 6:00pm-7:30pm ***Start Date to be decided***

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Warner Robins Self-Help Group – "Middle GA Self-Help Group"
Contact Info: Michelle (478)-335-4675
Location: Houston Medical Center, LL, North Tower
1601 Watson Blvd, Warner Robins, GA
When do we meet? Meets the 2nd Tuesday of every month from 6:30pm - 8:30pm

Woodstock MS Self-Help Group
Contact Info: Zaida (770)-485-4226
Location: St. Michael the Archangel Church. 490 Arnold Mill Rd Woodstock, GA 30188
When do we meet? Meets the 3rd Saturday of every month from 11:00am-1:00pm
(No meetings in July and August)
This group starts its meetings with a short opening prayer

Savannah, Georgia Based Self-Help Groups:

Pooler Self-Help Group –"Pooler's Positive Movers and Shakers: MS Share & Support Group"
Contact Info: Andraya: (912)-658-9629 or PoolersPositiveMS@gmail.com
Location & When do we meet? The time and location for this group is not yet determined. Please contact Andraya for additional information.

Savannah Self-Help Group –"PRYME"
Contact Info: Virginia (912)-355-5832, vmorriso@bellsouth.net
Location: One of the rooms in St. Joseph Hospital. For more information, contact Virginia.
When do we meet? Meets the 2nd Tuesday of each month at 6:00pm. Please call Virginia to confirm location and meeting dates.

Telephone Based Self-Help Group:

Statesboro Supports
Contact Info: Carolyn: (912)-531-0416
*****This is a telephone support group. Please contact Carolyn for additional information.**

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***The National MS Society is a secular organization, welcoming those of every faith, and those that espouse none. ***

Please contact the Self-Help Group leaders prior to attending a group meeting to assure that the meeting time, date, and location are accurate. Groups occasionally change their meeting schedules to participate in other National MS Society events. Please note, our Self Help Group leaders are volunteers who have been trained by the National MS Society. They are not necessarily licensed mental health providers. Please respect their role as a volunteer and contact them during reasonable hours of 8am-8pm. If you are facing an immediate crisis please dial 911. **For more information on attending Self-Help Groups or starting Self-Help Groups in your community please call 678-672-1000 OR 1-800-FIGHTMS**

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