

# CHAD Member Agency Support Groups

The following CHAD (Combined Health Agencies Drive) member agencies offer support groups in the Lincoln area. We recommend reaching out to the group contact or the agency before attending a meeting.

## The ALS Association

**Virtual Support Group for People Living with ALS, Caregivers and Survivors**

Last Tuesday of the month, 3:00 p.m.

Contact Missy Addison [atmaddison@alsa-midamerica.org](mailto:atmaddison@alsa-midamerica.org) to sign up for instructions to join this meeting or call (800) 878-2062 for more information.

## Alzheimer's Association Nebraska Chapter

**Virtual Support Groups**

**ALZConnected®** [alzconnected.org](http://alzconnected.org):

FREE online community for everyone affected by Alzheimer's or another dementia, including people with the disease, caregivers, family members, friends and individuals who have lost someone to Alzheimer's.

**Alzheimer's Navigator:** Map out a plan to approach Alzheimer's [alzheimersnavigator.org](http://alzheimersnavigator.org)

When facing Alzheimer's disease, there are a lot of things to consider. Alzheimer's Navigator helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

**On-Demand Learning Anytime:** [training.alz.org](http://training.alz.org)

Find virtual education and virtual/phone support groups across the country!

Steps:

- Go to the Community Resource Finder here: [alz.org/CRF](http://alz.org/CRF)
- Once there, go to the Alzheimer's Association Program and Events. Choose an option from the menu (It only lets you search one option at a time) and then put in your zip code.
- Hint! After the initial search appears. Go to the menu on the left that says adjust your search and scroll down to expand your search to 500 miles and many more options will appear. Feel free to put in other zip codes too for more results.

**Helpline:** 1-800-272-3900, Available 24/7

## In Person Support Groups

**Seward**

3rd Tuesday of the month, 7:00 p.m.

Kinship Pointe Private Dining Room: 500 Heartland Park Drive, Seward, NE 68434.

Contact Karen McConnell, (402) 641-0440 or [kgarmcc@gmail.com](mailto:kgarmcc@gmail.com)

## American Foundation for Suicide Prevention Nebraska

**Virtual Support groups – Statewide and Nationwide Virtual**

To find an online support group go [to https://afsp.org/find-a-support-group](https://afsp.org/find-a-support-group) and input your zip code.

## In Person Support Groups

For information on in person support groups in Nebraska go to <https://afsp.org/find-a-support-group>.

## American Lung Association in Nebraska

**Virtual Support Groups**

For information go to: [www.lung.org/help-support/online-support-communities](http://www.lung.org/help-support/online-support-communities) or select the following link for [Additional Online Support](#)

# Brain Injury Alliance of Nebraska

## Statewide and Virtual Support Groups

Three different support groups held monthly.

- Group 1 - Open to All Participants
- Group 2 - Individuals with Brain Injuries Only
- Group 3 - Caregivers and Family Members

To Register: Fill out the Google Form at [bit.ly/virtualbiane](https://bit.ly/virtualbiane).

Contact Penny Costello, 402-432-0605 or [penny.costello@gmail.com](mailto:penny.costello@gmail.com).

*Incarcerated Populations – Open to individuals in the Corrections system and family members*

Contact Shir Smith, 402-683-0754 or [shir@biane.org](mailto:shir@biane.org), or MenDi McCuiston, 402-683-0712 or [mendi@biane.org](mailto:mendi@biane.org).

