ALS Support & Resource Groups
Meeting times listed below are all in the Central Time Zone.

*We welcome individuals living with ALS, their families, caregivers, and others who are supporting them. These groups provide a safe and compassionate place to gather with others who understand. The best tips and advice come from those in our community who share a similar journey. If you have not attended a group but are considering it, please reach out to the facilitator for the group. They will be happy to share more information with you.*

**For People Living With ALS, Families & Caregivers**

**Bulbar Chat Group**
Third Monday of the month from 2 p.m. to 3:30 p.m., *Virtual.*
People living with bulbar-onset ALS or people living with ALS using an alternative form of communication.
Contact Cat.Kanter@als.org.

**Minneapolis/St. Paul Metro Area Support Group**
First Wednesday of the month from 12 p.m. to 1:15 p.m., *Virtual.*
Contact Anne.Supplee@als.org.

**Northern Minnesota and Northwest Wisconsin Support Group**
Second Thursday of the month from 10:30 a.m. to 11:30 a.m., *Virtual.*
Contact Anne.Supplee@als.org.

**North Dakota and Central Minnesota Support Group**
Third Tuesday of the month from 11 a.m. to 12 p.m., *Virtual.*
Contact Jennifer.Myhre@als.org.

**South Dakota and Southern Minnesota Support Group**
Last Tuesday of the month (except December) from 3:30 p.m. to 4:30 p.m., *Virtual.*
Contact Jennifer.Myhre@als.org.

**Iowa Statewide Resource Group**
Third Tuesday of the month from 6 p.m. to 7:30 p.m., *Virtual*
Contact Abbie.Strother@als.org or Kristin.Ossenkop@als.org.

**Central Wisconsin Support Group**
Third Monday of the month from 5:30 p.m. to 7 p.m.
*Virtual + In-Person at Portage County Library | 1001 Main St. Stevens Point, WI 54481*
Contact Kristy.Sharp@als.org.

**Madison Area Support Group**
Second Tuesday of the month from 1 p.m. to 2:30 p.m.
*Virtual + In-Person at SSM Health-St. Mary’s Hospital - 700 S Park St. Madison, WI 53715 | Conference Room 1*
Contact Cat.Kanter@als.org.
Milwaukee Area Support Group
Second Wednesday of the month from 1 p.m. to 2:30 p.m.
Virtual + In-Person at The Forum | 3333 N. Mayfair Rd. Wauwatosa, WI 53222 | Room 208.
Contact Angie.Pereira@als.org.

Northeast Wisconsin Support Group
Third Wednesday of the month from 5 p.m. to 6:30 p.m.
Virtual + In-Person at Options for Independent Living, 555 Country Club Rd., Green Bay, WI 54313.
Contact Alyson.Johnson@als.org.

Western Wisconsin Support Group
Second Monday of the month from 1 p.m. to 2:30 p.m., Virtual.
Contact Diane.Fergot@als.org.

For Caregivers of People Living with ALS

Adult Child Resource Support Group
Third Thursday of the month from 6:30 p.m. to 8:00 p.m., Virtual.
Adult children of a parent living with ALS.
Contact Diane.Fergot@als.org.

Young Adult Support Group
Third Tuesday of the month from 7 p.m. to 8 p.m., Virtual.
17-25-year-olds who have a parent living with ALS.
Contact Anne.Supplee@als.org.

Family Caregiver Support Group
Second Thursday of the month from 6:30 p.m. to 7:45 p.m.
In-Person Only at The ALS Association | 1919 University Avenue W., St. Paul, MN | Suite 175.
Contact Jennifer.Myhre@als.org.

Family Caregiver Support Group
Third Wednesday from 7 p.m. to 8 p.m., Virtual.
Contact Jennifer.Myhre@als.org.

Milwaukee Area Caregiver Support Group
Second Wednesday of the month from 5 p.m. to 7 p.m.
In-Person Only at The Forum | 3333 N. Mayfair Rd. Wauwatosa, WI 53222 | Room 208.
Contact Robin.Stanczyk@als.org.

Bereavement & Grief Support Group
Second Monday of the month from 6:30 p.m. to 7:45 p.m., Virtual.
Those who have lost a loved one to ALS.
Contact Anne.Supplee@als.org.