National Multiple Sclerosis Society

TELEPHONE SELF HELP GROUPS

Self-Help Groups offer opportunities to make new friends and share with others how you experience life with MS. Meetings provide settings to share common concerns, give and receive emotional support, and receive MS-related information from peers and guest speakers. Self-Help Groups are facilitated by trained volunteers with personal experiences with MS.

Group Name	Meeting Day/Time	Call in Number
Home is Your Range	1st Wednesday 1:00 p.m. CST	1-888-346-3659 (enter code 1073 when prompted)
Multiple Sclerosis and Cancer Group contact, Margaret Barney margaret@msplus.org	4th Wednesday 3:00 p.m. CST	1-888-346-3659 (enter code 1073 when prompted)
Cafe con Leche: Conversation and Support for People Living with MS *Monthly telephone group in Spanish*	Tuesdays 1:00 p.m. – 2:30 p.m. CST Break in July and August with subsequent dates to be announced.	To register call 1-800-344-4867 (press 1)
Stay at Home *Support for people living with MS for five years or more*	3rd Wednesday 11:00 a.m. CST	1-888-346-3659 (enter code 64552 when prompted)

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, and products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society. For specific medical advice, contact your physician. For the opinion of the Clinical Advisory Board of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our web site at www.nationalMSsociety.org.