

# ALS Support Groups

Support groups are for people with ALS, their family members and friends. Meetings are held monthly. Groups sponsored by The ALS Association are facilitated by Jennifer Myhre, LICSW, and Anne Supplee, MDiv. MSc.

## Education

**Presentations about topics of interest to those living with ALS and their families.**

**Each presentation will be recorded and posted for later viewing.**

First Tuesday, 3:00-4:00 p.m. Central Time  
For information and links to join, contact [anne@alsmn.org](mailto:anne@alsmn.org) or call 888-672-0484, ext. 1050

### **Minneapolis/St. Paul Metro Area**

First Wednesday, 12:00-1:15 p.m. CT  
For more information and links to join, contact [anne@alsmn.org](mailto:anne@alsmn.org) or call 612-672-0484

### **Northern MN**

Second Thursday, 10:30-11:30 a.m. CT  
For more information and links to join, contact [anne@alsmn.org](mailto:anne@alsmn.org) or call 612-672-0484

### **North Dakota and Central MN**

Third Tuesday, 12:00-1:30 p.m. CT  
For more information and links to join, contact [jennifer@alsmn.org](mailto:jennifer@alsmn.org) or call 612-672-0484

### **South Dakota and Southern MN**

Last Tuesday, 3:30-4:30 p.m. CT  
*Does not meet in December.*  
For more information and links to join, contact [jennifer@alsmn.org](mailto:jennifer@alsmn.org) or call 612-672-0484

Sponsored by The ALS Association,  
MN/ND/SD Chapter

### **Second Thursday Family Caregiver Support Group**

Second Thursday, 6:30-7:45 p.m. CT  
For more information and links to join, contact [jennifer@alsmn.org](mailto:jennifer@alsmn.org) or call 612-672-0484

### **Third Wednesday Family Caregiver Support Group**

Third Wednesday, 7:00-8:00 p.m. CT  
For more information and links to join, contact [jennifer@alsmn.org](mailto:jennifer@alsmn.org) or call 612-672-0484

### **Young Adult Support Group**

This group is for young adults (18+) that have a parent with ALS.  
Third Tuesday, 7:00-8:00 p.m. CT  
For more information and links to join, contact [anne@alsmn.org](mailto:anne@alsmn.org) or call 612-672-0484

**See Next Page for Additional Support Group Options**

# Additional ALS Support Groups

## **VA ALS Education and Support Group**

Fourth Tuesday of the month  
10:00-11:00 a.m. CT  
RSVP to Erica or Erin at 612-629-7005

## **VA Online Caregiver Support Group**

Second Tuesday of the month  
1:00-2:00 p.m. CT  
RSVP to Quinn or Erin at 612-629-7005

## **ALS Genetic Telephone/Online Support Group**

*Nationwide group for families with familial ALS*  
Fourth Monday of every even month  
5:30 p.m. CT  
For information, contact Lauren at  
[lbaldwin@alsnc.org](mailto:lbaldwin@alsnc.org)

## **AFTD (Association for Frontotemporal Degeneration) Telephone Support Group**

*For Family Caregivers with a loved one with FTD*  
Second Tuesday  
2:00 p.m. CT  
To enroll, contact Bridget at 267-758-8653 or  
[bmoran-mccabe@theaftd.org](mailto:bmoran-mccabe@theaftd.org)

## Quick Tips for Success

- **RSVP!** It helps us when we know who's coming.
- **Be on time.** Log in a little ahead of time so that the group can start on time, and you don't miss anything!
- **Download Zoom** on your device ahead of time so that you're all set to go. Just click on the link once it's emailed to you and you'll be prompted on how to do so.
- **Find a quiet space.** This limits distractions and helps ensure confidentiality.
- **Use the mute button** during times when you're not speaking. It also eliminates background noise.