**MSQLP’s Support Group   
for Caregivers**

**The Effectiveness of the Multiple Sclerosis Quality of Life Project’s Caregiver Support Groups for Family Caregivers of People with Multiple Sclerosis**

You are invited to participate in a program evaluation to find out if MSQLP’s Caregiver Support Group Program is helping family caregivers of people with MS reduce caregiver strain and improve social and emotional support.

If you agree to be a part of this study, you will be asked to participate in the following way:

* Attend a total of six MSQLP caregiver support groups from January through March.
* Sign consent to participate at the first meeting and complete a brief demographic questionnaire.
* Complete two brief questionnaires before and after each session that will determine your current level of caregiver strain and perceived level of social support.
* A light lunch will be provided at each session.
* If you have attended all six meetings, and you are interested in participating, your name will be entered into a drawing to win a gift basket, valued at $50.

If you are interested in participating in this evaluation please call the MSQLP office at (831) 333-9091.

\*In addition to helping MSQLP maintain a high level of service delivery, the evaluation of the MSQLP Caregiver Support Group will be used to fulfill Case Manager, Angie Garayalde’s, graduation requirement of completing a final research project for California State University, Monterey Bay’s Master of Social Work. If you have any questions regarding this study, please contact Angie at the MSQLP office.