**Partners in caring**

**SPOUSES AND OTHERS WHO LOVE PEOPLE WITH MS**

**FIND SUPPORT AND ‘A SENSE OF COMMUNITY’**

When Cathy Lykes was diagnosed with MS in 2007, so much about life changed. Not just for her, but also for her husband.

“John became my care partner and my hands,” recalls Cathy, whose MS affects the function of her hands as well as causing intense facial pain and difficulty walking. “With the stress of his new role, it was clear that he needed assistance in giving assistance.”

Within a couple years, John Daughters turned to the Chapter for help in organizing a group of care partners to support each other. For the past six years, they have met once a month at Swedish Medical Center, a co-sponsor of the group.

“I thought, ‘I don’t want to go down this road by myself. I want to share this experience with others’,” John says. “We have created a sense of community that’s quite strong.”

Sometimes, the group brings in guest speakers on topics related to MS. They might watch a National MS Society video or review materials the Society provides in quarterly toolkits for group leaders. But, most often, it’s just “freewheeling conversation,” according to John.

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GET INVOLVED

We’re stronger together. Walk MS.

It will take all of our passion and determination to end MS forever. At Walk MS, your participation and fundraising will help drive groundbreaking research, provide life-changing programs and guarantee a supportive community for everyone affected by MS. Start or join a team, participate as an individual, sign up as a virtual walker, or register as a volunteer in one of 26 Walk MS locations throughout the Chapter area this spring.

WASHINGTON
Saturday, April 2 – Clarkston
Sunday, April 3 – Spokane
Saturday, April 9 – Bainbridge Island, Bellingham, Kitsap County, Olympia, Snohomish County, South Sound and Tri-Cities
Sunday, April 10 – Seattle … also Run MS Seattle 5K!
Saturday, April 16 – Wenatchee

NORTHERN IDAHO
Saturday, April 23 – Coeur d’Alene

MONTANA
Saturday, April 30 – Billings
Saturday, May 7 – Helena
Saturday, May 14 – Great Falls
Sunday, May 15 – Bozeman
Saturday, May 21 – Missoula
Sunday, May 22 – Kalispell … NEW this year!
Saturday, September 17 – Butte

ALASKA
Saturday, May 7 – Fairbanks
Saturday, May 14 – Copper Valley, Ketchikan, Soldotna
Saturday, May 21 – Sitka … NEW this year!
Saturday, June 4 – Mat-Su Valley
Saturday, August 27 – Anchorage

For more information about the Walk MS nearest you and to register, visit walkMS.org or call 1-855-372-1331.
I was 28 years old, two years into my marriage and shortly into my job with a professional baseball team, when my right hand went numb. The job was a stressful one with long hours, but that wasn’t the cause; when the tests came back, the doctor told me something I’d never expected to hear: I had MS. It wasn’t exactly the wedding gift I’d hoped for.

Like most people, my first reaction was denial.

It was nearly a decade before I participated in my first Walk MS event. I didn’t want to be around it; I didn’t want to be reminded of what I was dealing with – of what I was losing.

Things that most people would consider trivial for me are massive endeavors. When my daughters ask me to get a cup out in the kitchen, it’s not just a single action of “open the cabinet and get the cup.” It’s fifteen actions or more, planning every step so that I don’t trip on the dog, drop something or hurt myself. Sometimes I’m lucky to get one thing done in a whole day. Sometimes you lose purpose.

In Spider-Man, Peter Parker’s Uncle Ben tells him one of the most famous axioms in comic-book history: “With great power comes great responsibility.” Living with MS has taught me the other side of that – with true vulnerability comes great freedom. Building relationships and being honest with people about the things I struggle with have given me a new purpose.

When I first started participating in Walk MS, we had 8 people walking on my team. Last year, we had more than 70!

Join Jim and rally your friends and family to create your own Walk MS story. Start a Walk MS team today at walkMS.org or 1-855-372-1331.
FAMILY SUPPORT

Want to start a group? Call on the Chapter for help

Starting a group for care partners — or any type of support group — is not only fulfilling, it’s easy to do when you call on the Chapter for help.

Connections Manager Gregg Robinson notes, “All you need are a couple of people who are interested in getting together and one person willing to take the lead.”

After you make the decision to move forward, you’ll take part in a National MS Society tele-training series for new connections programs volunteers — available at times and days that are convenient for you and from the comfort of your own home.

“Volunteers learn the basics about how to organize and conduct successful group meetings. The trainers are terrific and people come out of it feeling energized and really competent to lead a group,” Gregg says.

