

# Health-Related Support Groups

In an effort to support members of our community, UnityPoint Health – Meriter – Physical Medicine & Rehabilitation Program has compiled information on a variety of local, state and national support group and resource organizations. Information on the following disabilities, conditions, illnesses and support services can be found in this resource:

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**An updated version of this resource is always available at**

<http://www.unitypoint.org/madison/community-resources.aspx>

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## **ALZHEIMER'S & DEMENTIA**

### **A.D.E.A.R. (Alzheimer's Disease Education & Referral Center)**

Provides current information on Alzheimer's for patients and caregivers, as well as opportunities to volunteer for Alzheimer's research.

Phone: (800) 438-4380

Website: <http://www.nia.nih.gov/alzheimers>

### **Alzheimer's Association**

A nationwide association dedicated to helping people with Alzheimer's and dementia. Provides good, up-to-date information and ongoing research and recent news regarding Alzheimer's.

Phone: (608) 203-8500

24/7 Help Line (800) 272-3900

Email: [info@alz.org](mailto:info@alz.org)

Website: <http://www.alz.org/scwisc/>

### **Alzheimer's & Dementia Alliance of Wisconsin (ADAW)**

ADAW helps guide you through the complex maze of issues that can arise by offering personal consultations, education, access to resources and advocacy.

Phone: (608) 232-3400

Website: <http://www.alzwisc.org/>

### **Alzheimer's & Dementia Support Group from the Colonial Club Senior Activity Center**

Monthly support group meetings are held the third Tuesday of each month at the Colonial Club in Sun Prairie at 6:30 PM.

Phone: (608) 837-4611 ext. 115 (ask for Melody Riedel)

Email: <http://www.colonialclub.org/services/support-groups>

### **Alzheimer's Disease.com**

Provides a search engine for answering questions you may have on Alzheimer's and important information for caregivers on caring for someone with Alzheimer's.

Website: <http://www.4alzheimers.com/>

### **Alzheimer's Foundation**

Our mission is to provide care and services to individuals confronting dementia, and to their caregivers and families, through member organizations dedicated to improving quality of life.

Website: [www.alzfdn.org/](http://www.alzfdn.org/)

### **Dane County Senior Caregivers Resource Guide: Alzheimer's & Dementia**

Information provided lists organizations offering memory assessments, resources for dementia, as well as support groups.

Website: [http://madisoncaregivers.com/Alzheimers\\_Dementia.html](http://madisoncaregivers.com/Alzheimers_Dementia.html)

### **West Madison Senior Collision and Senior Center: Alzheimer's & Dementia**

Information provided lists organizations offering memory assessments, resources for dementia, as well as support groups.

Website: <http://www.wmseniorcenter.org/community-resources/>

## **AMPUTATION**

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### **American Amputee Foundation, INC: Local Support Groups**

AAF will empower amputees, their families, and care providers to make informed decisions by providing them with information, referral, peer counseling, self-help literature and education.

Location: Zablocki VA Med. Center, 5000 West National Avenue, Milwaukee, WI 53295

Phone: (414) 384-2000

Location: Aurora West Allis Medical Center, 8901 W. Lincoln Ave., West Allis, WI 53227

Phone: (414) 328-6630

Website: [http://www.aurorahealthcare.org/events/\\_hidden/search.asp?ID=265](http://www.aurorahealthcare.org/events/_hidden/search.asp?ID=265)

### **(The) Amputee Coalition**

Provides information on amputation and amputees. Check online about the Amputee Coalition of America's Paddy Rossbach Youth Camp.

Toll-free: 888-267-5669

Website: <http://www.amputee-coalition.org>

### **Amputee-Online.com**

Provides links to other amputee websites and a directory of other amputees.

Website: <http://www.amputee-online.com>

### **National Amputation Foundation**

Provides assistance to veterans of WWII, Korea, the Vietnam Conflict, Desert Storm and Iraqi Freedom.

Website: <http://www.nationalamputation.org>

## **Amyotrophic lateral sclerosis (Lou Gehrig's disease)**

### **ALS Association: Wisconsin Chapter**

The staff teams up to raise much needed funds and provide services and support for our Chapter families.

Phone: (414) 763-2220

Location: 3333 N. Mayfair Road, Suite #104, Wauwatosa, WI 53222

Website: <http://www.alsawi.org/>

### **ALS WORLDWIDE**

A non-profit organization that provides support to ALS families internationally through scientific research interpretation, individual patient advocacy and community activism.

Website: <http://alsworldwide.org/>

### **Dean Care: ALS/MDA Support Group**

This support group meets from 12:30-2:00 p.m. on the second Tuesday of each month and is for those with Muscular Dystrophy and/or Amyotrophic Lateral Sclerosis (ALS). Family members & caregivers are welcome.

Location: St. Mary's Hospital Conference Center, 700 S. Park Street, Madison, WI 53715

Phone: 608-222-3269 Mary Roe

Website: <http://www.deancare.com/Calendar/event-search-results-details/?eventId=9d11df6b-ca46-e111-bf07-e0cb4ef9b7ad>

### **UW Health: Neuromuscular and ALS Clinic**

UW Health's Neuromuscular Program addresses both the diagnostic and therapeutic aspects of nerve and muscle disorders as well as informs the patient on their condition.

Location: 600 Highland Ave., Madison, WI 53792

Phone: (608) 262-0547

Website: [http://www.uwhealth.org/locations/clinic\\_detail.jsp?sublocationId=410](http://www.uwhealth.org/locations/clinic_detail.jsp?sublocationId=410)

<http://www.uwhealth.org/health/topic/special/amyotrophic-lateral-sclerosis-als/hw179630.html>

## **APHASIA**

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### **Aphasia Hope Foundation**

Provides information on news/events and research, along with an easy to use search engine and fact sheet.

Website: <http://www.aphasiahope.org>

### **Living with Aphasia Breakfast Group**

Eat breakfast with a wide variety of people of all ages and degrees of aphasia every Monday morning at 10:30. Meetings are often held at the Cranberry Creek Restaurant. Contact Pat for breakfast location in Madison.

Phone: (608) 241-7898

Contact: Pat Velloff

Email: [mpveloff@msn.com](mailto:mpveloff@msn.com)

### **Living with Aphasia Inc.**

Contact Jon G. Lyon, a Doctor of Speech Pathology, for referrals and further information of support and groups for people with aphasia.

Phone: (608) 767-3838

### **National Aphasia Association**

Provides itinerary of important dates and information for patients and caregivers on aphasia.

Website: <http://www.aphasia.org>

## **ARTHRITIS**

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### **Arthritis.com**

This website provides information, symptoms checklist, ways to manage pain and helpful tips for living with arthritis. Provides other links about different conditions, treatments, community groups and more.

Website: <http://www.arthritis.com>

### **Arthritis Foundation**

The Arthritis Foundation is a nationwide organization dedicated to helping those suffering from arthritis. The site provides a store with products for people with arthritis, information on various types of arthritis, dates of upcoming events and programs and news regarding recent research. Check online about various support groups that are catered to your special needs.

Phone: (404) 872-7100

WI Chapter: (414) 321-3933

Website: <http://www.arthritis.org/wisconsin/>

### **Medline Plus – Arthritis**

Provides arthritis advice, an easy to read source for determining if you or a loved one has arthritis and answers to frequently asked questions.

Website: <http://www.nlm.nih.gov/medlineplus/arthritis.html>

### **Wisconsin Arthritis Program**

Provides classes and information on arthritis in Wisconsin

Phone: (608) 266-2593

Website: <https://www.dhs.wisconsin.gov/arthritis/index.htm>



## **ATTENTION DEFICIT DISORDER**

### **About Attention Deficit Disorder**

Provides tips for surviving ADD in the workplace, information on medications, and recent articles about ADD.

Website: <http://www.add.about.com>

### **A.D.D.A. (Attention Deficit Disorder Association)**

Provides information on finding help, local support groups, classes you can take to become more focused, and articles with recent news on ADD.

Website: <http://www.add.org>

### **Born To Explore**

Provides general information on ADD/ADHD, as well as popular articles and research.

Website: <http://borntoexplore.org>

### **Child Development & Parenting Information**

Provides information on childhood ADD along with data on treatments and medications.

Website: <http://www.childdevelopmentinfo.com>

### **CHADD: Madison Area Adults with ADHD Satellite**

Presentations and support group meetings for Adults with ADHD living in the Madison area

Contact: Lou-Volunteer Coordinator

Email: [madison-area2@chadd.net](mailto:madison-area2@chadd.net)

Website: <http://www.chadd.net/template.cfm?affid=349&p=about>





## AUTISM

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### **Achieving Collaborative Treatment (ACT)**

ACT is a provider of in-home behavioral therapy services for children with autism spectrum disorders. We are located in Madison and serve the needs of children in south central Wisconsin.

