Membership Keeps You Connected

Growing and sustaining a strong membership is essential to the success of our programs and services, advocacy, fundraising events and government relations, plus the vital research we fund.

As part of the MS Society of Canada community, you have access to the Knowledge Network as well as informative resources, educational and wellness programming, advocacy, navigational assistance, peer support and community referral—all core services available to individuals and families affected by multiple sclerosis, or those interested in the work we do.

To activate, or renew an MS Society of Canada membership call 1-800-268-7582, extension 5003
North Saskatchewan
MS Peer Support & Social Groups

Saskatoon
Occurs: last Thursday of the month (September to May)
Time: 7:00-8:00pm
Location: Edwards Family Centre (333-4th Avenue N.)
Leader: Nicole Kroutil
Email: nicole.kroutil@gmail.com

Saskatoon: Under 40
Occurs: meet irregularly, contact leader for details (September to May)
Time: 6:30-8:30pm
Location: MS Office @ #2, 706 Duchess Street
Leader: Lacey Warnock
Email: lacey.warnock@hotmail.com
Phone: (306) 229-5024

Prince Albert
Occurs: second Wednesday of month (September to May)
Time: 6:30-8:00pm
Location: Mont St. Joseph’s (777-28th Street E., 2nd floor)
Leader: Rhea Krakowetz
Email: rmansonrmt@gmail.com
Phone: (306) 960-1026

Melfort
Occurs: second Thursday of month (September to June)
Time: 11:30am-1:00pm
Location: Nickle’s Corner (719 Main Street, Melfort)
Leader: Phyllis Sinclair
Phone: (306) 752-3110

Ms Peer Support Groups
It may be difficult at times to talk about MS-related symptoms with family and friends who may not grasp what it is like—but it can be very helpful talking to other people who share, or have shared, similar experiences.

Peer support groups bring together people with MS, their caregivers, family members and friends.

These groups are an informal way to link people who share common concerns or experiences. The goal of these groups is to give and receive emotional support; plus give and receive practical ideas in dealing with issues common to members of the groups.

Some groups, based on participant input, may on occasion invite speakers to present on a variety of topics.

Mission Statement
To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

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North Saskatchewan
MS Peer Support & Social Groups

**Tisdale**
- Occurs: meet irregularly, contact leader for details
- Time: TBA
- Location: TBA
- Leader: Debbie Cummins
- Email: len.c@sasktel.net
- Phone: (306) 873-5849

**Big River**
- Occurs: meet irregularly, contact leader for details
- Time: TBA
- Location: TBA
- Leader: Wendy Breker
- Email: dwsme@hotmail.com
- Phone: (306) 469-0013

**Nokomis**
- Occurs: meet irregularly, contact leader for details
- Time: TBA
- Location: TBA
- Leader: Shirley Birtles
- Email: jsbirtles@sasktel.net
- Phone: (306) 363-4889

**Kerrobert**
- Occurs: third Saturday of month
- Time: 2:00-4:00pm
- Location: Kerrobert Integrated Health Center (115 Manitoba Avenue)
- Leader: Gail Wiebe
- Email: randgwiebe@sasktel.net
- Phone: (306) 834-7068

**Battlefords Social Group**
- Occurs: meet irregularly, please contact local leader for details
- Time: TBA
- Location: TBA
- Leader: Diane Cawood
- Email: dianecawood@sasktel.net
- Phone: (306) 446-2852

South Saskatchewan
MS Peer Support & Social Groups

**Regina**
- Occurs: one Thursday/month  (September to May)
- Time: 7:00-8:30pm  *contact leader for date details
- Location: Huston Heights (702 Sangster Boulevard)
- Leader: Trista Lafrance
- Email: trislafrance@gmail.com
- Phone: (306) 591-5919

**Regina: Under 35**
- Occurs: one Wednesday/month  (September to May)
- Time: 6:00-8:00pm  *contact leader for date & location details
- Location: TBA
- Leader: Amanda Matechuk
- Email: amatechuk@sasktel.net

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South Saskatchewan
MS Peer Support & Social Groups

Yorkton
Occurs: second Tuesday of month (Sept-Nov, Feb-June)
Time: 7:00-8:30pm
Location: A&W (365 Broadway Street W.)
Leader: Kellee Kerr
Email: kellee_kerr@hotmail.com
Phone: (306) 620-8683

