

## **Why Attend an Ataxia Support/Social Group?**

You of you may ask, “Why should I attend a support group meeting?”

Support groups can remind us that we are not alone and that while each individual may experience Ataxia in a different way, together we have many things in common.

A benefit of attending a support group is simply to have a chance to talk with others and learn how different people deal with the same disease.

Attending a support group meeting may give you a glimpse into the many different stages and types of the disease. This can help by using some of the strategies that have been beneficial to others in order to avoid and/or plan for some of the same challenges that others have faced in the progression of their Ataxia.

Hopefully attending a support group meeting will leave you with a sense of hope and inspiration, knowing that if others can cope, so can you.

*Come. Learn. Share. But most of all, know that you are NOT alone.*

## **SUPPORT GROUP MEETINGS (by Date)**

The most current event information is available on the NAF website, [www.ataxia.org](http://www.ataxia.org)

### ***Saturday, January 21, 2017***

#### **Denver Area Ataxia Support Group Meeting**

**Time:** 1-4 p.m.

**Location:** Accessible Systems, 3025 W. Jefferson Ave., Englewood, CO 80110

**Details:** RSVP is needed by 1/14/2017. For more information contact Charlotte DePew at (720) 379-6887 or [cldepew77@comcast.net](mailto:cldepew77@comcast.net)

#### **NCASG -Sacramento Area Ataxia Support Group Meeting**

**Time:** The group meets on the third Saturday of each month at 1:00 p.m.

**Location:** Sutter Roseville Medical Center, 1 Medical Plaza Dr., Roseville, CA 95661

**Details:** For more information contact Teresa Bredberg at ( 916) 215-2686 or [tbredberg@sbcglobal.net](mailto:tbredberg@sbcglobal.net).

#### **Nebraska Ataxia Support Group Social**

**Time:** 11 a.m.

**Location:** Durham Western History Museum, Omaha, NE

**Details:** For additional information contact Linda Snider at (402) 212-3060 or [lindasnider@cox.net](mailto:lindasnider@cox.net).

#### **Orange County Ataxia Support Group Meeting**

**Time:** 2 – 4 p.m.

**Location:** Orange Coast Memorial Medical Center Hospital, Breast Cancer Center Conference Rm. A, 9900 Talbert Ave., Fountain Valley, CA 92708

**Details:** For more information contact Cindy DeMint at [cindyocataxia@gmail.com](mailto:cindyocataxia@gmail.com).  
<http://orangecountyataxia.org/>

**Tampa Bay Ataxia Support Group Meeting**

**Time:** 12:30 – 3 p.m.

**Location:** University of S. Florida, Morsani Center, 13330 Laurel Dr. 1013, Tampa, FL 33612

**Details:** For additional information contact Darlene Harris at (813) 431-2859 or [msdee004@yahoo.com](mailto:msdee004@yahoo.com) or Linda Farrow at [lndfrrw2@gmail.com](mailto:lndfrrw2@gmail.com).

**Twin Cities Ataxia Social Group Meeting**

**Time:** 10 a.m. on the third Saturday of every month (approximately two hours)

**Location:** Langton Place in Roseville at 1910 W. County Rd. D, Roseville, MN 55112

**Details:** For additional information contact Lenore Healey Schultz at (612) 724-3784 or [schultz.lenore@yahoo.com](mailto:schultz.lenore@yahoo.com).

***Saturday, January 28, 2017*****Alabama Ataxia Support Group Meeting**

**Time:** 10 a.m. – 2 p.m.

**Location:** Covenant Presbyterian Church, Homewood, AL

**Details:** For additional information contact Becky Donnelly at (205) 987-2883 or [donnelly6132b@aol.com](mailto:donnelly6132b@aol.com).

**Los Angeles Ataxia Support Group Meeting**

**Time:** 2 – 4 p.m.

**Location:** Veterans Memorial Complex, 4117 Overland Ave., Culver City, CA 90230

**Details:** For additional information contact Lora Morn at [loramorn@gmail.com](mailto:loramorn@gmail.com) or Harvey Kahn at (562) 686-9720.

***Tuesday, January 31, 2017*****Cleveland Area Ataxia Support Group Meeting**

**Time:** 6:30 p.m.

**Location:** Independence County Library, 6361 Selig Dr., Independence, OH 44131

**Details:** For additional information contact Carmen at (216) 272-5588 or [willowpier@roadrunner.com](mailto:willowpier@roadrunner.com).

