

Support Groups

DEFINITION

Groups that provide each other with various types of help, usually nonprofessional and nonmaterial, for a particular shared, usually burdensome, characteristic. Support groups enable members to voice concerns openly, exchange information and help each other cope with the challenges they are facing.

Support Groups

The ALS Association, MN/ND/SD Chapter
(The Amyotrophic Lateral Sclerosis Association
..... (612) 672-0484 or (888) 672-0484
333 N. Washington Ave., #105, Minneapolis, MN 55401
www.alsmn.org

Alzheimer's Assn. Minnesota-North Dakota
..... **24/7 Info Helpline (800) 272-3900**
7900 W. 78th St., #100, Minneapolis, MN 55439
www.alz.org/mnnd

Alzheimer's Speaks
Lori La Bey (651) 748-4714
Shifting Our Dementia Care Culture
www.alzheimersspeaks.com

Courage Center (763) 520-0327
3915 Golden Valley Rd., Minneapolis, MN 55422
www.couragecenter.org

DARTS (651) 455-1560
1645 Marthaler Ln., West St. Paul, MN 55118
Aging and Caregiving Resources
www.dartsl.org www.caregivermn.org

Eldercare Partners (651) 234-2262
1645 Marthaler Ln., West St. Paul, MN 55118
For a List of Caregiver Support Groups See Our Website
www.eldercarepartners.org

Jewish Family & Children's Service of Minneapolis
L'Chaim Senior Services (952) 546-0616
13100 Wayzata Blvd., #400, Minnetonka, MN 55305
www.jfcsmpls.org

Living Spirit Therapy Services, LLC
Melissa Hirokawa, M.M., MT-BC, NMT Fellow
..... (952) 240-6130
Board Certified Music Therapist
www.livingspirittherapy.com

Minnesota Stroke Association ... (763) 553-0088
Minnesota Chapter, National Stroke Association
34-13th Ave. NE, #B001, Minneapolis, MN 55413
www.strokemn.org

Support Groups

National Multiple Sclerosis Society
Upper Midwest Chapter (612) 335-7900
200-12th Ave. S., Minneapolis, MN 55415

Senior Community Services (SCS)
..... (952) 541-1019 x317
10709 Wayzata Blvd., #111, Minnetonka, MN 55305
www.seniorcommunity.org

Touching Hearts at Home (763) 544-0401
..... **Minneapolis & West Metro (952) 826-9594**
10700 Old Co. Rd. 15, #290, Plymouth, MN 55441
www.touchinghearts.com