Having a bad day and really need to vent on someone but don’t feel comfortable calling the 1-800- number???

Well, here is a list of your fellow MS’ers who are local, are able to listen and offer some comfort.

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| ***NAME*** | PHONE |
| National MS Society’s - *‘MS Friends’* | 866-673-7436 9AM – Midnight EST |
| Debi Williamson | (707)548-8437 |
| Debbie Crunk | (707)235-9553 |
| Diana Lee | (707)833-6343 |
| Kathy Devoto | (707)396-9258 |
| Anne Lotz | (707)576-7833 |
| Elizabeth McKee | (707)528-6283 |
| Peter Lucic | (707)536-8034 |
| Betz Miller | (707)481-0924 |
| Michael Leahy | (707)526-3041 |
| Kary Hacker | (707)526-3689 |
| Kathleen Banks | (707) 838-3638 |
| Ron Pagano | (707)888-6494 |
| Melinda De Metri | (707)849-0695 |
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To be added or taken off the phone list, please contact [contact@sonomacountymsgroup.org](mailto:contact@sonomacountymsgroup.org) with your name & number