

# March 2021

## VIRTUAL SUPPORT GROUP MEETINGS



The ALS Association Greater Sacramento Chapter is committed to serving the needs of the ALS community during the COVID-19 crisis. We are offering Virtual Support Group Meetings to ensure those living with ALS and their caregivers continue to have access to their networks of support.

Please join whichever group best fits your schedule; you don't have to live in the specified region to access any of the listed virtual groups.

### **Making Connections Support Group Meeting**

**(For anyone affected by ALS)**

Tues., March 9, 2021 1:00 PM Pacific Time  
<https://us02web.zoom.us/j/84300184853>

Meeting ID: 843 0018 4853  
Call in: 1-669-900-6833

### **Tahoe Support Group Meeting**

**(For anyone affected by ALS)**

Thurs., March 18, 2021 12:00 PM Pacific Time  
<https://us02web.zoom.us/j/83045617162>

Meeting ID: 830 4561 7162  
Call in: 1-669-900-6833

### **Sacramento Support Group Meetings**

**(For Family, Friends and Caregivers)**

Sat., March 20, 2021 10:30 AM Pacific Time  
<https://us02web.zoom.us/j/82890649586>

Meeting ID: 828 9064 9586  
Call in: 1-669-900-6833

**(For Persons with ALS)**

Sat., March 20, 2021 12:00 PM Pacific Time  
<https://us02web.zoom.us/j/86700944697>

Meeting ID: 867 0094 4697  
Call in: 1-669-900-6833

### **Transitions Support Group Meeting**

**(For those coping with loss)**

Tues., March. 23, 2021 5:30 PM Pacific Time  
<https://us02web.zoom.us/j/87609861271>

Meeting ID: 876 0986 1271  
Call in: 1-669-900-6833

### **Chico Support Group Meeting**

**(For anyone affected by ALS)**

Thurs., March 25, 2021 12:00PM Pacific Time  
<https://us02web.zoom.us/j/88232347061>

Meeting ID: 882 3234 7061  
Call in: 1-669-900-6833

If you have any questions, your care coordinator will be happy to help you perform a test run prior to the meeting. Please call (916)979-9265 for assistance.