National MS Society -Central Virginia Chapter
Self-Help Group Listing 2013 (updated as of 5.16.13)

Group times and locations may vary, so be sure to check with group leaders prior to attending!

Hanover Group
4th Thursday - 7-8:30pm
Church of the Redeemer
8275 Meadowbridge Rd.
Mechanicsville, VA 23116
Leader: Dana (804)746-7481

Petersburg Day Group
2nd Thursday - 10-11:30am
River View - 201 Epps St.
Hopewell
Leader: Melanie (804)526-9129

Petersburg Evening Group
3rd Thursday - 6-8:00pm
Southside Regional Hospital
3rd Floor Classroom
Leader: Quennette
(434) 246-6007
(804) 731-9069

Chesterfield Day Group
3rd Wednesday 12-1pm
Johnston-Willis Hospital
Board Room
Leader: Sheila (804)739-8488
Sharon (804) 794-7589

South Hill Empowerment Group
3rd Wednesday - 5:30-7:30pm
Community Memorial Health Ctr
(125 Buena Vista Circle)
Leader: Starr (434)378-2031

Richmond Day Group
2nd Monday - 10:15-11:30am
Tuckahoe YMCA
(9211 Patterson Ave.)
Leader: Barbara (804)747-0298

Richmond Evening Group
2nd Thursday - 7:15-8:30pm
HealthSouth - Classroom
5700 Fitzhugh Ave.
Leader: Lorenzo (804)921-9712

Richmond (VA Home)
For people with advanced stages of MS
Every Monday - 11am
1101 Hampton St.
Leader: Judy (804)359-4093

Tappahannock Neurological Support
2nd Monday - 10:30am
Call for location
Leaders: Margaret (804)472-4781
Pat (804)443-9657

The Invincibles
3rd Tuesday - 7-8:30pm
HealthSouth-Fredericksburg
(300 Park Hill Drive)
Leader: Belinda (540)373-4377

***My Solutions*- Online, Facebook Support Group for Young Adults in their 20s & 30s**
To sign up, visit: http://bit.ly/MySolutions
or Contact: Jessica 804.591.3038

Chronically Awesome
For those living with MS, Lupus, Lyme
Call for full list of Dates (6/6; 7/11; 8/8; 9/5; 10/3; 11/7; 12/5) - 6:00-8:00
Bank of Lancaster-Northside Branch
(432 N. Main St., Kilmarnock, VA)
Leader: Teri (804)436-4750

Caregivers Coming Together
Caregivers & family of those with chronic illness
Call for full list of Dates (5/22; 7/25; 8/22 9/26; 10/24; 11/21; 12/19) - 6:00-8:00
Bank of Lancaster-Northside Branch
(432 N. Main St., Kilmarnock, VA)
Leader: Teri (804)436-4750