You're not alone. ♡

Orthostatic Tremor
ONLINE SUPPORT GROUP

PEER LED ONLINE SUPPORT GROUP

Orthostatic Tremor (OT) is rare and often misunderstood. Connecting with others who truly get it can make all the difference.

Join our online community for support, understanding, and hope.

IN OUR SUPPORT GROUP, YOU CAN:

Connect
with others who understand what you're going through.

Share
experiences, challenges, and coping strategies.

Learn
from others and exchange helpful tips and resources.

Find encouragement
and know you're not alone on this journey.

ONLINE & ACCESSIBLE
Join from the comfort of your home, wherever you are.

WE MEET ON ZOOM:

- 9:00 AM Pacific Time on the 1st Monday of the month
- 4:00 PM Pacific Time on the 3rd Monday of the month

Please email for link

FACEBOOK GROUP
Orthostatic Tremor Support Network
Join our community on Facebook for support and connection.

EMAIL
Julie Schreiber
laughingwithjulie@gmail.com
Please email for link

Together, we can *support* each other, share *strength*, and create *hope*.

INTERESTED IN JOINING?
We'd love to have you.
Message us or email to get meeting information and join our community.

EMAIL
Julie Schreiber
laughingwithjulie@gmail.com

YOU MATTER.
YOU BELONG.
YOU ARE NOT ALONE.