Location: 200 Enterprise Drive, Verona, WI 53593

Phone: (608) 497-3230

Website: <http://www.acttreatment.com/>

### **Autism Research Institute**

Provides information about the latest research ongoing with autism specifically for families, educators, providers, and individuals with autism.

Call Center: (866) 366-3361

Website: <http://www.autism.com/>

### **Autism Society: South Central Wisconsin**

Provides information on autism, resources for finding more information, and links to different chapters.

Location: 437 S Yellowstone Dr., Suite 217A, Madison, WI 53719

Website: <http://autismsouthcentral.org/>

Phone: (609) 630-9147

### **Autism Speaks (Previously known as C.A.N. or Cure Autism Now)**

Provides information about the latest research, access to an internet newsletter, and a gallery full of pictures of the many faces of autism.

Phone: (888) 288-4762

Website: <http://www.autismspeaks.org/>

### **Catholic Charities of Madison: Autism**

CCM provides information and resources related to Autism Spectrum Disorders, consult with teams about specific concerns and provide trainings.

Phone: (608) 826-8030

Website: <http://catholiccharitiesofmadison.org/Resources/tabid/323/Default.aspx>

### **Families for Early Autism Treatment**

Provides documents containing information about autism, answers to frequently asked parent questions, and links to related websites. Join the email and newsletter mailing lists.

Website: <http://www.feaut.org>

### **Future Horizons**

Provides books that it publishes specifically for children with autism.

Website: [www.futurehorizons-autism.com](http://www.futurehorizons-autism.com)

### **Global Autism Collaboration (Formally autism.org)**

Provides information about the latest research with autism from around the world.

Website: <https://www.autismwebsite.com/gac/policy.html>

### **Integrated Development Services**

Integrated Development Services (IDS) is a mental health clinic specializing in treatment of Autism Spectrum Disorders (ASD), developmental disabilities, behavioral challenges and childhood mental health challenges.

Location: 559 Zor Shrine Place, Madison, WI 53719

Phone: (608) 833-0123

Website: <http://www.idsautism.com/>

### **Kids Health**

Provides information about autism that is easy to read and understand.

Website: <http://kidshealth.org>

### **Wisconsin Autism Society**

The Wisconsin Autism Society is an organization that provides help to those dealing with autism throughout the state of Wisconsin. Provides a guide for families, a newsletter, and a list of chapters near you.

Location: 1477 Kenwood Drive, Menasha, WI 54952

Phone: (888) 4-AUTISM (428-8476)

Website: <http://www.asw4autism.org>

### **Wisconsin Early Autism Project**

A program and clinic for the treatment of children with autism based on the work of Dr. Ivar Lovaas, the pioneer of an intensive behavioral approach with proven best outcomes.

Phone: (608) 662-WEAP (9327)

Website: <http://www.wiautism.com/>

## **BRAIN INJURY**

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### **Betsy's Support Page for Traumatic Brain Injury**

Provides information, help, and support for family members, caregivers, and loved ones on coping with TBI.

Website: <http://www.homestead.com/betsysupportpage>

### **Brain Injury Association of America (BIAA)**

Provides a 24 hour national helpline, including a Kids Corner, and access to books, tapes, and videos.

Phone: (800) 444-6443

Website: <http://www.biausa.org>

### **Brain Injury Association of Wisconsin (BIAW)**

BIAW is a nonprofit organization with BIAA committed to serving individuals with an acquired brain injury and their families. BIAW provides services in advocacy, education, information and resources, prevention, and support services.

Phone: (262) 790-9660

Toll-free WI: (800) 882-9282

Website: <http://www.biaaw.org>

### **Mild Brain Injury Resource Network**

This is a support group that is offered at UnityPoint Health – Meriter for survivors, family and friends, students and community members affected by a brain injury. Meetings are held the third Thursday of each month from 6:30 to 8:00 PM in the 2 North Conference Room at UnityPoint Health – Meriter.

Phone: (608) 845-6356

Contact: Deb

Email: [dpenburg@chorus.net](mailto:dpenburg@chorus.net)

### **National Resource Center for Traumatic Brain Injury**

Provides relevant, practical information for professionals, persons with brain injury, and family members and has developed a wide variety of assessment tools, intervention programs, and training programs.

Provides the latest in ongoing research, resources, and an up to date newsletter.

Website: <http://www.tbinrc.com/>

### **Spouse and Significant Others**

This is a support group that is offered at UnityPoint Health – Meriter solely for the loved ones and caregivers of a survivor to a brain injury. Meetings are held the second Monday of each month at 6:30 to 8:00 PM in the Patient Administration Conference Room in UnityPoint Health – Meriter.

Phone: (608) 222-4717 or 576-5285

Contact: Lynn

Website: [http://madisonaphasia.com/?page\\_id=383](http://madisonaphasia.com/?page_id=383)

## **BRAIN TUMOR**

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### **American Brain Tumor Association**

This is a nationwide telephone help service for people who have had their life affected by a brain tumor. Provides upcoming events, a listing of support services, a medical library, and a store to purchase items to help fund research.

Phone: (800) 886-2282

Website: <http://www.abta.org>

### **Clinical Trials – Brain Tumors**

Provides a brain tumor guide, survivor stories, and noteworthy treatments section with a video library.

Website: <http://www.virtualtrials.com>

### **Dean Care: Brain Tumor Support Group**

The Dean Neurological Institute hosts a casual monthly brain tumor support group for patients, family, and friends. Meetings are held the second Thursday of each month from 6:30-7:30 pm in Bay 4.

Location: St. Mary's Hospital

Phone: (608) 260-3435

Website: <http://www.deancare.com/Calendar/event-search-results-details/?eventId=445DF007-69EB-DF11-9C3F-001D0934EBC8#Description>

### **Madison Area Brain Tumor Support Group**

Any individual with a brain tumor and their family or support persons are invited to share their brain tumor experiences in an effort to provide a supportive and educational experience. Meets the 3rd Tuesday of each month at UW Hospital.

Phone: (608) 265-1192

Contact: Lori Hayes

Website: <https://www.uwhealth.org/onlineservices/classes/class/viewClass/240>

### **National Brain Tumor Society**

Provides up-to-date information, stories of survivors, background on various treatment options, and dates of upcoming events.

Phone: (617) 924-9997

Website: <http://braintumor.org/>

## **CANCER**

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### **A.C.O.R. (Association of Cancer Resources)**

Provides a mailing list for getting in contact with online communities, ways of coping with cancer, and treatment options. Data base with over 30 different types of cancer.

Website: <http://www.acor.org>

### **American Cancer Society**

This is a nationwide helpline for those who have had their life touched by cancer. Provides general information on cancer as well as stories of cancer survivors and coping techniques.

Phone: (608) 833-4555

24/7 Help Line: (800) 227-2345

Website: <http://www.cancer.org>

### **Cancer Care**

Provides help and hope for cancer patients, family, and friends.

Website: <http://www.cancercares.org>

### **Cancer Information Service from the National Cancer Institute**

This is a nationwide telephone service dedicated to individuals who have been forced to face cancer.

Phone: (800) 4-Cancer (800-422-6237)

Website: <http://www.cancer.gov/>

### **Cancer News**

Provides recent news and updates with regards to cancer.

Website: <http://www.cancernews.com>

### **(Fred) Hutchinson Cancer Research Center**

Provides information on the science and research that is ongoing, ways to help and get involved, and general cancer information.

Website: <http://www.fhcrc.org>

### **Gilda's Club**

Gilda's Club's mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Location: 7907 UW Health Court, Middleton, WI 53562

Phone: (608) 828-8880

Website: <http://www.gildasclubmadison.org/>

### **National Cancer Institute**

Provides a dictionary for cancer related words, cancer statistics, and recent news articles.

Website: <http://cancer.gov>

### **NPG (Nature Publishing Group)**

Provides cancer research updates, recent articles, and general information.

Website: <http://www.nature.com/cancer>

### **OncoLink**

Provides information on different types of cancer, treatment options, and ways of coping after being diagnosed.

Website: <http://www.oncolink.upenn.edu>



### **UW Health Cancer Connect**

This is a support group in the Madison area that is for men and women who have had their lives affected by cancer. Check website for information on times, locations, and various types of support groups for all varieties of cancer.

