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Support Groups – You Are Not Alone



Many people find peer support a safe space to help navigate and manage their disease. Faced with similar challenges, participants of support groups understand on a deeper level what other members are feeling and experiencing without the need for explanation. A support group can help its members cope better and feel less isolated as they are surrounded by others who are undergoing a similar situation. Members of a support group typically share their personal experiences and offer one another emotional comfort and moral support. Support group leaders are present to offer guidance and disease education as well as encouraging conversations to continue in a direction that is of interest to the entire group. The Foundation has formed its support groups to offer PALS and their families a support system outside their immediate circle, to make connections with others and offer a place for its members to gain additional emotional support and practical advice for their situation.

To learn more about the four support groups the Foundation offers, visit lesturnerals.org.

For any questions, please contact Judy Richman, Director of Patient Services, at jrichman@lesturnerals.org or at 847 679 3311.