



INVITATION

We invite you to reach out with any questions or to learn more about how these groups can support you. You are not alone—our community is here to walk alongside you.



Our support groups meet virtually once a month.

Join us to connect, share, and support one another.

**REGISTER USING THE QR CODE, OR EMAIL
NFCAREGROUPS@GMAIL.COM**

NEUROFIBROMATOSIS SOCIETY OF ONTARIO

REGISTRATION NUMBER: 119053775RR0001

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NEUROFIBROMATOSIS SUPPORT GROUPS

Neurofibromatosis Ontario offers ongoing virtual support groups facilitated by registered social workers who bring both professional expertise and lived experience supporting loved ones with Neurofibromatosis.



PARENT & CAREGIVER SUPPORT GROUPS



These groups are for parents and caregivers raising or supporting a child or loved one with a Neurofibromatosis diagnosis.

The purpose of the group is to provide a supportive space to:

- Share experiences and learn from others
- Feel heard, validated, and encouraged
- Build confidence in navigating the challenges of caring for someone with Neurofibromatosis

Common topics include:

- Navigating medical systems, school systems, and advocacy
- Understanding new advances in Neurofibromatosis research
- Talking with your child or loved one about their diagnosis in a developmentally appropriate way
- Supporting your own wellbeing and mental health as a caregiver

PEER SUPPORT GROUPS (ADULTS 18+)

These groups are for adults living with a Neurofibromatosis diagnosis who wish to connect with peers and gain a sense of community and social support.

The groups focus on:

- Sharing experiences and challenges associated with living with Neurofibromatosis
- Navigating social interactions, medical systems, academic environments, and employment
- Learning about new physicians, clinics, treatments, and resources
- Developing strategies for communicating your needs and advocating for yourself
- Supporting your mental health and overall wellbeing