## Lincoln

Group 1 - Bright Ideas Group

Contact Karen Hux, PhD, (402) 573-3700 or [karen.hux@qliomaha.com](mailto:karen.hux@qliomaha.com), or Gina Simanek, (402) 683-0715 or [gina@biane.org](mailto:gina@biane.org)

Group 2

Nita Sipple, (402) 890-4521 or [nita\\_sipple@yahoo.com](mailto:nita_sipple@yahoo.com)

Group 3 - Post-COVID Education & Support Group

Contact Jade Bertsch, (402) 413-3881 or [jbertsch@madonna.org](mailto:jbertsch@madonna.org)

# Crohn's & Colitis Foundation, Nebraska/Iowa Chapter

## Lincoln Support Group

Support group leader needed

Lincoln, NE 68508

Contact Robin Kingham, [rkingham@crohnscolitisfoundation.org](mailto:rkingham@crohnscolitisfoundation.org)

# Heart Heroes, Inc.

## Virtual Support Group

Coffee, Coping & Conversation

2nd Saturday of each month at 9:00 AM

Zoom ID: 821 7724 4607

# Epilepsy Foundation Nebraska

## Virtual Support Groups

Adult Support Group - Open to any adult.  
2nd Thursday of the month at 8:00 PM CT  
Zoom link: [Register Now](#)

Epilepsy Empowerment Group - Open to any adult.  
4th Tuesday of the month at 11:30 AM CT  
Zoom Link: [Register Now](#)

Epilepsy Empowerment Group - Open to any adult.  
4th Thursday of the month at 11:00 AM CT  
Zoom Link: [Register Now](#)

Young Adult Support Group - Open to all young adults.  
3rd Wednesday of the month at 8:30 PM CT  
[Zoom Link](#): (No registration)

Teen Meet Up Support Group - Open to any teen.  
3rd Thursday of the month at 8:00 PM CT  
Zoom Link: [Register Now](#)

Teen Meet Up Support Group - Open to any teen.  
3rd Thursday of the month at 8:00 PM CT  
Zoom Link: [Register Now](#)

Parent Support Group - Open to anyone  
Every other month on the 2nd Thursday at 8:00 PM CT  
[Zoom Link](#) (No registration)

Parents & Caregivers Support Group - Open to anyone  
3rd Thursday of the month at 8:00 PM CT  
Zoom Link: [Register Now](#)

# JDRF Nebraska - Iowa Chapter

## Virtual Support Groups

For virtual nationwide opportunities, email Anna Raur at [araur@jdrf.org](mailto:araur@jdrf.org) or visit our website.

## In Person Support Groups

JDRF invites members of the type 1 diabetes community from across the State of Nebraska to partner with JDRF staff in organizing a local T1D meet-up. If you are interested in organizing a meet-up in your city, please email Anna Raur at [araur@jdrf.org](mailto:araur@jdrf.org) or complete this [online form](#).

# Leukemia & Lymphoma Society – Nebraska Chapter

## Virtual Support Group

Go to <https://www.lls.org/welcome-lls-community> to learn more or join the Leukemia & Lymphoma Society's Community.

# National MS Society - Mid America Chapter

## Virtual Support Groups

### AnCan Virtual Multiple Sclerosis Support Group

Contact Frank Austin, (785) 203-0421 or [f.frank.austin@gmail.com](mailto:f.frank.austin@gmail.com).

### MSFriends® - telephone

Call 1-866-673-7436 (1-866-MSFRIEND); 7 days a week, 9 a.m. - 12 a.m. EST or email [PeerConnections@nmss.org](mailto:PeerConnections@nmss.org)

### Multiple Sclerosis Discord MS Virtual Support Group

Visit <https://discord.gg/aQ4J2u8> to join.

### Stay at Home Virtual MS Support Group - Zoom

Third Wednesday of each month

Contact Evie, (530) 519-8201, [StayatHomeVirtualGroup@yahoo.com](mailto:StayatHomeVirtualGroup@yahoo.com)

Omaha MS Connection Group – Now meeting virtually

Third Thursday of the month

Contact Rob Voelker, [mssupportgroupomaha@cox.net](mailto:mssupportgroupomaha@cox.net).

Lincoln MS Connect - now meeting virtually - Lincoln, NE

Second Thursday of the Month

Contact Danielle Oestrich, 402-326-1226 or [dannielle@lincolnmsconnect.com](mailto:dannielle@lincolnmsconnect.com)