Phone: (608) 262-5223

Website: <http://www.uwhealth.org/uw-carbone-cancer-center/cancer-connect/1031>

## **CANCER- CHILDHOOD**

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### **Badger Childhood Cancer Network**

Provides education, support, survivor stories, and facts about childhood cancer.

Website: <http://www.badgerchildhoodcancer.org/>

### **Kids Health for Parents**

Provides breaking news, research updates, general information on childhood cancer, and coping techniques.

Website: <http://kidshealth.org>

### **National Childhood Cancer Foundation**

Provides information about childhood cancer, upcoming events, and stories of children survivors.

Phone: (800) 458-6223

Website: <http://www.curesearch.org>

### **St. Jude's Children's Research Hospital**

Provides general information on various types of cancer and childhood cancer survivor stories.

Website: <http://www.stjude.org/cancercenter>

### **Understanding Childhood Cancer**

Provides easy to understand information about childhood cancer.

Website: <http://savvyknowledge.com/resources/health/understanding-childhood-cancer/>

## **CAREGIVERS**

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### **Caregiver.com**

Provides a sign-up for a free weekly newsletter, a chat room, dates of upcoming events, and care directory.

Website: <http://www.caregiver.com>  
<http://www.caregiver.com/regionalresources/states/WI/support/dane.htm>

### **Caregiver Support Groups in Dane County**

List of support groups with location and meeting time (updated in 2011)

Website: [http://pdf.countyofdane.com/humanservices/aging/caregivers/support\\_groups.pdf](http://pdf.countyofdane.com/humanservices/aging/caregivers/support_groups.pdf)

### **Dane County Senior Caregivers Resource Guide**

Includes a list of Support groups, Alliances, Supportive Services for Seniors and Caregivers residing in Dane County, Wisconsin.

Website: [http://madisoncaregivers.com/Support\\_Groups.html](http://madisoncaregivers.com/Support_Groups.html)

### **Madison Area Stroke Support Group**

This is a support group that is held the first Wednesday of each month, 6-8 PM, and is intended to help educate and comfort individuals who have experienced a stroke.

Location: 202 S. Park St, UnityPoint Health – Meriter

Phone: (608) 417-6487

Website: [http://madisonaphasia.com/?page\\_id=370](http://madisonaphasia.com/?page_id=370)

### **Caregiver Action Network (Formerly National Family Caregivers Association)**

Excellent resource for caregivers with links to many other valuable disability-specific sites. Provides an event calendar, ways to communicate with health care professionals, and good tips to be a great caregiver.

Phone: (202) 454-3970

Website: <http://caregiveraction.org/>

### **Share the Care**

ShareTheCaregiving™, Inc. seeks to improve the "quality of life" of persons who are seriously ill, disabled, or experiencing the challenges of aging, and to reduce stress, depression, isolation and economic hardship often suffered by their family caregivers.

Phone: (212) 991-9688

Email: [info@sharethecaregiving.org](mailto:info@sharethecaregiving.org)

Website: <http://sharethecare.org/>

### **Solutions for Better Aging**

This is a nationwide telephone service that provides medical supplies for elderly patients as well as a reference place for various elderly needs.

Phone: (888) 405-4242

### **Stoughton Caregiver's Support Group**

This is a support group that is held in Stoughton the second Thursday of each month in the Stoughton room at the Senior Center at 1pm. It is dedicated to all types of caregivers.

Phone: (608) 873-858



## **CELIAC DISEASE**

### **Celiac.com**

Provides a search for other sites regarding celiac disease, a listing of gluten-free foods, and general information on Celiac Disease.

Website: <http://www.celiac.com>

### **Celiac Disease Foundation**

Provides general information, recent studies, a Kids Korner, how to change your lifestyle, connection groups, and various other resources.

Website: <http://www.celiac.org>

### **Family Doctor.org – Celiac Disease**

Provides an overview of Celiac Disease.

Website: <http://familydoctor.org/familydoctor/en/diseases-conditions/celiac-disease.html>

### **Madison Area Gluten Intolerance Chapter**

The Madison Area Gluten Intolerance Chapter (MAGIC) serves the Madison, WI area, providing information, resources, and a place to meet others with celiac disease. Meetings are held on the second Saturday of each month, from 10 am to Noon (except in January and August).

Website: <http://www.glutenfreemadison.org/>

### **UW Health: Celiac Disease**

This link provides information on Celiac Disease and its symptoms.

Website: <http://www.uwhealth.org/health/topic/major/celiac-disease/hw192303.html>

## **CEREBRAL PALSY**

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### **Cerebral Palsy – Ask the Doctor**

Provides good information on the different types of cerebral palsy and a way to ask a doctor via a free online evaluation.

Website: <http://www.cerebral-palsy-center.org/>

### **Cerebral Palsy Kinetic Connection**

Provides communication between those with cerebral palsy and information about cerebral palsy as well as a directory of other sites focusing on Cerebral Palsy.

Website: <http://cp-kineticconnections.org/>

### **Cerebral Palsy Help**

Provides information on causes, symptoms, and ways to help your child.

Website: <http://www.cerebralpalsyhelp.com>

### **National Easter Seals Society**

This is a nationwide phone service that is committed to lending a helping hand to those who have had theirs touched by cerebral palsy.

Phone: (800) 221-6827

Website: <http://www.easterseals.com/explore-resources/facts-about-disability/understanding-cerebral-palsy.html>

### **United Cerebral Palsy**

Provides concrete information, the latest news stories, and a calendar of upcoming events. Nationwide telephone service dedicated to helping individuals, family, and friends affected by cerebral palsy.

Phone: (800) 872-5827

Website: <http://www.ucp.org>

### **United Cerebral Palsy Adult Services Program**

UCP provides in-home and community services for people of all ages with developmental disabilities. The adult services program assists individuals over the age of 18 who have a developmental disability and reside in Dane County.

Phone: (608) 273-8482

Website: <http://www.ucpdane.org/>

### **Youth Services, Resources, & respite**

Provides recreational and social options for teens with developmental disabilities; networking to facilitate interactions with teens without disabilities. This program is designed to meet the needs of a working family.

Phone: (608) 273-3318

Website: <http://www.ucpdane.org/contact/>

## **CHRONIC ILLNESS**

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### **Covenant Presbyterian Church: Chronic Illness Support Group**

A faith-based group composed of Madison church members for those living with chronic illness (heart disease, diabetes, cancer, arthritis, etc.). The purpose of this monthly group is to form community, strengthen faith and share experiences when a person's life is changed by various health conditions.\

Phone: (608) 233-6297

Website: <http://covenantmadison.org/index.htm>

### **HealingWell.com**

Provides ways to decide if you have chronic illness, a sign-up for a free newsletter, and links to other organization, information sites, and chats dealing with chronic illness.

Website: <http://www.healingwell.com>

### **National Center for Chronic Disease (Prevention & Health Promotion)**

Provides information on ways to prevent chronic illness, news on the latest research, and ways of coping with an already contracted chronic illness.

Website: <http://www.cdc.gov/nccdp>

### **Wisconsin Chronic Disease Program**

This is a website that offers assistance to Wisconsin residents with various chronic diseases.

Website: <https://www.forwardhealth.wi.gov/WIPortal/Tab/42/icscontent/provider/wcdp/index.htm.spage>

### **What Matters Now**

What Matters Now is a social network, much like Facebook, for people with chronic illnesses to communicate with each other, friends, and caregivers.

Website: <http://www.whatmattersnow.org/>

### **World Health Organization**

This is a website that provides great information on various health topics including chronic diseases and provides data and statistics.

Website: <http://www.who.int/en>

## **CRANIOFACIAL ANOMALIES**

### **American Cleft Palate & Craniofacial Association**

This is a nationwide telephone service that is intended to lend a helping hand to those who have been affected by cleft palate and/or craniofacial abnormalities. Provides information for patients and families of children affected with craniofacial anomalies.

Phone: (800) 242-5338

Website: <http://www.cleftline.org>

### **Cincinnati Children's Hospital Medical Center**

Provides general information about craniofacial anomalies.

Website: <http://www.cincinnatichildrens.org>

### **Craniofacial Foundation of Arizona**

Provides information on upcoming events, a general education, and success stories.

Website: <http://www.phoenixchildrens.org/health-information/the-emily-center/child-health-topics/support-groups/happy-faces-craniofacial>

### **Pediatric Neurosurgery**

Provides general information about craniofacial anomalies.

Website: <http://www.columbianeurosurgery.org/conditions/craniofacial-anomalies/>

### **Smiles Craniofacial Support Group**

Provides a support group of dedicated families that give you access to information and success stories.

