



## SEEKING SUPPORT

Finding support beyond that offered by family and friends from others who “get it” can help with coping, reduce feelings of aloneness, foster motivation, and support a more positive and hopeful outlook. Here are some virtual and phone-based options for connecting with others in the kidney disease community. Please note, these groups have not been individually vetted by Donate Life NW. This list is designed as a resource and starting point to begin exploring support options.

### VIRTUAL SUPPORT GROUPS

#### **Kidney Beings Support Group**

A virtual group meeting via Zoom designed to cater to the specific needs of its kidney patient participants.

**When:** Fourth Saturday of every month from 2:00pm-3:30pm Pacific

**How to Join:** Contact hosts by email to receive meeting links

**Email:** [esthermae.soprano@gmail.com](mailto:esthermae.soprano@gmail.com) (Esther)

**Email:** [widmannmichelle@gmail.com](mailto:widmannmichelle@gmail.com) (Michelle)

#### **Renal Support Network: Monthly Support Group**

A virtual group meeting via Zoom providing support beyond that offered from family and friends to help you cope with the life changes of kidney disease. People who attend share their experiences, strength, and strategies to live a hopeful and joyful life. They also offer other kidney-specific groups on exercise, nutrition, creative endeavors, and even a book club!

**When:** Fourth Sunday of every month from 2:00pm-3:30pm Pacific

Second Tuesday of every month from 2:00pm-3:30pm Pacific

**How to Join:** Register via website

**Website:** <https://www.rsnhope.org/rsn-events/rsn-zoom-room-meetings>

#### **The Road Back to Life: Online Kidney Support Group Meeting**

A virtual group meeting via Zoom designed to offer hope, education, and guidance to patients and family facing the challenge of coping with kidney disease.

**When:** Second Tuesday every month from 1:00pm-2:30pm Pacific

**How to Join:** Visit website calendar for Zoom info

**Website:** <https://www.kidneysupportgroup.org/calendar>

**Email:** [mail@theroadbacktolife.com](mailto:mail@theroadbacktolife.com)

**Phone:** 206.953.6168

## SUPPORT VIA TELEPHONE

### **Dialysis Patient Citizens: Telephone Support Group**

A unique program that offers real time support and education to chronic kidney disease (CKD) patients at all stages of the illness, as well as support for their family and friends. This is a telephone group experience with two facilitators: a person living with CKD and a healthcare professional.

**When:** Second Tuesday every month from 11:00am-12:00pm Pacific

**Website:** <https://www.dpcedcenter.org/resources/dpc-kidney-chat/>

### **Renal Support Network: Hopeline Peer Support Phone Line**

A peer support phone line for hope and help answering all your questions about living well with kidney disease. Offers the opportunity to connect with another person who has lived with kidney disease and can share their experience, strength, and hope with you, along with what they have done to navigate the illness successfully.

**When:** Open Monday-Friday from 10:00am-6:00pm Pacific

**Phone (English):** 800.579.1970

**Phone (Spanish):** 800.780.4238

**Website:** <https://www.rsnhope.org/hopeline-kidney-disease-support-phone-line>

### **National Kidney Foundation PEERS Program**

NKF PEERS is a program where kidney patients, living donors, or care partners can connect over the phone with a trained mentor. Mentors are people who have been there themselves and can help others by sharing their experiences. You can fill out a brief form online, and from there NKF will match you based on your personal situation and preferences.

**Website:** <https://www.kidney.org/peers>

## ONLINE COMMUNITIES & DISCUSSION FORUMS

### **National Kidney Foundation: Online Communities**

A number of online discussion boards where you are able to read and respond to posts from fellow kidney patients, donors, and family members. Discussion boards communities include: Kidney Disease, Dialysis, Transplant, Kidney Donor, and Parents of Children with Kidney Disease.

**Website:** <https://www.kidney.org/online-communities>

### **International Association of Living Organ Donors: Living Donors Online**

A message board for living donors, potential donors, their families, and the medical community. Topics include: Living Donation Forum where you can post your questions, issues, and comments about living kidney donation, and Living Donation in the News, where folks share news items pertaining to living donation.

**Website:** <https://livingdonorsonline.org/ldosmf/index.php>