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 ground-breaking 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 ms navigators@ 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.**
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.