Website: <http://www.cleft.org/>

### **UW Hospital Cleft Palate & Craniofacial Clinic**

This is a resource to allow access to knowledgeable physicians and nurses that can answer any questions you might have about cleft palate and/or craniofacial abnormalities. Check for brochures and other informational handouts.

Phone: (608) 263-2376

Website: <http://www.uwhealthkids.org/pediatric-reconstructive-surgery/cleft-lip-and-palate/craniofacial-anomalies-clinic/34418>

## **DEATH & BEREAVEMENT**

### **A.D.E.C. (Association for Death Education & Counseling)**

Provides a member option for access to recent publications, support group listings, and dates for upcoming workshops.

Website: [www.adec.org](http://www.adec.org)

### **Agrace HospiceCare Inc**

Agrace HospiceCare offers grief services to anyone in the community experiencing loss due to death, even if the loved one was not an Agrace patient. Offered at various locations throughout Agrace's service area, grief support groups provide a safe and supportive environment to talk about your thoughts and feelings and to find support from others who are sharing similar experiences.

Location: 5395 E Cheryl Pkwy, Madison, 53711

Phone: (608) 276-4660

Website: [www.agrace.org](http://www.agrace.org)

### **American Academy of Hospice and Palliative Medicine**

Provides a membership option, education, a bookstore, and links to related sites.

Website: [www.aahpm.org](http://www.aahpm.org)

### **Bereavement Services with Gundersen Lutheran Hospital**

They provide materials to those who provide care for patients and families experiencing loss through dying and death.

Phone: (800) 362-9567

Website: <http://www.gundersenhealth.org/resolve-through-sharing>

### **Center for Life & Loss Integration**

This group is for younger women who have lost their spouses.

Location: 4123 Monona Dr., Monona, WI, 53716

Phone: (608) 258-7771

### **(The) Compassionate Friend**

This is a nationwide telephone service that is intended to help those individuals deal with death.

Phone: (877) 969-0010

Website: <http://www.compassionatefriends.org/home.aspx>

### **Growth House**

Growth House, Inc., gives you free access to over 4,000 pages of high-quality education materials about end-of-life care, palliative medicine, and hospice care, including several books.

Website: <http://www.growthhouse.org/>

### **Heartland Hospice**

Heartland Hospice provides care in your home, a skilled nursing center, an assisted living facility, or independent living facility. Caregivers create care plans, set personal goals, and manage pain and symptoms.

Location: 2810 Crossroads Drive, Suite 1900, Madison, WI 53718

Phone: (866) 216-5708

Website: <https://www.heartlandhospice.com/find-an-agency/heartland-hospice-services-of-madison/>



### **Rainbow Hospice Care**

Rainbow Hospice Care offers a full spectrum of physical, emotional and spiritual care—including grief support, which is available to patients and their families. Families of deceased patients receive up to 13 months of grief support through telephone contact, mailings, support visits, grief groups, workshops and other activities, free of charge. Grief support is also available to individuals who have not been served by hospice.

Location: 147 W Rockwell St., Jefferson, WI, 53549

Phone: (920) 674-6255 or (888) 493-8276 (Toll-free)

Website: [www.rainbowhospicecare.org](http://www.rainbowhospicecare.org)

### **SHARE – Pregnancy & Infant Loss Support**

This is a nationwide telephone service dedicated to helping those individuals that have experienced the loss of an infant or a have had a miscarriage.

Phone: (800) 821-6819

Website: <http://nationalshare.org/>

## **DIABETES**

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### **American Diabetes Association**

Provides the latest news in diabetes, general information, ways to exercise and diet, and a recipe of the day.

Website: [www.diabetes.org](http://www.diabetes.org)  
<http://www.diabetes.org/in-my-community/local-offices/milwaukee->

### **Dean: All About Diabetes Support Group**

A monthly support group for people who deal with Type 1 and Type 2 Diabetes on a daily basis that is held on the third Tuesday of each month, except in December, 7-8:30 p.m.

Phone: (608) 283-7326  
Website: <http://www.deancare.com/Calendar/event-search-results-details/?eventId=0b7cc52d-f4dd-de11-8c58-005056820ae3>

### **Diabetes Public Health Resource**

Provides news and information on diabetes and its accompanying medications, along with helpful ways to lower blood sugar levels.

Website: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

### **Juvenile Diabetes Research Foundation (JDRF) Western Wisconsin Chapter**

Meetings will be held the fourth Tuesday of each month from 6:30-8:30 p.m. We will always try to have teens there to help keep an eye on kids.

Location: Group Health Cooperative Building 1265 John Q Hammons Drive, Madison WI  
Phone: (608) 833-2873  
Email: [westernwi@jdrf.org](mailto:westernwi@jdrf.org)  
Website: <http://www.jdrf.org/>

### **National Institute of Diabetes & Digestive & Kidney Disease**

Provides answers to frequently asked questions, general information on various diseases such as endocrine and metabolic, hematologic, and kidney and urologic diseases, and includes the latest news and research.

Website: [www.niddk.nih.gov](http://www.niddk.nih.gov)

## **DIABETES – CHILDHOOD**

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### **Children’s Hospital of Wisconsin: Diabetes Clinic**

Location: 9000 W. Wisconsin Avenue, Milwaukee, WI 53201-1997  
Phone: (414) 266-3380  
Website: <http://www.chw.org/display/PPF/DocID/30451/router.asp>

### **Children with Diabetes**

Provides information on upcoming events and a chat room for those affected with childhood diabetes.  
Website: <http://www.childrenwithdiabetes.com>

### **Kids Health**

Provides information about childhood diabetes that is easy to read and understand for parents, kids, and teens.  
Website: <http://kidshealth.org>

### **UW Health Pediatric Diabetes and Endocrinology**

Experts offer comprehensive diabetes education, counseling, and treatment. They provide coordination of care between UW Health pediatric endocrinologists and your child’s primary physician.  
Location: 1675 Highland Ave., Madison, WI 53792  
Phone: (608) 23-6420  
Website: <http://www.uwhealthkids.org/pediatric-diabetes/pediatric-diabetes-and-endocrinology/33815>





## **DOWN SYNDROME**

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### **Down Syndrome Association**

Provides information for new parents, support group listings, and various links to other sites regarding Down syndrome.

Website: <http://www.nads.org/>

### **Down Syndrome Association of Wisconsin**

This is a statewide telephone service that is stationed in Milwaukee and is intended to help families and friends of Down Syndrome individuals. Provides information, a calendar of upcoming events, and a newsletter.

Phone: (414) 327-3729

Website: <http://www.dsaw.org>

<http://www.dsaw.org/valuable-links.aspx>

### **Madison Area Down Syndrome Society**

The Madison Area Down Syndrome Society is a non-profit organization striving to support families and individuals with Down syndrome from birth through adulthood.

Phone: (608) 692-7653

Email: [info@madss.org](mailto:info@madss.org)

Website: <http://www.madss.org>

### **National Down Syndrome Society**

Provides recent research updates, information and resources, news and events, and access to various communities.

Helpline: (800) 221-4602

Website: <http://www.ndss.org>

### **The Phyllis Phund**

Valuable website with many in-state resources and programs on Down Syndrome

Website: <http://phyllisphund.org/resource-center/wi-resources>

## **EATING DISORDERS**

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### **Center for Change**

Center for Change in Utah specializes in eating disorder treatment offers help and tips on what family and friends can do to help.

Website: <http://www.centerforchange.com>

### **Eating Disorder.com**

Provides general information on eating disorders and a helpline to find a treatment center.

Phone: (866) 575-8179

Website: <http://www.eating-disorder.com>

### **Eating Disorders Referral Center**

This is a nationwide telephone service that is dedicated to helping individuals who have had their lives touched by an eating disorder.

Phone: (866) 575-8180

### **Eating Disorder Hope**

Compilation of eating disorder centers in Wisconsin.

Website: <http://www.eatingdisorderhope.com/treatment-centers/wisconsin-wi>

### **Eating Disorder Referral & Information Center**

Provides information on eating disorders and a search engine for finding help or being referred.

Website: <http://www.edreferral.com>

### **Eating Disorders Resources**

Provides information on many eating disorders and a free E-mail newsletter.

Phone: (888) 232-6949

Website: <http://www.bulimia.com>

### **Milestones in Recovery**

Provides general information about eating disorders, a place to go for recovery, and a helpline.

Phone: (800) 347-2364

Website: <http://www.milestonesinrecovery.com>

### **National Eating Disorders Association**

Provides general information about eating disorders, dates of upcoming events, and other links.