Once you find a public, accessible location for your group (the Chapter can help with that, too), we’ll help you promote it through our website, emails and Facebook, and provide tips and tools for you to promote it locally, too. Group leaders from across the Chapter also share advice by connecting via regular conference calls with each other and Gregg, and can receive one-to-one support from the Chapter as needed.

The Society provides suggested programs, DVDs and booklets and offers an annual stipend for snacks.

To learn more, contact Gregg at gregg.robinson@nmss.org or 1-800-344-4867, press 2 then ext. 40243. For a list of existing connection opportunities in your area, visit MSnorthwest.org and click on Groups and Discussions.

INTERESTED IN CONNECTING WITH OTHER CARE PARTNERS IN DIFFERENT WAYS?

Join a national online group at MSconnection.org/Groups/CarepartnerSupportGroup/Access, or attend the Washington Caregivers Conference on June 6; visit tinyurl.com/GivingCareTakingCare to learn more.
Partners in caring

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“As one member of the group said, ‘It’s a legitimate evening of respite. I come to get out of the house with people in the same boat.’ At times, we all need a place where we can discharge frustration without being judged,” John says.

“We have a common starting place where we don’t need to explain what MS is or what frustrations and stresses it causes,” he adds. “We learn so much from each other. It truly is a support group. It might sound odd, but we have as much laughter at our meetings as we have any other emotional expression. It’s good for us.”

Another benefit for Cathy and John is the friendships they’ve formed with other couples in the group. An outing to a jazz club was all the more pleasant when their friends knew the best way to navigate an accessible entrance.

Away from the group, caring for each other means finding ways they can continue to enjoy the things they loved to do together before MS. While they no longer go skiing or hiking, especially since cold weather triggers Cathy’s facial pain, they still take off in their camper during the summer.

A talented photographer, Cathy was heartbroken when she could no longer press the shutter button of her camera. So, she lines up her shot on a tripod and John steps in to press it for her. She loves to cook, so he does most of the prep and she adds the final finesse.

Those little loving things — it’s what being partners is all about. ♦

CATHY LYKES, DIAGNOSED WITH MS IN 2007, WITH HER HUSBAND JOHN DAUGHTERS
RESEARCH
A global effort

The International Progressive MS Alliance, an initiative connecting resources and experts around the world to end progressive multiple sclerosis, has awarded 11 collaborative network planning grants to MS researchers. Last year the Alliance funded 22 projects, all part of an ambitious program that will cumulatively invest nearly $25 million over the next five years in progressive MS research.

“The global commitment to collaboratively addressing — and overcoming — the barriers to developing solutions in progressive MS is inspiring the entire world to do more,” says Cynthia Zagieboylo, Chair of the Alliance Executive Committee and CEO of the National MS Society.

FOCUS ON SOLUTIONS

The one-year planning awards launch a focused program to accelerate research progress in three key areas:

1) Develop better and more effective therapies for progressive MS;
2) Develop more meaningful ways to measure progression and monitor treatment effectiveness; and
3) Initiate clinical trials for new interventions.

Each project selected for funding addresses one of these priority areas and will be directed by some of the world’s most prominent thought leaders and MS scientists.

Current projects selected for support include the development of a treatment-discovery pipeline for secondary-progressive MS, an MRI biomarker for disability progression for use in clinical trials, novel molecular imaging probes to predict disability progression and evaluate therapies, and a multicenter project on cognitive rehabilitation and exercise. Project awardees will have the opportunity to apply for a full, four-year Collaborative Network award at the conclusion of the 12-month planning grant.

“Not only has worldwide attention to progressive MS increased, but progress toward solutions that will change the world for people with progressive MS is accelerating,” noted Dr. Alan Thompson, Chair of the Alliance’s Scientific Steering Committee and Dean of University College London Faculty of Brain Sciences.

Visit ProgressiveMSAlliance.org for more information. Learn about progressive MS at nationalMSsociety.org/progressiveMS.
ADVOCACY
It’s a big election year — make your vote count!

The political process affects countless issues in the lives of people with MS, yet people with disabilities head to the polls at much lower rates than other voters. This year, vow to make your voice heard by getting the facts, getting involved and getting out to vote!

From health care to transportation, employment rights to disability insurance, accessible neighborhoods to customized mobility technology, your elected officials make decisions that affect your life. Linnea Nasman, the Chapter’s Senior Director for Advocacy, offers these suggestions for ensuring that you play a role in electing candidates who support your priorities.

