



Global Research. Nationwide Advocacy. Local Care.

# 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:Abbie.Strother@als.org) or [Kristin.Ossenkop@als.org](mailto:Kristin.Ossenkop@als.org).

### **Iowa Statewide Support Group**

First Thursday of the month from 2:30 p.m. to 3:30 p.m., *Virtual*

Contact [Kristin.Ossenkop@als.org](mailto:Kristin.Ossenkop@als.org).

### **Central Wisconsin Support Group**

Third Monday of the month from 6 p.m. to 7:30 p.m.

*Virtual + In-Person at Portage County Library | 1001 Main St. Stevens Point, WI 54481*

Contact [Kristy.Sharp@als.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:Diane.Fergot@als.org).

### **Family Caregiver Support Group**

Second Thursday of the month from 6:30 p.m. to 7:30 p.m.

*In-Person Only at The ALS Association | 1919 University Avenue W., St. Paul, MN | Suite 175.*

Contact [Jennifer.Myhre@als.org](mailto:Jennifer.Myhre@als.org).

### **Family Caregiver Support Group**

Third Wednesday from 7 p.m. to 8 p.m., *Virtual*.

Contact [Jennifer.Myhre@als.org](mailto: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](mailto: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](mailto:Anne.Supplee@als.org).