Helpline: (800) 931-2237

Website: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### **National Association of Anorexia Nervosa and Associated Disorders (ANAD)**

ANAD is a nonprofit corporation that seeks to prevent and alleviate the problems of eating disorders, especially including anorexia nervosa, bulimia nervosa and binge eating disorder.

Phone: (630) 577-1333

Website: <http://www.anad.org/>

### **Pale Reflections Eating Disorder Community**

Provides information regarding anorexia, binge-eating disorder, depression, obsessive compulsive disorder, and a support community.

Website: <http://216.31.162.195/>

### **Remuda Ranch**

Provides information on what an eating disorder is, steps in the recovery process, and places to go for help.

Phone: (866) 390-5100

Website: [www.remudaranch.com](http://www.remudaranch.com)

## **EPILEPSY**

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### **American Epilepsy Society**

Provides information, dates of upcoming events, the latest in news and research, and a link to “Epilepsy Current”, a magazine dedicated to epilepsy.

Phone: (312) 883-3800

Website: [www.aesnet.org](http://www.aesnet.org)

### **Epilepsy.com**

Provides information for kids, teens, women, families, and seniors, as well as education on treatments, and tips on living with epilepsy.

Website: [www.epilepsy.com](http://www.epilepsy.com)

### **Epilepsy Foundation: Support Group**

This is a foundation that is dedicated to educating and supporting individuals and their family/friends that have had their lives touched by epilepsy. Website provides an easy-to-use answer place, locations and dates of various programs and events, and an online community to talk with others that have epilepsy.

There are support groups for people with Epilepsy and also support groups for parents of children with epilepsy.

Location: 1302 Mendota Street, Suite 100, Madison, WI 53714

Phone: (608) 442-5555

Website: [www.epilepsywisconsin.org](http://www.epilepsywisconsin.org)

## **FIBROMYALGIA & CHRONIC FATIGUE**

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### **About Chronic Fatigue**

Provides information about chronic fatigue syndrome and a sign up for a newsletter.

Website: <http://chronicfatigue.about.com>

### **CFS Frequently Asked Questions (FAQ)**

Provides answers to frequently asked questions regarding chronic fatigue syndrome.

Website: <http://chronicfatiguesyndrome.co.za/faq>

### **Chronic Fatigue Support.com**

Provides recent newspaper articles and journal reports about chronic fatigue syndrome, as well as a community to contact others with this disease.

Website: [www.chronicfatiguesupport.com](http://www.chronicfatiguesupport.com)

### **Fibromyalgia Network**

Provides good information, coping techniques, research studies, medical journal listings, and interviews with experts.

Phone: (520) 290-5508

Website: <http://fmnetnews.iraherman.com/>

### **Fibromyalgia Support.com**

Provides information for understanding this condition and a message board to talk to others also suffering from fibromyalgia.

Phone: (800) 366-6056

Website: [www.fibromyalgiasupport.com](http://www.fibromyalgiasupport.com)

### **Wisconsin Chronic Fatigue State Association**

Call to obtain a packet of information that will better inform you about this disorder.

Phone: (608) 834-1001

Website: <http://www.wicfs-me.org/>

## **GUILLAIN-BARRÉ SYNDROME**

### **Ben's Friends: Guillain Barre Support**

This site is for people struggling with Guillain Barre, their goal is to, "connect you with others so you don't feel alone or don't want to overwhelm your family."

Website: <http://www.guillainbarresupport.org/>

### **GBS Foundation International**

This website provides information and support for patients, family members, and healthcare professionals

Phone: (866) 224-3301

Website: <http://gbs-cidp.org/>

## HEADACHES

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### **American Council for Headache Education**

Provides ways to join support groups, education on this condition, ways of prevention, and discussion forums.

Website: [www.achenet.org](http://www.achenet.org)

### **Cluster Headaches.com**

Provides a place where people who suffer from cluster headaches can talk and support one another.

Website: [www.clusterheadaches.com](http://www.clusterheadaches.com)

### **McKinley Health Center**

Provides basic facts, ways to prevent, ways to treat, and warning signs of headaches.

Website: [www.mckinley.uiuc.edu](http://www.mckinley.uiuc.edu)

### **National Headache Foundation**

Provides education to headache sufferers and healthcare professionals about headache causes and treatments.

Phone: (312) 274-2650

Website: [www.headaches.org](http://www.headaches.org)

### **UW Health: Pain & Headache Clinic**

A clinic specialized in pain and headaches website has informational videos.

Phone: (608) 263-9550

Website: [http://www.uwhealth.org/locations/clinic\\_detail.jsp?sublocationId=1047](http://www.uwhealth.org/locations/clinic_detail.jsp?sublocationId=1047)

## **HEARING LOSS**

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### **American Speech-Language-Hearing Association (ASHA)**

The American Speech-Language-Hearing Association (ASHA) is the professional, scientific, and credentialing association for more than 130,000 members and affiliates who are audiologists, speech- language pathologists, and speech, language, and hearing scientists.

Phone: (800) 638-8255

Website: [www.asha.org](http://www.asha.org)

### **Deaflinx.com**

Provides links to numerous internet clubs and organizations regarding deafness, American Sign Language, deaf education, services and other information.

Website: [www.deaflinx.com](http://www.deaflinx.com)

### **Hard of Hearing Advocates**

Provides information on programs designed to help the hard of hearing and statistics on hearing loss.

Phone: (508) 875-8662

Website: [www.hohadvocates.org](http://www.hohadvocates.org)

### **Hearing Loss Association of America: Wisconsin Chapter Support Group**

Hearing loss support group meets at the Sequoia Branch Library on the corner of Tokay & Midvale Boulevards in Madison on the 4th Wednesday evening of the month from 6:30-8:30.

Website: [http://hlaa-wi.org/wisconsin\\_chapters](http://hlaa-wi.org/wisconsin_chapters)

Phone: (301) 657-2248

## **HEART DISEASE**

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### **American Heart Association**

Provides information on maintaining a healthy heart, tips for a healthy lifestyle, and warning signs. Nationwide telephone service that is intended to educate and support individuals that have had their life touched by heart disease.

Phone: (608) 709-4930

Website: [www.americanheart.org](http://www.americanheart.org)

### **Congenital Heart Information Network**

Provides information to families of children with congenital heart defects, and access to a community of other families in similar situations.

Website: [www.tchin.org](http://www.tchin.org)

### **Family Doctor.org**

Provides women with information about heart disease and advice to avoid heart attacks.

Website: <http://familydoctor.org/familydoctor/en/diseases-conditions/congenital-heart-disease.html>

### **Heart Information Network**

Provides heart attack symptoms and warning signs, ways to reduce cholesterol, and general information about heart disease.

Website: [www.heartinfo.org](http://www.heartinfo.org)

### **Nutrition, Health, & Heart Disease**

Provides tips on how to have a healthy heart, and information for practicing a good diet.

Website: [www.health-heart.org](http://www.health-heart.org)



## **HUNTINGTON'S DISEASE**

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### **Huntington's Disease Advocacy Center**

Provides information about living with this disease, how to manage symptoms, and the latest in research.

Website: [www.hdac.org](http://www.hdac.org)

### **Huntington's Disease Center**

This is a website through the Columbia University Medical Center that answers frequently asked questions and links to other useful sites.

Website: [www.hdny.org](http://www.hdny.org)

### **Huntington's Disease Society of America**

This is a nationwide telephone service that is dedicated to helping individuals with Huntington Disease and their family members. Provides information, the latest in research, dates of upcoming events, local chapters, and various ways of getting into contact with others who have had their lives affected by this disease.

Phone: (800) 345-4372

Website: [www.hdsa.org](http://www.hdsa.org)

### **HDSA: Wisconsin Chapter**

Support group that meets on a quarterly basis from 10:30am to noon at Attic Angel's.

Location: Attic Angels, 8301 Old Sauk Rd, Middleton

Phone: 414-257-9499

Contact: Myrna Solganic

Email: [myrnaspaws@aol.com](mailto:myrnaspaws@aol.com)

Website: <http://wisconsin.hdsa.org/about/support-groups>

## **LEARNING DISABILITIES**

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### **Child and Family Psychological Services**

Established in 1981, Child and Family Psychological Services offers assessment, diagnosis, advocacy, treatment and help with school, post-secondary training and work issues for unique learners and those who care about them.

Website: [www.childandfamilypsychological.com](http://www.childandfamilypsychological.com)

### **Great Schools**

Provides ways to identify a learning disability, how to manage it, and a place to connect with others that have learning difficulties.