- **Investigate candidates’ positions.** Visit websites, call state or local campaign offices, take part in online or in-person candidate forums or rallies. If their positions on issues aren’t clear, ask questions.

- If you find a candidate who shares your views, **volunteer for her or his campaign.**

- **Register to vote.** If you’re unsure how, contact us at 1-800-344-4867 and press 1. We’ll help.

- **Decide early if you will vote at the polls or by mail.** Many jurisdictions offer vote-by-mail for those with disabilities or provide accessible voting centers. But plan ahead — you might need to sign up well in advance or call your elections department for assistance.

- **Become an MS Activist.** Once the elections are over, your voice is still needed! Join the MS Activist Network at nationalMSsociety.org/MSactivist to stay up to date on important issues and take action when needed. We’ll provide you with easy tools for becoming a powerful advocate.

“When you share your story about how MS has affected your life, it shows lawmakers how their actions affect policies that touch real people who live in their districts,” Linnea says.

Visit nationalMSsociety.org/advocacyNW or call 1-800-344-4867 and press 1 to learn more.
WAYS TO GIVE

Just say yes

BY CAROLYN HOWARD

My husband always threatens to buy me a T-shirt that says, “Stop me before I volunteer again.” When I was diagnosed with multiple sclerosis just over 10 years ago, I immediately connected with the National MS Society. I attended meetings, education programs and Walk MS events (lots of Walk MS events), and met other people with MS. Now I can often be found at events, at registration for or along Walk MS routes, or wherever help is needed.

“When it comes to volunteering, I just can’t say no.”

At the Society, I attended a peer support workshop that allowed me to provide support in the Concord Hospital MS Specialty Care Program. It has been particularly rewarding to connect with people in the program and compare how they are coping with their MS. Sometimes I get as much benefit from these interactions as they do.

I also go to a “Coffee and Conversation” group where people with MS connect over coffee (or iced tea) and talk about ... actually, just about anything, not necessarily anything to do with MS. That’s the conversation part, relaxed and casual. Sometimes it is easy to forget that we are more than our MS, but we all have times of humor, joy, excitement and frustration that have nothing to do with MS and which we want to share with each other. There is plenty of room for anyone who would like to join. Family and friends are welcome.

So say YES! Yes, to helping others, to learning more, to connecting. Getting connected means being open to new and different experiences. I connect by volunteering, providing support, fundraising and sharing. Through all of these activities I have connected with lots of interesting people — who also happen to have MS. I said YES because I can’t say no. As a result, my life continues to be fuller and richer.

Call 1-800-344-4867 to connect and to volunteer. ☑

Carolyn Howard was diagnosed with MS in 2004. She lives in Bow, New Hampshire, and is married with three adult children.
Educate your community during MS Awareness Week

Answering questions at an MS Awareness Week information booth she organized last year, Lora Waid, along with several members of a self-help group she leads, invited people to “try on MS.” People strapped heavy weights to their feet to simulate fatigue. They walked around wearing one high-heeled shoe to experience the sensation of foot drop. They donned rubber gloves and struggled to button up a shirt.

When Lora was diagnosed with MS in 1987, many doctors knew little about it, so she had to learn a lot on her own. It wasn’t easy. Today, she’s glad much more information exists, as well as treatments and programs to help people live their best lives with MS.

“I always tell people it’s gotten so much better,” Lora says. “You can live a normal life with MS. Your normal will change, but there are so many resources to help you adapt.”

Lora also printed out posters with facts about MS, which a hospital displayed in its outpatient rehab gym. She and her self-help group friends shared informational packets with churches and doctors’ offices.

“The best part about watching Lora and her team plan these activities was seeing the momentum grow,” says Danielle O’Shea, Director of Community Engagement for the Chapter’s Montana office.

Soon after MS Awareness Week, Danielle appeared on a morning TV show and talked about Walk MS, and Lora’s group hosted another MS information table at a local hardware store.

Here are some ideas for how you can participate in MS Awareness Week, happening March 7–13 this year:

- Encourage your local library to feature a display of MS-related books and resources.
- Write a letter to the editor or op-ed about MS.
- “Show your orange” on Facebook by posting a quick MS fact each day.
- Sign up and recruit others for your local Walk MS at walkMS.org.
- Share videos from the Society’s YouTube channel: youtube.com/nationalMSsociety.
Addressing MS bladder issues

Within a few years of his diagnosis with multiple sclerosis in 2005, Michael Mohn, 51, found himself trying to hide a very personal symptom: urinary incontinence.