Swift Current
Occurs: meets irregularly (often every other month)
Time: 7:00-8:30pm * contact leader for details
Location: The Meadows (2215 Woodrow Lloyd Place)
Leader: Arnold Wiebe
Email: awiebe.family@sasktel.net
Phone: (306) 741-7797

Estevan
Occurs: meets one evening/month (September to May)
Time: * contact leader for details
Location: Estevan Public Library (701 Souris Avenue)
Leader: Nicole Smigiel
Email: nvsmigiel@sasktel.net
Phone: (306) 634-3936

Regina
Fitness Programs

Aquafit
* offered in partnership with Regina YMCA
  * September-June
  * YMCA (2400-13th Avenue)
  * Tuesdays: 9:00-10:00am
  * Thursdays: 9:00-10:00am

To obtain FREE punch pass please call Maureen at (306) 351-2270

Yoga
* offered in partnership with Bohdi Tree
  * seasonal sessions (typically Spring/Fall)
  * location TBA
  * Saturdays: 10:30-11:30am

To register call Bodhi Tree at (306) 552-9642

Take part in something that will make a difference . . . get involved in MS Society fundraising events. Proceeds raised fund both world-class research, plus supportive programs and services across Canada. Local fundraisers are moving us toward our goal of ending MS and helping those who are living with multiple sclerosis.
Saskatoon Fitness Programs

Aquafit
- September-December 2017
- YWCA (510-25th Street E.)
- Mondays: 1:30-2:30pm
For more information call (306) 244-7034

Strength Training
* offered in partnership with Saskatoon YWCA,
- year round program
- YWCA (510-25th Street E.)
- Tuesdays: 1:30-2:30pm
- Wednesdays: 7:00-8:00pm  (no class July/August)
- Thursdays: 1:30-2:30pm
To register call (306) 244-2114

Yoga
* offered in partnership with Saskatoon YWCA
- seasonal sessions (typically Winter, Spring, Fall)
- Fridays: 10:30-11:30am
To register call (306) 244-2114

Tai Chi
* offered in partnership with Saskatoon YWCA
- Fall 2018 session (~ 10 classes: September 19—November 21)
- Wednesdays: 2:00-3:00pm
- YWCA (510-25th Street E.)
To register call (306) 244-2114

MS Move Pilates
- offered in partnerships with LEAD Pilates, Saskatoon
- sessions: April 30-August 25 / August 27-December 22
- LEAD Pilates & Wellness Campus (#10, 214 Joseph Okemasis Drive, Saskatoon)
- Mondays: 6:00-6:50pm
- Thursdays: 1:00-1:50pm
- Participant pays $5.70, plus tax/class
For more information, or to register, contact LEAD Pilates at (306) 382-7447.

www.mssociety.ca
The MS Society is pleased to offer a telephone/internet peer support program for individuals living with MS. You may be newly diagnosed, you may have specific questions, or maybe you are dealing with an issue related to your MS. Sometimes the best person to talk to is someone who also has MS. Volunteers from across Canada are provided with extensive training to ensure they have the skills to best support you.

How does the MS 1:1 Peer Support Program work?

- Contact the 1:1 Peer Support Program at peersupportprogram@mssociety.ca or call 1-800-268-7582, extension 3149, to request more information or an application.
- You will fill out an application and have a conversation with the program coordinator to ensure we can properly match you with a trained volunteer who is also someone living with MS.
- Once a volunteer is secured, you will be notified by the program coordinator and the volunteer will contact you. Together you will decide on the frequency of communication—some people want to chat just a few times and others maintain an ongoing connection. The MS Society will monitor matches up to 6 months. Caregivers and family are also welcome to access the program.

MS Knowledge Network

This hub of knowledge and navigators, provides consistent, quality MS information and support for anyone in Canada. MS Navigators are available 9am to 5pm to help you with information and support tailored to what you need. They listen carefully, identify needs and resources, and discuss information in terms that are clear and relevant to you.

Navigators are knowledgeable about research and treatment options for people with MS and are able to discuss these and other important topics. The questions they help with range from general MS information and allied conditions to support with complex situations and navigating the maze of health and community services needed by people affected by multiple sclerosis.

Outside of the Navigator service hours, or if you prefer finding information on your own, you can use our website to find reliable information and support 24/7.

There are many options for connecting with the MS Knowledge Network:

- By phone: 1-844-859-6789
- By email: msnavigators@mssociety.ca
- By visiting the Information and Support sections of our website at www.mssociety.ca