



National
Multiple Sclerosis
Society
Greater
Washington
Chapter

Self-Help Groups: For people living with MS

*Are you looking to...
Connect with others who
have MS?*

*Learn about current MS
information & research?*

*Find reassurance and support
from others with similar life
experiences?*

*Become empowered and
more self-confident in coping
with challenges?*

*Discover resources in your
community?*

*Then Join a Self-Help Group
Today!*

For more information about a
specific group or self-help
groups in general, call 1-800-
344-4867 and press option 1 or
visit www.MSwashington.org

The National MS Society has volunteer-led self-help groups throughout Western and Central Washington. These groups bring together people who share a common life experience for support, education and mutual aid. Members of self-help groups share a belief that positive personal change happens through individual efforts with the support of others.

Groups currently meet in the following cities:

Bellingham	Kent	Richland
Bremerton	Kirkland	Seattle (several)
Centralia	Longview	Shelton
Everett	Marysville	Spanaway
Federal Way	Mount Vernon	Sunnyside
Gig Harbor	North Kitsap	Tacoma