“It definitely affected my social life,” he recalls. “I love going to sporting events, but it’s hard to get to a restroom there.”

So he would think twice before going with his kids to a game. Often, he says, “I would keep to myself at home where I knew I could use the restroom.”

In MS, damage to the myelin that surrounds nerve fibers can disrupt the transmission of signals between the brain and urinary system. If left untreated, bladder issues can lead to lowered self-esteem, social isolation and depression, but they can also lead to physical problems such as infections or kidney stones.

Mohn, who lives with his wife, Kristie, in Forest Hill, Maryland, and who works at the Johns Hopkins Medical Center, remembers how his own issues affected him. “It made me isolate myself,” he says. However, after he mentioned it to his neurologist during a regular check-up, he was surprised to learn about the range of management and treatment options available.

At his urologist’s suggestion, Mohn agreed to try self-catheterizing. “The first thing I thought was, ‘No way am I going to do that.’ But there are catheters out there that are very easy to use and cause very little discomfort when you put them in.” He says he’s been catheterizing for more than a year now. “It has changed my life tremendously. It just made it so I could do ‘normal’ things again.”

Many people with MS may assume that bladder changes are related to normal aging—or even that nothing can be done. And, like Mohn, they may find that their bladder issues prevent them from fully interacting with their community, friends and family. However, once diagnosed, this common MS symptom is in fact manageable and treatable, with the potential to profoundly improve enjoyment in life and, ultimately, overall health.

Watch Michael Mohn’s story and learn more at nationalMSsociety.org/bladderbowel. Or call an MS Navigator at 1-800-344-4867 and press 1 for the DVD and booklet, “Managing Bladder & Bowel Issues in MS.”
PROGRAMS
Live, learn, connect and be well

The Greater Northwest Chapter offers many opportunities for you to improve your wellness – physically, emotionally, socially, intellectually, occupationally and spiritually. All our programs are free. Many require advance registration and some have limited space, so sign up early. To register, visit MSnorthwest.org or call 1-800-344-4867 and press 1. You can also access videos anytime at nationalMSsociety.org/MSlearnonline.

Your Whole Health, Your Whole Team: Managing Your Complex MS Symptoms
Tuesday, March 8 – A panel of MS experts will help you and your support partner identify important factors when making decisions related to symptom management, emotional and cognitive issues, and rehabilitation strategies, and key questions to ask yourself and members of your health care team in order to make treatment decisions that meet your needs.

The Complete Guide to Social Security Disability
Tuesday, March 15 – Learn what it takes to get approved for Social Security disability benefits from a Social Security attorney and hear from a Certified Benefits Counselor about the impact work might have on your disability benefits once approved.

Home Based Employment: What Employers Want
Tuesday, March 29 – Explore the world of home-based employment and learn from home-based employers about what they look for when hiring people to work from home.

Myelin, Movement, and the Mind: Hot Topics in MS Research
Tuesday, April 12 – Join three MS experts as they explore research updates on myelin repair and new developments in stem cell research. An interactive discussion will also offer a real-life look into exercise rehabilitation, its impacts on cognition, and promising treatment options involving mindfulness and meditation.

OVER THE PHONE
All telelearning programs in this issue take place at the following times:
4:00 – 5:15 p.m. AKT
5:00 – 6:15 p.m. PT
6:00 – 7:15 p.m. MT

Learn more, register and view other upcoming telelearning opportunities at nationalMSsociety.org/telelearning.
Managing Bladder and Bowel Issues in MS
Learn about the types of bladder and bowel issues common to MS and the most successful ways that individuals and clinicians have developed for managing these symptoms.

LEWISTON, ID
Friday, March 18, 5:30 – 7:30 p.m.
Red Lion Hotel, 621 21st St.
SPEAKER: Roger Cooke, MD

HELENA, MT
Wednesday, April 6, 6:00 – 8:00 p.m.
St. Peter’s Hospital-Education Center, 2475 E Broadway St.
SPEAKER: Nicole Clark, MD

COEUR D’ALENE, ID
Friday, May 6, 6:00 – 8:30 p.m.
The Salvation Army KROC Community Center, 1765 W Golf Course Rd.
SPEAKER: Louisa Lavy, MD

KENNEWICK, WA
Friday, May 13, 5:00 – 7:00 p.m.
Applebee’s Grill and Bar, 606 N Columbia Center Blvd.
SPEAKER: Hui-Juan Zhang, MD, PhD

BILLINGS, MT
Wednesday, March 23, 5:30 – 7:00 p.m.
St. Vincent Mansfield Center, 2900 12th Ave. N.
SPEAKER: Kristian French, MD

This learning opportunity will also be live-broadcast in the following communities where attendees can gather in person to participate, ask questions and get answers:

GREAT FALLS, MT
Sletten Center Institute, Hope Education Room, 1117 29th St. S

KALISPELL, MT
Kalispell Regional, Paintbrush Room, 310 Sunnyview Ln.

