

LOOKING FOR MS INFORMATION & SUPPORT?

MS KNOWLEDGE NETWORK



The MS Knowledge Network is the MS Society of Canada's hub of knowledge and navigators, providing consistent, quality MS information and support for anyone in Canada. Our team of MS Navigators provide trusted information on all aspects of life with MS. Whether you're living with the disease, working with or caring for someone with MS, being able to tap into current, reliable information will enable you to make informed choices.

QUALITY OF LIFE EQUIPMENT PROGRAM



The MS Society offers individuals living with MS a wide variety of programs that promote personal independence and contribute to an enhanced quality of life. The Quality of Life Equipment Program is designed to provide financial assistance to individuals requiring support with the purchase of mobility equipment and safety devices.

PEER SUPPORT PROGRAMS



Peer Support Groups and 1:1 Peer Support bring together individuals affected by MS through either a group or one-to-one format to share common concerns and experiences in an informal safe environment. Whether you have a specific question, you are experiencing MS related issues, or you are looking for social connection, a peer support group or one-to-one connection can help.

EDUCATION



The MS Society regularly offers free webinars featuring experts on a variety of topics related to MS. Additionally, our MS Connect Conference brings the MS community together to hear about groundbreaking discoveries and the progress made in MS research. You can attend our education opportunities from anywhere: online from your computer or call in via phone. All education is recorded and available through our website.

WELLNESS



The MS Society has developed partnerships to promote wellness virtually, as well as several resources and guidelines to support individuals becoming active in their community. MS Navigators can also connect you to wellness opportunities available in your local community when it is safe to do so.

For information and support on navigating your MS journey or to register for any MS Society programs, please contact an MS Navigator toll-free at 1-844- 859-6789, by email at msnavigators@mssociety.ca, or through live web chat Monday to Friday, 8am-8pm ET. You can also visit mssociety.ca at anytime for reliable information and support.

LOOKING TO GET INVOLVED IN YOUR COMMUNITY?

MS WALK

Every year, families, friends, co-workers, and community members gather together at MS Walk to take a stand against multiple sclerosis. Together, we are building a better future for people affected by MS. Joining your local MS Walk means keeping the momentum going and showing support to people who live with MS in your community.

MS BIKE

Every summer cyclists of all ages and fitness levels come together across Canada to find, and conquer, their personal cycling challenge at MS Bike. Join our community as we hit the road, trainer, or stationary bike and virtually connect for a cycling experience you will never forget.

WE CHALLENGE MS.

We Challenge MS is a nationwide movement turning people's ordinary hobbies into extraordinary actions. Whether you choose to create, stream, write, game, craft, walk, share, cycle, bake, run – however you choose to challenge MS, know that we challenge MS together.



VOLUNTEER OPPORTUNITIES

Our volunteers are a diverse and talented group of people who are connected by a shared drive to create positive change in their communities. Volunteers are an integral part of our team: they advocate, help out at fundraising events, provide direct support to individuals living with MS, and so much more. We would love for you to join our team!

There are many ways to get engaged in your local community – whether you are looking to raise money for leading-edge research and important support programs or take action through one of our many volunteer opportunities. For questions or to learn more, contact MS Society staff toll-free at 1-800-268-7582 or visit mssociety.ca.