

## The ALS Association Northern Ohio Chapter 2020 Support Groups

The ALS Association Northern Ohio Chapter offers two types of support group meetings as a part of our local care services. These meetings include Educational and Resource and Caregiver and Family support groups.

### Education and Resource Groups

Attending an Educational Exchange Meeting enables persons living with ALS and their families/friends and caregivers to gain a sense of community and support. These meetings provide a way to learn effective ways to adapt and to learn about symptom management strategies by listening to our speakers and learning from each other. The groups provide a safe place to discuss questions, problems, and the latest information related to ALS care.



### Caregiver and Family Groups



Caregiving and family group meetings are open to those caring for persons with ALS. Attending a caregiver meeting enables family members to exchange ideas and strategies, discuss difficult topics or gain a sense of community by being a part of a group of others who are also caring for a loved one with ALS. You are not alone.

**Due to the rising concerns about COVID-19 in Northern Ohio,** The ALS Association Northern Ohio Chapter has canceled all non-essential face-to-face contact, including home visits and in-person attendance of support groups until further notice. Alternatively, we will offer virtual visits and groups. We ask all people planning to participate in our virtual groups to contact the care services coordinator who is leading that particular group to receive the virtual meeting link:

- Lisa Bruening:	<a href="mailto:lisa@alsaohio.org">lisa@alsaohio.org</a>	440-399-7096
- Amber Johnstone:	<a href="mailto:amber@alsaohio.org">amber@alsaohio.org</a>	330-249-1182
- Chelsea Jancewicz:	<a href="mailto:chelsea@alsaohio.org">chelsea@alsaohio.org</a>	216-367-2977

**Due to increased demands, Zoom strongly recommends using your computer audio rather than dialing in. Please use dial in only if a computer connection is not available.**

Here is a chart with this year's meetings:

Date	Time	Location	Education and Resource	Caregiver and Family
January 13, 2020	1 – 3 p.m.	Austintown	•	
January 11, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
January 14, 2020	1 – 3 p.m.	Akron	•	
January 21, 2020	6:30 – 8 p.m.	Cleveland		•
February 3, 2020	1 – 3 p.m.	Cleveland	•	
February 10, 2020	1 – 3 p.m.	Girard	•	
February 11, 2020	1 – 3 p.m.	Akron		•
February 19, 2020	12 – 1 p.m.	Virtual		•
February 22, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
March 9, 2020	1 – 3 p.m.	Austintown	•	
March 10, 2020	1 – 3 p.m.	Akron	•	
March 17, 2020	6:30 – 8 p.m.	Cleveland		•
March 18, 2020	12 – 1 p.m.	Virtual		•
March 21, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
April 6, 2020	1 – 3 p.m.	Cleveland	•	
April 13, 2020	1 – 3 p.m.	Girard	•	
April 14, 2020	1 – 3 p.m.	Akron		•
April 15, 2020	12 – 1 p.m.	Virtual		•
April 18, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
May 11, 2020	1 – 3 p.m.	Austintown	•	
May 12, 2020	1 – 3 p.m.	Akron	•	
May 16, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
May 19, 2020	6:30 – 8 p.m.	Cleveland		•
June 1, 2020	1 – 3 p.m.	Cleveland	•	
June 8, 2020	1 – 3 p.m.	Girard	•	
June 15, 2020	12 – 1 p.m.	Akron		•
June 20, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
July 13, 2020	1 – 3 p.m.	Austintown	•	
July 18, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
July 20, 2020	1 – 3 p.m.	Akron	•	
July 21, 2020	6:30 – 8 p.m.	Cleveland		•
August 3, 2020	1 – 3 p.m.	Cleveland	•	
August 10, 2020	1 – 3 p.m.	Girard	•	
August 15, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
August 17, 2020	6:30 – 8 p.m.	Akron		•
September 12, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
September 14, 2020	1 – 3 p.m.	Austintown	•	
September 21, 2020	1 – 3 p.m.	Akron	•	
September 22, 2020	6:30 – 8 p.m.	Cleveland		•
October 6, 2020	1 – 3 p.m.	Cleveland	•	

October 12, 2020	1 – 3 p.m.	Girard	•	
October 17, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
October 19, 2020	6:30 – 8 p.m.	Akron		•
November 9, 2020	1 – 3 p.m.	Austintown	•	
November 16, 2020	1 – 3 p.m.	Akron	•	
November 17, 2020	6:30 – 8 p.m.	Cleveland		•
November 21, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
December 7, 2020	1 – 3 p.m.	Cleveland	•	
December 14, 2020	1 – 3 p.m.	Girard	•	
December 19, 2020	10:30 a.m. – 12:30 p.m.	Toledo	•	
December 21, 2020	6:30 – 8 p.m.	Akron		•