

Virtual Support Groups for Polio Survivors

Meeting information organized by day of the week

MONDAYS

Yoga For You, Quebec

Third Monday, 3:00-3:45 PM Eastern

Zoom link: <https://us02web.zoom.us/j/9022299642>

TUESDAYS

Polio Quebec: Mona Arsenault

Tuesdays, 7:00-9:00 PM Eastern

Zoom link: <https://us02web.zoom.us/j/3776897370?pwd=VnZSMWdVV1h2U2x6QXMxazEzMzY5QT09>

Passcode: 3500

WEDNESDAYS

Live Polio 'Solutions' w/Mona

First Wednesday, 10:00 AM Eastern

Facebook: <https://www.facebook.com/Rotarywda>

PPSG of Dallas Area, TX: Maggie Whitehead

First Wednesday, 12:00-2:00 PM Eastern

Zoom Meeting ID: 501 308 4368

Passcode: NTXPPSG

Colorado Post-Polio Organization Mid-Week Support Group: Jill Eelkema, LCSW

Second Wednesday, 5:00-7:00 PM Eastern

Contact jille@westerncarepartners.com or 720-675-9902 for link.

March of Dimes Canada: Kimberly Smith

Wednesdays, 2:00-3:30 PM Eastern

Register at <https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Support.aspx#polio>

THURSDAYS

Marin County Polio Survivors, CA: Francine Falk Allen

First Thursday (Feb, May, Aug, Nov), 4:30-6:00 PM Eastern

Contact francineallen@comcast.net for info/link.

Boca Area Post Polio Group, FL: Maureen Sinkule

Second Thursday, 12:00-2:00 PM Eastern

Zoom link: <https://us02web.zoom.us/j/8819989941?pwd=dEw1c0QyUIE4bGcrQkZUUGZ6emJLUT09>

Passcode: 1996

Post-Polio Syndrome Advocacy Group: Ina Pinkney

Fourth Thursday, 10:00-11:00 AM Eastern

Contact PPSadvocacy@gmail.com for more information

Zoom link: <https://lnkd.in/e4ObpOm6>

Passcode: PPS

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SATURDAYS

Atlanta Post Polio Association: Nancy Winter

First Saturday, 1:00-3:00 PM Eastern (no meeting Jan; July - 2nd Saturday)

Nancy Winter, 919-612-7841

Zoom link: [https://us02web.zoom.us/j/84874247822?](https://us02web.zoom.us/j/84874247822?pwd=MUDaRjc5ZegxK0ZtNWpYbnRSbFptdz09)

pwd=MUDaRjc5ZegxK0ZtNWpYbnRSbFptdz09

Passcode: 415481

Denver North: Jill Elkema, LCSW

Third Saturday, 11:30 -1:30 PM Eastern

Contact Jill Elkema at jille@westerncarepartners.com or 720-675-9902 for link.

San Francisco Bay/San Gabriel Valley

Third Saturday, 1:30-3:00 PM Eastern

Contact: Sue Peeters & Marci Ellison, 626-484-3116

Zoom link: <https://us02web.zoom.us/j/81428179432>

Polio Mexico, Grupo de Apoyo en Español

Fourth Saturday, 8:00-9:00 PM Eastern

Si te interesa, envía un mensaje por correo electrónico Dra. Martha Castilleja,

biomedicapress@gmail.com

Colorado Post-Polio Organization, Statewide

Fifth Saturday, 12:30-2:30 PM Eastern

(3/29/25, 5/31/25, 8/30/25, 11/29/25, 1/31/26)

Contact: Mitzi Tolman, mtolman@eastersealscolorado.org

Register at https://us02web.zoom.us/meeting/register/tZ0sdOGarzloG9C7HKLGnpS_nyk6OfeKZFgk

SUNDAYS

Nebraska Polio Survivors Assn.: Melodae Horst

First Sunday (excluding holiday wknds), 3:00-5:00 PM Eastern

Zoom link: <https://unomaha.zoom.us/j/5886635576?omn=99118892200>

Australia Polio Community: Michael Jackson, MPT, B,Ed

First Monday, 11:00 AM AET (Sunday, 9:00 PM Eastern in US)

Register at www.trybooking.com/DDHIE

Zoom link: [https://us02web.zoom.us/j/84874247822?](https://us02web.zoom.us/j/84874247822?pwd=MUDaRjc5ZEgXK0ZtNWpYbnRSbFptdz09)

pwd=MUDaRjc5ZEgXK0ZtNWpYbnRSbFptdz09

Passcode: 415481

Sacramento Region Polio Survivor Group

Held quarterly on the first Saturday (Mar, June, Sept [2nd Sat], Dec), 2:00-4:00 PM Eastern

Contact Larry Badger, lbadger@badsound.com, for link.