

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 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 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 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 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 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 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 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 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 quarterly (March, June, Sept., Dec.)
5:30 p.m. CT
For information, contact Lauren at
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

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.