Website: [www.schwablearning.org](http://www.schwablearning.org)

### **International Dyslexia Association (IDA)**

The International Dyslexia Association (IDA) is a non-profit organization dedicated to helping individuals with dyslexia, their families and the communities that support them.

Phone: (410) 296-0232

Website: <http://www.interdys.org>

### **LD Online**

Provides information on learning disabilities, tips for parents, teachers, and professionals, as well as the artist and writer of the week.

Website: [www.ldonline.org](http://www.ldonline.org)

### **LD Resources**

Provides resources about and for people with learning disabilities and discussion board to debate topics regarding learning difficulties.

Website: [www.ldresources.com](http://www.ldresources.com)

### **National Center for Learning Disabilities**

Provides information on learning disabilities, tips for dealing with it, and a community where other people with learning disabilities can help each other.

Website: [www.ld.org](http://www.ld.org)

### **WI Branch of the International Dyslexia Association (WIBIDA)**

This website lists information for parents, fact sheets on dyslexia and related language-based learning differences, dyslexia-related newsletters, and valuable links to other state and national websites and resources. Check online for local Wisconsin camps, conferences, meetings and more.

Location: 1616 Graham Avenue, Eau Claire, WI 54701

Phone: (608) 355-0911

Website: [www.wibida.org](http://www.wibida.org)

## **LOW VISION**

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### **Blindness Resource Center**

Provides an index for products that make dealing with low vision more tolerable.

Website: [www.nyise.org/blind.htm](http://www.nyise.org/blind.htm)

### **Guide to Low Vision**

Provides information on products, finding a doctor, and links to educational material about low vision.

Website: [www.allaboutvision.com/lowvision](http://www.allaboutvision.com/lowvision)

### **Low Vision Education Program**

Provides links and references to numerous educational sites and materials regarding low vision.

Website: <https://nei.nih.gov/nehep/programs/lowvision>

### **Middleton Low Vision Support Group**

Support groups for people with low vision are held in Middleton at the Middleton Senior Center the second Thursday of each month at 10:00 AM.

Phone: (608) 831-2373

### **Monona Low Vision Support Group**

Support groups for people with low vision are held in Monona at the Monona Senior Center. Meetings are held the fourth Friday of each month at 11:00 AM. Lunches are available for purchase.

Phone: (608) 222-3415

### **Oakwood Low Vision Support Group**

Support group for people with low vision is held at Oakwood Retirement Center the first Tuesday of each month at 10:00 AM. These meetings are not limited to Oakwood Retirement Residents.

Phone: (608) 833-8314

### **Stoughton Low Vision Support Group**

This is a support group that is held in Stoughton the third Thursday of each month in Stoughton room at the Senior Center at 1:00 pm. It is dedicated to helping those with low vision.

Phone: (608) 873-8585

### **Volunteer Braillists & Tapists Inc.**

Provides Braille and taped materials for all ages, needs, and areas of interest. Materials available for loan or purchase.

Phone: (608) 233-0222

### **Wisconsin Council of the Blind & Visually Impaired**

This is a statewide organization stationed in Madison that offers support groups, rehab options, and even a store for the blind.

Phone: (608) 255-1166

Website: [www.wcblind.org](http://www.wcblind.org)

## **LUPUS**

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### **(The) Lupus Foundation of America: Wisconsin Chapter**

The Lupus Foundation of America is a national force with state chapters devoted to solving the mystery of lupus, while giving caring support to those who suffer from its brutal impact.

Website: <http://www.lupus.org/wisconsin/>

### **Lupus Foundation of America: Madison Support Group**

The group meets the third Tuesday, every-other month. Meeting Room Location: Cafeteria Conference Room B of UnityPoint Health – Meriter at 6:30 pm.

Location: UnityPoint Health – Meriter, 202 South Park St.

Phone: Nancy Johnson - (608) 332-5928

Website: [http://www.lupus.org/webmodules/webarticlesnet/templates/wisconsin\\_support.aspx?articleid=1121](http://www.lupus.org/webmodules/webarticlesnet/templates/wisconsin_support.aspx?articleid=1121)

### **Medline Plus - Lupus**

Provides the latest news, a general overview of frequently asked questions, and updates on research.

Website: <http://www.nlm.nih.gov/medlineplus/lupus.html>

## **MENIERE'S DISEASE**

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### **Menieres.org**

Provides information, a message board, live chat room, a mailing list, and poetry from other patients.

Website: [www.menieres.org](http://www.menieres.org)

### **Meniett.com**

Provides background information on this disease, treatment options, and stories from other patients.

Website: <http://www.meniett.com/>

## MIDLIFE ISSUES

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### **About Midlife**

Provides links to other websites dealing with midlife issues, current articles, advice, and a listing of books on the subject.

Website: <http://marriage.about.com/od/midlife>

### **Meetup.com- Midlife Issues Support Group**

Join this group if you are a single middle aged Madison area resident looking to go to events and meet with others going through similar issues.

Website: <http://www.meetup.com/Mid-Life-and-Moving-Forward/>

### **Our Best Years**

Provides essays written by Mike Bella, PhD on midlife topics.

Website: [www.bestyears.com](http://www.bestyears.com)

### **Power Surge**

Provides live guest chats with prominent medical doctors on topics dealing with menopause, and access to a community of women all going through menopause.

Website: <https://power-surge.co/tag/midlife/>

## **MULTIPLE SCLEROSIS**

### **All About Multiple Sclerosis**

Provides an encyclopedia of information and a list of famous people also afflicted with MS.

Website: [www.mult-sclerosis.org](http://www.mult-sclerosis.org)

### **Madison MASH support group meetings**

M.S. support group. Meet friends, hear MS speakers, and learn in relaxed group setting.

Group meets the third Saturday of each month at 10:00 a.m., @ Babes American Grill on Schroeder Road in Madison.

Phone: 262-369-4400 or 1-800-344-4867 (Toll Free)

Email: [contactusnmss@nmss.org](mailto:contactusnmss@nmss.org)

### **MultipleSclerosis.com**

Provides various stories, news events, and ways to deal with MS.

Website: [www.multiplesclerosis.com](http://www.multiplesclerosis.com)

### **Multiple Sclerosis Association of America**

Nationwide telephone service and website that is dedicated to offering support and information to those who have had their lives touched by multiple sclerosis.

Phone: (800) 532-7667

Website: [www.msa.com](http://www.msa.com)

### **National Multiple Sclerosis Society**

Provides information on MS and living with it, different treatments, research being conducted, and recent headlines regarding the disease. Nationwide telephone service that is offered to individuals with multiple sclerosis, as well as family and friends that have been affected by the condition of a loved one.

Phone: National (800) 344-4867 State Chapter (262) 369-4400

Website: [www.nmss.org](http://www.nmss.org) <http://www.nationalmssociety.org/chapters/WIG/index.aspx>

### **Stoughton Multiple Sclerosis Support Group**

This is a support group that is held in Stoughton the second Tuesday of each month in the Mandt room at the Senior Center from 10-11:30 am. It is dedicated to helping those with Multiple Sclerosis cope.

Phone: (608) 873-8585

## **MUSCULAR DYSTROPHY**

### **Genetic Alliance Support Group**

Nationwide telephone service that offers individuals affected by muscular dystrophy a helpline.

Phone: (202) 966-5557

Website: <http://www.geneticalliance.org/>

### **Dean Care: ALS/MDA Support Group**

This support group is held from 12:30-2:00 p.m. on the second Tuesday of each month and is for those with Muscular Dystrophy and/or Amyotrophic Lateral Sclerosis (ALS). Family members and caregivers are welcome.

Location: St. Mary's Hospital Conference Center, 700 S. Park Street, Madison, WI 53715

Phone: 608-222-3269 Mary Roe

Website: <http://www.deancare.com/Calendar/event-search-results-details/?eventId=9d11df6b-ca46-e111-bf07-e0cb4ef9b7ad>

### **FacioScapuloHumeral Muscular Dystrophy Society**

Provides information, online chats, and news articles relating to facioscapulohumeral muscular dystrophy.

Website: [www.fshsociety.org](http://www.fshsociety.org)

### **Medline Plus – Muscular Dystrophy**

Provides good information about the basic background of this disease and links to other sites regarding to muscular dystrophy

Website: <https://www.nlm.nih.gov/medlineplus/muscular dystrophy.html>

### **Muscular Dystrophy Association**

Provides the latest publications and research, information regarding the telethon, and general information about this disease. Nationwide telephone service that has been developed to assist all individuals who have had their lives touched by muscular dystrophy.

