

## **Links to Support Groups Canadian Support Groups**

### **British Columbia**

**The Environmental Health Association of B.C.**

<http://www.ehabc.org>

**The Myalgic Encephalomyelitis and Fibromyalgia Societies of BC**

<http://www.mefm.bc.ca>

**Fibromyalgia Well Spring Foundation**

<http://www.fibromyalgiawellspringfoundation.org>

**M.E. Victoria Association**

<http://www.me victoria.ca/>

**Victoria Fibromyalgia Networking Support Group, Victoria, B.C.**

Contact: Tel. 250-381-5202 or 250-381-1182

**Sunny Okanagan FM-ME Association Serving Penticton, Kelowna, Vernon and all smaller communities within & surrounding Okanagan**

Sheryl Ann 250-493-2002

or email [sofa\\_fm\\_meok@hotmail.com](mailto:sofa_fm_meok@hotmail.com)

## **Alberta**

M.E. Society of Edmonton (CFS)

<http://www.mesocietyedmonton.org/>

Calgary Teachers Extended Leave & Long Term Disability Support Group [any illness]

<http://local38.teachers.ab.ca/Extended%20Disability%20Support%20Group/Pages/Helping%20Each%20Other.aspx>

Cardson FM & ME Support

Melanie 403-653-1238

Cold Lake Fibromyalgia Support Group

Gail Wolfe [tnrwolf@telusplanet.net](mailto:tnrwolf@telusplanet.net)

**Medicine Hat F.A.C.E.S.**

Diane [DGAJM@aol.com](mailto:DGAJM@aol.com)

## **Saskatchewan**

**Fibromyalgia Association of Saskatchewan [several groups]**

Phone Message Manager: 306-343-3627

## **Manitoba**

**Manitoba ME/CFS Support Group**

Anne Marie Magnifico 204-233-8702

Bev Friesen 204-489-6202

**Fibromyalgia Support Group of Winnipeg**

<http://www.fmswinnipeg.com>

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Ontario

Myalgic Encephalomyelitis Association of Ontario

<http://www.meao.ca>

Barrie & District ME Support Group Inc.

[palipa@sympatico.ca](mailto:palipa@sympatico.ca)

Brampton Fibromyalgia Support Group

[fibromsupport@rogers.com](mailto:fibromsupport@rogers.com)

Brampton FM Support Group

[fibromsupport@rogers.com](mailto:fibromsupport@rogers.com)

Brockville M.E. Association

<http://www.brockvilleME-FM.ca>

Environmental Health Association of Ontario

[www.ehaontario.ca](http://www.ehaontario.ca)

Environmental Health Association Ontario

[office@ehaontario.ca](mailto:office@ehaontario.ca)

FibroNorth, Combermere

<http://fibronorth.com>

[fibronorth@fibronorth.com](mailto:fibronorth@fibronorth.com)

**Fibromyalgia Association Niagara**

Niagara Falls - Rita 905-262-5523

Welland - Patrick 905-835-8244

**Gananoque Fibromyalgia Self-Help Group**

Berthe Pilon 613-382-7655

Guelph Chronic Pain Support Group, Guelph, ON

[info@ontariopainfoundation.ca](mailto:info@ontariopainfoundation.ca)

**Kitchener-Waterloo FM Support Group**

[kwfibromyalgia@gmail.com](mailto:kwfibromyalgia@gmail.com)

**ME Association of Kingston**

Elizabeth 613-546-7108

**Environmental Health Association (EHA), London**

[ehalondon@gmail.com](mailto:ehalondon@gmail.com)

**Mississauga Fibromyalgia Support Group**

[sujanlee\\_2004@yahoo.ca](mailto:sujanlee_2004@yahoo.ca)

**North Toronto Fibromyalgia Group**

Liz 416-223-6413

**Toronto Fibromyalgia Support Group**

<http://www.torontofibrosupport.com/>

**Ottawa area support groups**

**FM Support-Ottawa West**

<http://fibromyalgia.ncf.ca>

**Franco-Fibro**

Jacquelyne 613-487-4111

**M.E.S.H. (M.E. Self Help - Ottawa)**

<http://www.meshottawa.org>

**Ottawa Fibromyalgia Support Group**

[fm\\_ottawa@rogers.ca](mailto:fm_ottawa@rogers.ca)