MISSOULA, MT
Community Medical Center, 2827 Fort Missoula Rd.

MS Roadshows
Come learn from a nationally recognized team of health care professionals from the Swedish MS Center, share your experience and connect with others in the community living with MS. Lunch will be provided. You do not need to be a Swedish patient to attend. Family and friends are welcome.

CENTRALIA, WA
Saturday, March 12 10:00 a.m. – 2:00 p.m.
Great Wolf Lodge, 20500 Old Hwy. 99 SW

WOODINVILLE, WA
Saturday, May 21 10:00 a.m. – 2:00 p.m.
Willows Lodge, 14580 NE 145th St.
MS Workshop: Optimize Your Day-to-Day Function
Put your well-being first and join the experts at EvergreenHealth MS Center to learn effective strategies for improving and preserving your mental and physical wellbeing and for a hands-on demonstration of useful rehabilitation tools. Specific topics include: how to manage cognitive and physical fatigue, exercise and mobility, community resources, employment accommodations, stress management and practical approaches to improve function.

KIRKLAND, WA
Saturday, March 5, 9:30 a.m. – 2:00 p.m.
Education Center in the Evergreen Surgery & Physician Center
12333 NE 130th Ln., Tan 100-101

Connect With Others Anytime, Anywhere
Make an MSFriend. MS can be unpredictable, which is why we offer support when you need it. MSFriends connects you by phone with trained volunteers who also live with MS.

OVER THE PHONE
Support is available seven days a week from 6:00 a.m. – 9:00 p.m. PT at 1-866-673-7436. All conversations are confidential.

MS Center & partner programs
We are pleased to promote these additional opportunities provided by partners in our local communities.

EVERGREENHEALTH MS CENTER
KIRKLAND, WA
Rainier Room, DeYoung Pavilion, 12039 NE 128th St.
REGISTER by calling 425-899-3000 or online at evergreenhealth.com/classes. Classes are free unless otherwise noted and are open to non-Evergreen patients.

From the Ground Up, Strength and Flexibility
Mondays and Fridays, 2:00 – 3:00 p.m.
$5 per class or $20/four-week session

Neuro-Nutrition Class
Third Friday of every month, 9:30 – 10:30 a.m.

Kirkland Care Partner Support Group
Fourth Thursday of every month, 6:00 – 7:30 p.m.

Neurological Exercise Group
Tuesdays, 1:00 – 1:50 p.m.
$20/four-week session (once per week)

Men’s Group
Second Tuesday of every month, 3:00 – 4:30 p.m.

MSCONNECTION.ORG
Join the community and explore the issues that shape your world at MSconnection.org.
Kirkland Care Partner Support Group  
Fourth Thursday of every month,  
6:00 – 7:30 p.m.

Therapeutic Yoga for MS  
Six-week series, Tuesdays, 9:30 – 11:00 a.m.  
YMCA Carol Edwards Center,  
17401 133rd Ave. NE, Woodinville, WA  
$30 per series

SWEDISH MS CENTER

SEATTLE, WA
Swedish Neuroscience Institute,  
1600 E Jefferson St., Level A
REGISTER by calling 206-320-2200 or email MSCenterE-mail@swedish.org. All classes are free and are open to non-Swedish patients.

Social Security Disability Insurance Workshop for People with Multiple Sclerosis  
Thursday, March 31, 6:30 – 8:30 p.m.  
REGISTER by contacting Alan Wittenberg at 206-320-3830.

Book Club  
Select Wednesdays once a month,  
1:00 – 2:00 p.m.  
All books provided by the MS Center.

Get Back Your Music Sessions  
Wednesdays by appointment.  
Piano, drum, guitar and voice sessions for practicing and learning musicians who are experiencing difficulty playing or singing due to their neurological condition.  
Instructor is actively recruiting members for the MS Center Band.

Gentle Yoga and Wellness Skills  
Tuesdays, 1:00 – 2:15 p.m. and  
2:30 – 3:45 p.m.

Pilates  
Fridays, 11:00 a.m. – 12:15 p.m.