Phone: (800) 572-1717

Website: [www.mdaua.org](http://www.mdaua.org)

### **Muscular Dystrophy Campaign**

Provides dates of upcoming events, basic information, support groups, and the latest news on muscular dystrophy.

Website: <http://www.muscular dystrophyuk.org/>

### **Muscular Dystrophy Family Foundation**

Provides answers to frequently asked questions, ways that individuals can help, and stories of others with muscular dystrophy. Nationwide telephone service that is dedicated to helping individuals with muscular dystrophy and their loved ones.

Phone: (317) 615-9140

Website: [www.mdff.org](http://www.mdff.org)



## **MYASTHENIA GRAVIS**

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### **Medline Plus – Myasthenia Gravis**

Provides answers to frequently asked questions, information on symptoms and various treatments, and links to other related sites.

Website: [www.nlm.nih.gov/medlineplus/myastheniagravis.html](http://www.nlm.nih.gov/medlineplus/myastheniagravis.html)

### **Myasthenia Gravis Association**

Provides information, dates of upcoming events, the latest in news and research, and ways to contact others who suffer from this disease.

Website: <https://myaware.org/>

### **Myasthenia Gravis Fact Sheet**

Provides a quick and easy way to get answers to frequently asked questions.

Website: [www.ninds.nih.gov/health\\_and\\_medical/pubs/myasthenia\\_gravis.htm](http://www.ninds.nih.gov/health_and_medical/pubs/myasthenia_gravis.htm)

### **Myasthenia Gravis Foundation of America**

Provides services for patients, background information and education, the latest in research and news stories, and local chapters for support.

Phone: (800) 541-5454

Website: <http://myasthenia.org/>

### **Myasthenia Gravis Foundation of America: Wisconsin Chapter Support Group**

The Milwaukee support groups meets on the second Wednesday of September, November, February, and April at 6:30 pm in the 1<sup>st</sup> Floor Conference Room.

Location: Wheaton Franciscan Healthcare-St. Francis, 3237 S. 16<sup>th</sup> Street, Milwaukee, WI 53215

Phone: (262) 878-3866 (Cindy McBryde)

Email: [wisconsin@myasthenia.org](mailto:wisconsin@myasthenia.org)

Website: <http://www.myasthenia.org/communitysupport/MGFACapters/WisconsinChapter/SupportGroups.aspx>

## **PARALYSIS**

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### **Canine Companions for Independence**

A nonprofit organization that works to enhance the lives of people with disabilities by providing highly trained assistance dogs.

Website: [www.caninecompanions.org](http://www.caninecompanions.org)

### **Christopher & Dana Reeve Paralysis Resource Center**

Provides ideas for active living, a kids' zone, rehabilitation and recent research.

Phone: (800) 225-0292

Helpline: (800) 539-7309

Website: [www.paralysis.org](http://www.paralysis.org)

### **Paralyzed Veterans of America**

This is a nationwide telephone service that is committed to helping veterans that are paralyzed.

Phone: (800) 424-8200

Helpline: (800) 232-1782

Website: [http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305401/k.27D1/Paralyzed\\_Veterans\\_of\\_America.htm](http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305401/k.27D1/Paralyzed_Veterans_of_America.htm)



## **PARKINSON'S DISEASE**

### **American Parkinson Disease Association**

Provides background information, local chapter locations, current events, access to publications and videos, a downloadable booklet, and links to other related sites.

Phone: (800) 223-2732

Website: [www.apdaparkinson.org](http://www.apdaparkinson.org)

### **Independent Living: Caregiver Respite Program**

Our Caregiver Respite Program provides a short term break for a caregiver to help relieve stress and restore energy. We take care of your family member while you take time for yourself. Caring for a loved one can be a demanding, difficult job and getting a break for a few days can bring balance to a caregiver's life.

Phone: (608) 268-9643 (Jenny)

Website: <http://www.independentlivinginc.org/caregiver-respite.html>

### **Madison Area Parkinson Support Group**

This is a group for people with Parkinson's disease, caregivers, and family members to gain more information on Parkinson's Disease through education and support from others. Check website for various locations.

Phone: (608) 229-7628

Email: [Parkinson\\_assn@ssmhc.com](mailto:Parkinson_assn@ssmhc.com)

Website: <http://www.wichapterapda.org/map/support-groups.html>

### **(The) National Parkinson Foundation, Inc.**

Provides answers to common question from doctors, dates of upcoming events, a link to find a doctor in your area, and a caregiver's forum.

Helpline: 1-800-4PD-INFO (473-4636)

Email: [contact@parkinson.org](mailto:contact@parkinson.org)

Website: [www.parkinson.org](http://www.parkinson.org)

### **Parkinson's Disease Foundation**

Phone: (800) 457-6676

Provides answers to frequently asked questions, stories from other Parkinson's disease patients, news from the Parkinson's community, and links to related sites.

Website: [www.pdf.org](http://www.pdf.org)

### **Parkinson's Disease Resource Center**

Provides information and educational materials, access to a community of Parkinson's patients, updated news, an online bookstore, and a quarterly newsletter.

Website: [www.healingwell.com/parkinsons](http://www.healingwell.com/parkinsons)

### **Stoughton Parkinson's Support Group**

This is a support group that is held in Stoughton the fourth Wednesday of each month at the Senior Center at 1:30 pm. It is dedicated to helping those with Parkinson Disease cope.

Location: Stoughton Area Senior Center, 248 West Main Street, Stoughton, WI

Phone: (608) 873-8585 (Holley) or (608) 206-9597 (Jonathan)

### **Sun Prairie Parkinson Support Group**

This is a support group that is held in Sun Prairie at the Colonial Club the fourth Monday at 1:00 PM for individuals and their family members / friends that has been touched by Parkinson Disease.

Location: 301 Blankenheim Lane, Sun Prairie, WI 53590

Phone: (608) 229-7628 (Hannah)



### **Wisconsin Parkinson's Association**

This is a statewide telephone service that is intended to help and support those who have Parkinson's Disease or is close to someone that does. Website has information and events around the state.

Phone: (800) 972-5455

Website: <http://www.wiparkinson.org/> <http://www.wiparkinson.org/SupportGroup.aspx>

### **World Parkinson Coalition**

Provides information, links to publications and articles, a news archive and links to related sites. They connect 185 partners from 46 countries to make a more effective Parkinson community.

Website: <http://www.worldpdcoalition.org/?page=Partners>

## **SPINAL CORD INJURY**

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### **Canine Companions for Independence**

A nonprofit organization that works to enhance the lives of people with disabilities by providing highly trained assistance dogs.

Website: [www.caninecompanions.org](http://www.caninecompanions.org)

### **Christopher & Dana Reeve Paralysis Resource Center**

Provides ideas for active living, a kids' zone, rehabilitation and recent research.

Phone: (800) 225-0292

Helpline: (800) 539-7309

Website: <https://www.christopherreeve.org/>

### **Community Resources for Independence**

A community-based, nonprofit, nonresidential organization that offers services and assistance to enable people with disabilities to expand their options, pursue their goals, and achieve and maintain self-sufficient and productive lives.

Website: [www.crinet.org](http://www.crinet.org)

### **Madison Spinal Cord Injury Group**

The Madison Spinal Cord Injury Group's objectives are to provide an open forum for discussion on SCI related topics, provide mentoring and awareness, offer adaptive and accessible events & activities for the individual & family, and just have FUN! New members and new sponsors are always welcome. Their meetings are held on the second Monday of each month from 6-7:30 pm.

Location: Wellspring United Methodist Church, 5702 South Hill Drive, Madison

Email: [info@sci-madison.org](mailto:info@sci-madison.org)

Website: [www.sci-madison.org](http://www.sci-madison.org)

### **(The) National Spinal Cord Injury Association**

Provides news stories, dates of conferences and events, a resource center, and rehabilitation methods.

Phone: 718-803-3782

Email: [info@unitedspinal.org](mailto:info@unitedspinal.org)

Website: [www.spinalcord.org](http://www.spinalcord.org)

### **Paralyzed Veterans of America**

This is a nationwide telephone service that is committed to helping veterans that are paralyzed.

Phone: (800) 424-8200

Helpline: (800) 232-1782

Website: [http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305401/k.27D1/Paralyzed\\_Veterans\\_of\\_America.htm](http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305401/k.27D1/Paralyzed_Veterans_of_America.htm)

### **Spinal Cord Injury Network International**

This is a nationwide telephone service that is dedicated to answering any questions or addressing any concerns that an individual with a spinal cord injury, or their family/friends might have. Provides Health focus, a Kids corner, links to other sites, recent news stories, and a video lending library.

