



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.

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.

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 12 p.m. to 1 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 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.

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.

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.

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.