Adults with MS Support Group  
Third Thursday of every month,  
6:30 – 8:30 p.m.

MS Club Cherry Hill: A Support and Self-Help Group  
Third Friday of every month, 1:00 – 3:00 p.m.  
REGISTER by contacting Robin Mazna at MSCherryHill@outlook.com.

LGBTQ MS Connection  
Second and fourth Tuesdays of every month,  
6:30 – 8:30 p.m.  
REGISTER by contacting Kim Breen at 425-333-4543 or LGBTMSSConnections@comcast.net.

Care Partner Support Group  
Third Tuesday of every month,  
6:30 – 8:30 p.m.  
REGISTER by contacting John Daughters at 206-937-9604 or j.daughters@hotmail.com.

VIRGINIA MASON MS CENTER

SEATTLE, WA  
Neuroscience Institute at Virginia Mason Medical Center, 1201 Terry Ave., Lindeman Pavilion  
REGISTER by contacting Piper Paul at 206-341-0314 or piper.paul@virginiamason.org. Free and open to non-VM patients.
MS Newly Diagnosed Seminar
Saturday, March 5, 10:00 a.m. – 3:00 p.m.
Saturday, June 4, 10:00 a.m. – 3:00 p.m.
Lunch and parking will be provided.

UW MEDICINE MS CENTER
SEATTLE, WA
Northwest Hospital, 1536 N 115th St.
(free parking)
REGISTER by contacting Kelly at 206-598-3894 or msevents@uw.edu. All classes are free and are open to non-UW Medicine patients.

How to Make the Best of Exercising with MS
Wednesday, March 16, 6:00 – 7:15 p.m.
speaker: Gloria Hou, MD, Physiatrist

Navigating MS Research Opportunities: Being a Savvy Research Participant
Wednesday, April 20, 6:00 – 7:15 p.m.
speaker: Kevin Alschuler, PhD, Psychologist

Improve Sleep Hygiene
Wednesday, May 18, 6:00 – 7:15 p.m.
speaker: Abbey Hughes, PhD, Psychologist

Available to everyone in our chapter community!
Can’t make it in person to these UW Medicine events?
Join via a webinar by logging into uofw.adobeconnect.com/neurology

The National Multiple Sclerosis Society is dedicated to creating a world free of MS.
The National MS Society, Greater Northwest Chapter educates, inspires and empowers those affected by multiple sclerosis. We create innovative programs to meet the needs of people with MS and their families, host exciting fundraising events to give supporters a meaningful role in the MS movement, and fund cutting-edge research into treatments and a cure. With a vision of bringing about a world free of MS, we help everyone affected by the disease to live richer, healthier, more independent lives.

If you or someone you know has MS
Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional or contact the National MS Society at nationalMSsociety.org or 1-800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

Grupo de Apoyo en Español
La Sociedad Nacional de Esclerosis Múltiple ha comenzado un grupo de apoyo en español, por teléfono, para las personas con EM. El único requisito para participar es haber sido diagnosticado de esclerosis múltiple. Este programa es totalmente gratis. Para más información, o para registrarse, por favor llame al 1-800-344-4867, y oprima el número 3.

The National MS Society does not endorse or recommend specific products, services or manufacturers. The Society assumes no liability whatsoever for the use or contents of any product or service mentioned herein. We reserve the right to refuse advertising that is deemed to be inconsistent with the Society’s mission.
Sometimes it helps just to talk about things, or to listen as others share their feelings and strategies about living with MS. But issues of distance, mobility and time may make it difficult to participate in person in support groups. The National MS Society makes it easy to connect with others by offering telephone and online support groups.

“Stay at Home” Telephone Support Group
3rd Wednesday of every month
Noon – 1:00 p.m. AKST
1:00 – 2:00 p.m. PST
2:00 – 3:00 p.m. MST
Dial into this monthly telephone group to meet others living with MS and talk about your questions or concerns in a supportive environment. Call 1-888-279-3775 and enter code 4001#.

Unique Interest Online Groups
Sign in at MSconnection.org/Support/Support-Groups to join online discussion forums for a variety of interests: moms with MS, care partners, newly diagnosed, men, progressive MS, young adults and more.

Café Con Leche en Español
Café Con Leche ofrece una vez al mes un grupo de apoyo por teléfono, totalmente en español. Aproveche la oportunidad para hablar de preocupaciones y conozca a otras personas con EM. Para más información o para inscribirse llame al 1-800-344-4867, opción 3. Nuevos participantes se aceptarán en todas las fechas.