**St. Catherines Fibromyalgia Support Group**

Elvira 905-935-6727

**Ottawa FM Support Group**

[ottawafm@gmail.com](mailto:ottawafm@gmail.com)

Peterborough ME

[jfoster@cogeco.ca](mailto:jfoster@cogeco.ca)

**Richmond Hill FM + CFS Wellness Group**

Gisella 905-884-6169

**Scarborough ME-FM-CFS Support Group**

[me-fm-mcs.emails@bell.net](mailto:me-fm-mcs.emails@bell.net)

**St. Catherines Fibromyalgia Support Group**

Elvira 905-935-6727

**Seaway ME/FM Self-Help Group**

Marion Therien [triverdale@sympatico.ca](mailto:triverdale@sympatico.ca)

**Fibromyalgia Support Group of Sudbury**

Janet Lewis, [cow\\_babe\\_35@hotmail.com](mailto:cow_babe_35@hotmail.com), ☎ 705 525-5121

**Temiskaming Shores Fibromyalgia & Chronic Fatigue Support**

[marvin\\_982003@yahoo.com](mailto:marvin_982003@yahoo.com)

**Toronto Fibromyalgia Support Group**

[tofmgrp@hotmail.com](mailto:tofmgrp@hotmail.com)

**Waterloo/Wellington ME Association**

<http://www.wwmea.ca/>

**Fibromyalgia Support Group of Sturgeon Falls**

**Sylvie Noel, &nbsp; [NoelS@cscno-wnchc.org](mailto:NoelS@cscno-wnchc.org) , 705 753-0151**

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Quebec

**L'Association québécoise de l'encéphalomyélite myalgique**

<http://www.agem.org>

**Association québécoise de fibromyalgia**

<http://www.aqf.ca>

Federation québécoise de fibromyalgia

<http://pages.globetrotter.net/fibro.bsl/fqf.htm>

Association de la fibromyalgie de Duplessis

418-968-1999 [ass.fib.dup@globetrotter.net](mailto:ass.fib.dup@globetrotter.net)

Association de la fibromyalgie de l'Abitibi-Témiscamingue

819-797-0874 [afat@cablevision.qc.ca](mailto:afat@cablevision.qc.ca)

Association de la fibromyalgie de l'Estrie

<http://www.fibromyalgie.ca>

Association de la fibromyalgie de Manicouagn/Haute Côte-Nord

<http://www.aqf.ca/freepage.php?page=3.24>

Association de la fibromyalgia des Bois-Francis

819-752-4616

Association de la fibromyalgie des Laurentides

<http://www.fibromyalgie-des-laurentides.ca/>

Association de la fibromyalgie du Bas-Richelieu

450-908-0916 [afbr@live.ca](mailto:afbr@live.ca)

Association de la fibromyalgie du Bas-Saint-Laurent

<http://pages.globetrotter.net/fibro.bsl/>

Association de la fibromyalgie du Saguenay-Lac-Saint-Jean

[fibrosaglac@hotmail.com](mailto:fibrosaglac@hotmail.com)

Association de la fibromyalgie région

Mauricie/Centre-du-Québec

<http://www.aqf.ca/freepage.php?page=3.25>

Association de la fibromyalgie région Montérégie

<http://www.aqf.ca/freepage.php?page=3.26>

Association de la fibromyalgie région de l'Estrie

[Eastern Township – bilingual site]

<http://www.fibromyalgie.ca>

Association de la fibromyalgie région Ile-de-Montréal

<http://www.afim.qc.ca>

Association de la fibromyalgie région de Québec

<http://www.fibromyalgiequebec.com/>

## **ENVIRONMENTAL HEALTH:**

Environmental Health Association of Quebec

<http://www.aseq-ehaq.ca>

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New Brunswick

Moncton Fibromyalgia Support Group

Nicole 506-282-9774

## **PEI**

Fibromyalgia Self-Help Group – Charlottetown

Sandra 902-368-2129

PEI Chronic Pain Support Group

<http://www.peicpsg.ca>

## **Newfoundland & Labrador**

Cornerbrook FM/CFS/ME Self Help Group

[l.tucker@nf.sympatico.ca](mailto:l.tucker@nf.sympatico.ca)