***Saturday, February 4, 2017*****Arizona Ataxia Support Group Meeting**

**Time:** 1 p.m.

**Location:** Ability 360, 5025 E Washington St., Phoenix, AZ 85034

**Details:** For more information contact Mary Fuchs at (480) 212-6425 or [mary11115@msn.com](mailto:mary11115@msn.com).

**Treasure Coast Ataxia Support Group Meeting**

**Time:** 1 – 3:30 p.m.

**Location:** Port St. Lucie Community Center, 2195 SE Airoso Blvd., Port St. Lucie, FL 39484

**Details:** For more information contact Lisa Cole at (772) 370-3041 or [lc2234@gmail.com](mailto:lc2234@gmail.com).

***Saturday, February 11, 2017***

**Central Minnesota Ataxia Support Group Meeting**

**Time:** 10 a.m.– 12 p.m.

**Location:** 1038 Sunset Ridge Rd., St. Cloud, MN 56303

**Details:** For additional information contact Marsha Binnebose at (320) 248-9851 or [mbinnebose@hotmail.com](mailto:mbinnebose@hotmail.com)

**Kansas City Ataxia Support Group Meeting**

**Time:** 12 – 2 p.m. New Time!!

**Location:** Northeast Library, 6000 Wilson Rd., Kansas City, MO

**Details:** For more information contact Stephanie Wilkins at (816) 623-3318 or [sfwilkins@yahoo.com](mailto:sfwilkins@yahoo.com)

**Mid-Atlantic Social Support Group Meeting**

**Time:** 10 a.m.– 12 p.m.

**Location:** John Hopkins Wellness Center, Medical Pavilion at Howard County Hospital, 10710 Charter Dr., Ste., 100, Columbia, MD 21044

**Details:** Learn how to limit choking, improve swallowing and when to go to the emergency room. Please register by January 30 at <http://tinyurl.com/jvfyqm9> or by calling Donna Neuworth at (410) 616-2811 or [ddeleno1@jhmi.edu](mailto:ddeleno1@jhmi.edu).

**North Texas Ataxia Support Group Meeting**

**Time:** 10 a.m. – 12 p.m.

**Location:** Ben Washington Baptist Church, 615 Davis St., Irving, TX 75061

**Details:** The meeting room is in a separate bldg. from the church. For more information contact David Henry at [chevel1e@sbcglobal.net](mailto:chevel1e@sbcglobal.net)

***Saturday, February 18, 2017***

**NCASG-Sacramento Area Ataxia Support Group Meeting**

**Time:** The group meets on the third Saturday of each month at 1:00 – 4 p.m.

**Location:** Sutter Roseville Medical Center, 1 Medical Plaza Dr., Roseville, CA 95661

**Details:** For more information contact Teresa Bredberg at (916) 215-2686 or [tbredberg@sbcglobal.net](mailto:tbredberg@sbcglobal.net).

**Nebraska Ataxia Support Group Social**

**Time:** 11 a.m. – 1 p.m.

**Location:** Methodist Hospital, 8303 Dodge St., Omaha, NE 68114

**Details:** For additional information contact Linda Snider at (402) 212-3060 or [lindasnider@cox.net](mailto:lindasnider@cox.net).

**Orange County Ataxia Support Group Meeting**

**Time:** 2 – 4 p.m.

**Location:** Orange Coast Memorial Medical Center Hospital, Breast Cancer Center Conference Rm. A, 9900 Talbert Ave., Fountain Valley, CA 92708

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**Details:** For additional information contact Lenore Healey Schultz at (612) 724-3784 or [schultz.lenore@yahoo.com](mailto:schultz.lenore@yahoo.com)

***Saturday, February 25, 2017*****New Hampshire Ataxia Support Group Meeting**

**Time:** 10 a.m. - 12 p.m.

**Location:** Villa Crest Nursing and Retirement Home, 1276 Hanover St., Manchester, NH

**Details:** For more information contact Jill Porter at (603) 626-0129 or [jilleporter@comcast.net](mailto:jilleporter@comcast.net)

***Saturday, March 4, 2017*****Los Angeles Ataxia Support Group Meeting**

**Time:** 2 – 4 p.m.

**Location:** Veterans Memorial Complex, 4117 Overland Ave., Culver City, CA 90230

**Details:** For additional information contact Lora Morn at [loramorn@gmail.com](mailto:loramorn@gmail.com) or Harvey Kahn at (562) 686-9720.

***Thursday, March 9, 2017*****Tri-State Ataxia Support Group Meeting**

**Time:** 6:30-8:30 p.m.

**Location:** Beth Israel Medical Center, Phillips Ambulatory Care Center (PACC), Second Floor Conference Room, 10 Union Square East, New York, NY

**Details:** For more information contact Kathy Gingerelli at [kgingerelli@msn.com](mailto:kgingerelli@msn.com) or Denise Mitchell at [markmeghan2@gmail.com](mailto:markmeghan2@gmail.com)

***Friday, March 10, 2017*****Palo Alto Ataxia Support Group Meeting**

**Time:** 1-2:30 p.m.

**Location:** Stanford Neuroscience Health Center, Rm. 3871, Stanford, CA

**Details:** For more information contact Victoria Tanoury, RN, CNRN at (650) 736-1399 or [vtanoury@stanfordhealthcare.org](mailto:vtanoury@stanfordhealthcare.org) or Sarah Kahn, Nurse Coordinator at [skahn@stanfordhealth.org](mailto:skahn@stanfordhealth.org).

***Saturday, March 11, 2017*****Central Minnesota Ataxia Support Group Meeting**

**Time:** 10 a.m.– 12 p.m.

**Location:** 1038 Sunset Ridge Rd., St. Cloud, MN 56303

**Details:** For additional information contact Marsha Binnebose at (320) 248-9851 or [mbinnebose@hotmail.com](mailto:mbinnebose@hotmail.com)

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