

CONNECTION OPPORTUNITIES



Connect with
others who
understand MS



Build your
network of support

Get connected



Community, education and
group conversations

**Find a group in your area
or online »**

Self-Help Group

Regularly scheduled



Find community anytime — anywhere

Find an online MS community »

Online Communities

24/7 online



MSFriends®

Scheduled with a
volunteer partner



Listening ear, one-on-one
conversations

Learn more »

MS Navigator®

Monday–Friday,
9 a.m.–7 p.m. ET



Education, resources
and support

Call 1-800-344-4867

Learn more »