Phone: (800) 548-CORD (2673)

Website: <http://www.sonic.net/~spinal/>

### **Spinal Cord Injury Research**

Provides programs and resources for persons with SCI.

Phone: (206) 616-2183

Website: <http://sci.washington.edu/>

## **STROKE**

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### **(The) American Heart Association**

Provides a search engine for support groups nationally.

Website: <http://www.heart.org/HEARTORG/>

### **American Stroke Association**

Provides warning signs, stroke care programs, a heart and stroke encyclopedia, etc.

Website: <http://www.strokeassociation.org/STROKEORG/>

### **(The) Internet Stroke Center**

Provides types of strokes, warning signs, statistics, and various treatments.

Website: <http://www.strokecenter.org/>

### **Madison Area Brain Aneurysm and Stroke Support Group**

Meetings are open to brain aneurysm patients, their families and caregivers. Meetings start at 4:30 pm, the third Thursday of each month (except for December).

Location: UW Hospital, 600 Highland Avenue, Room E5/492, Madison, WI 53792

Phone: Sheri Chambers (608) 263-4730 or John Kenneally (608) 263-9256.

### **Madison Area Stroke Support Group**

This is a support group that is held the first Wednesday of each month, 6-8 PM, and is intended to help educate and comfort individuals who have experienced a stroke.

Website: <https://www.unitypoint.org/madison/signs-of-stroke.aspx>

Phone: (608) 417-7514

Location: 202 S. Park St, UnityPoint Health – Meriter

### **National Institute of Neurological Disorders & Stroke**

Provides neuroscience news, recent studies and news events.

Website: <http://www.ninds.nih.gov/>

### **National Stroke Association**

Provides common symptoms and treatment, professional resource center, stroke prevention, recovery and rehabilitation, etc.

Website: <http://www.stroke.org/>

### **SAFE - Stroke Awareness For Everyone**

A good resource that features email support and message boards for stroke patients and caregivers.

Website: <http://www.strokesafe.org/>

### **Stroke Help from International Clinical Educators Inc.**

Provides videos, educational workshops, and answers to frequently asked questions.

Website: <http://www.icelearningcenter.com/>

### **(The) Stroke Network**

Provides 24/7 online support for stroke survivors and caregivers of adult stroke.

Website: <http://www.strokenetwork.org/>

## **STROKE – CHILD & ADOLESCENT**

### **American Heart Association: Pediatric Stroke**

This website has information on the causes, symptoms, and recovery of pediatric strokes.

Website: [http://www.strokeassociation.org/STROKEORG/AboutStroke/StrokeInChildren/Stroke- In-Children\\_UCM\\_308543\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/AboutStroke/StrokeInChildren/Stroke-In-Children_UCM_308543_SubHomePage.jsp)

### **Children’s Hemiplegia & Stroke Association**

A nonprofit support program for families with children suffering from hemiplegia, hemiparesis, and/or pediatric stroke.

Website: [www.chasa.org](http://www.chasa.org)

### **Pediatric Stroke Network**

A support organization for families with children suffering from stroke.

Website: [www.pediatricstrokenetwork.com](http://www.pediatricstrokenetwork.com)

## **STUTTERING**

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### **The Stuttering Foundation of America**

The Stuttering Foundation provides free online resources, services and support to those who stutter and their families, as well as support for research into the causes of stuttering. They are the largest nonprofit charitable organization in the world working towards the prevention and improved treatment of stuttering, reaching over a million people annually. They also offer extensive educational programs on stuttering for professionals.

Phone: (800) 992-9392 or (901) 761-0343

Location: P.O. Box 11749, Memphis, TN 38111-0749

Website: <http://www.stuttersfa.org/>

[http://www.stutteringhelp.org/sites/default/files/Migrate/book0009\\_may2010.pdf](http://www.stutteringhelp.org/sites/default/files/Migrate/book0009_may2010.pdf)





## **SUICIDE**

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### **American Foundation of Suicide Prevention**

Provides many dates of upcoming events, information about suicide, survivor stories, and answers to frequently asked suicide questions.

Website: [www.afsp.org](http://www.afsp.org)

### **American Association of Suicidology**

Provides information about suicide, a crisis center, methods to prevent it, recent research findings, and support group listings.

Website: [www.suicidology.org](http://www.suicidology.org)

### **Journey Mental Health Center**

The Survivors of Suicide (S.O.S.) services provide information and support to persons who have been affected by a suicide. An S.O.S. support group meets the second and fourth Tuesdays of each month at Journey Mental Health Center. Each adult group is facilitated by a suicide survivor/volunteer and a mental health professional.

Location: 625 W. Washington Avenue, Madison, WI 53703-2637

Phone: (608) 280-2700

Dane County 24-Hour Crisis Line: (608) 280-2600

National Hotline: 1-800-273-8255

Website: <http://www.journeymhc.org/services/emergency/survivor-suicide-support>  
<http://www.journeymhc.org/images/SOS/sos-brochure-feb2.pdf>

### **National Suicide Crisis Hotline**

This is a nationwide crisis helpline that is dedicated to helping individuals with suicidal tendencies or family and friends that are concerned about a loved one.

Phone: (800) 784-2433

Website: <http://hopeline.com/>

### **Safe Communities of Madison-Dane County**

Safe Communities of Madison-Dane County is a non-profit coalition that brings together local public and private sector partners to save lives, prevent injuries and make our community safer.

Phone: (608) 441-3060

E-mail: [info@safercommunity.net](mailto:info@safercommunity.net)

Website: [http://www.safercommunity.net/suicide\\_prevention.php](http://www.safercommunity.net/suicide_prevention.php)

### **S.A.V.E. Suicide Awareness – Voices of Education**

Provides an emergency helpline, the basics of suicide and depression, how to prevent suicide, and also coping with a loss.

Website: [www.save.org](http://www.save.org) Emergency Helpline: 1-800-273-8255

### **S.P.A.N. Suicide Prevention Action Network**

Provides dates of upcoming events, ways to get involved, and a monthly newsletter.

Website: [www.spanusa.org](http://www.spanusa.org)

Crisis Phone: (800) 273-TALK (8255)

## **WEIGHT CONTROL**

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### **Diettalk.com**

Provides forums and chats to connect with others trying to lose weight as well as links to other sites.

Website: [www.diettalk.com](http://www.diettalk.com)

### **Do-It**

Provides a way to evaluate your favorite recipe for healthiness.

Website: [www.doithome.com/recipe\\_o.html](http://www.doithome.com/recipe_o.html)

### **Fun Fit Bootcamp**

Discover how you can lose up to 30 lbs. in 8 weeks by doing some of the craziest, most fun workouts that will give your body no choice but to lose that stubborn fat. Get into the best shape of your life, right now!

Website: <http://madisonbootcamps.com/>

### **Healthy Woman: Shaping You for Life**

This center offers personalized nutrition; one-on-one counseling, an exercise circuit and FDA approved Synergie™ cellulite treatments. Through a flexible, well-balanced and convenient program, Healthy Woman will be the last program you'll ever need to lose weight and keep it off!

Location: 7617 Mineral Point Rd., Madison, WI 53717

Phone: (608) 203-9060

Website: <http://www.loseweightmadison.com/>

### **Madison 90 Day Challenge Group**

This group is made up of like-minded people that want to be dedicated to helping each member achieve their weight loss and or fitness goals. We will help people do this through 90 day body transformation challenges. We welcome you to join our group. Help yourself and others achieve their ideal body.

Website: [http://www.beachbodycoach.com/uploads/fckeditor/mdbody/File/downloads/toolkit/bbp/BBP\\_ChallengeGroup\\_Daily\\_10-29-2015.pdf](http://www.beachbodycoach.com/uploads/fckeditor/mdbody/File/downloads/toolkit/bbp/BBP_ChallengeGroup_Daily_10-29-2015.pdf)

### **The Studio**

An intimate place to gather and explore new ways of living, thinking and being healthy. The schedule includes a unique blend of daily hot yoga and fitness related classes as well as conscious living discussions—stretching the mind and body to new heights.

Location: 625 Williamson Street, Madison, WI 53703

Phone: (608) 441-5310

Website: <http://thestudiomadison.com/>

### **Weightwatchers**

Weight Watchers recognizes that food is only one part of the weight-loss equation. Activity, healthy habits, support and smart food choices: these are the keys that can lead to real, lasting success.

Location: 4522 E Washington Ave, Madison, WI 53704

Phone: (800) 651-6000

Website: [www.weightwatchers.com/](http://www.weightwatchers.com/)