### Online Support Organizations

Fibrohugs FM Support

<http://www.fibrohugs.com>

MyFibroSite.com

build your own FM web page

<http://www.myfibrosite.com>

fibroNorth product and information resources

<http://www.fibronorth.com>

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### U.S. Support Groups

Some USA support groups are listed individually in our international section. For those who are looking for a support group in a specific location, the following website may be helpful.

#### **[United States Support Groups Listed by State](http://www.anapsid.org/cnd/support/masterlist.html)**

<http://www.anapsid.org/cnd/support/masterlist.html>

#### American Fibromyalgia Syndrome Association

<http://www.afsafund.org/>

#### Center for Complex Infectious Diseases

<http://www.ccid.org/>

#### CFIDS Association of America

<http://www.cfids.org/>

#### CFIDS & Fibromyalgia Self-Help

<http://www.cfidselfhelp.org/>

Co-Cure

<http://www.co-cure.org/>

Fibromyalgia Information Foundation

<http://www.myalgia.com/>

Fibromyalgia Information

<http://fibromyalgia.ncf.ca/>

Fibromyalgia - (Mayo Clinic)

<http://www.mayoclinic.com/health/fibromyalgia/DS00079>

Fibromyalgia Network

<http://www.fmnetnews.com/index.php>

FMS Community

<http://fmscommunity.org/>

ME/CFS Forums

<http://www.mecfsforums.com/>

ME Society of America

<http://www.cfids-cab.org/MESA/>

menwithfibro.com

<http://menwithfibro.com/>

Multiple Chemical Sensitivities of America (MCS America)

<http://www.mcs-america.org/>

National Alliance for Myalgic Encephalomyelitis (NAME)

<http://www.name-us.org/>

National CFIDS Foundation

<http://www.ncf-net.org/>

National Fibromyalgia Partnership Inc.

<http://www.fmpartnership.org/>

National Fibromyalgia Research Association

<http://www.nfra.net/>

National Invisible Chronic Illness Awareness Week

<http://invisibleillnessweek.com/>

New Jersey Chronic Fatigue Syndrome Association Inc.

<http://njcfsa.org/NVRight.html>

P.A.N.D.O.R.A., Inc.

<http://www.pandoranet.info/>

Phoenix Rising

<http://phoenixrising.me/>

Prohealth

<http://www.prohealth.com/>

Spine Health

<http://www.spine-health.com/>

The CFS Report

<http://www.cfidsreport.com/>

The Northern Virginia (NOVA) CFS/ME, FMS & OI Support Group

<http://health.groups.yahoo.com/group/CFSsupport/>

Whittemore/Peterson Institute for Neuro-Immune Disease

<http://www.wpinstitute.org/>

Wisconsin CFS Association

<http://www.livingwithme.org.uk/the-wisconsin-cfs-association/2008/09/05/>

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## **Australia**

Alison Hunter Memorial Foundation

<http://www.ahmf.org/>

ACT ME/CFS Society Inc. (Australian Capital Territory)

<http://www.mecfscanberra.org.au/>

ME/CFS/FM Support Association QLD Inc.

<http://www.mecfsfmq.org.au/>

ME/CFS Society of South Australia Inc.

<http://sacfs.asn.au/>

ME/CFS Society of Western Australia

<http://www.mecfswa.org.au/>

### **Europe**

CFS Research [Belgium]

International

### **IACFSME**

<http://www.iacfsme.org/>

CFS-Information International

<http://cfids-cab.org/cfs-inform/>

### **International Social Networking Site**

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[MECFSKnowledgeCenter.com](http://MECFSKnowledgeCenter.com)

worldwide social network website to facilitate direct communication between ME/CFS and FMS patients via Video Chat, Instant Messaging, Forums, Blogs as well as private messaging systems. <http://cfsknowledgecenter.ning.com/>