

PROJECT HELPING HANDS

To provide comfort and stress reduction

Thank you for your interest in “Project Helping Hands”. As a participant in this program you will receive up to four discounted 60-minute sessions with a licensed massage therapist (LMT). This program is meant to provide comfort and stress reduction - it is not meant to represent or replace physical therapy. These sessions (visits) may occur weekly, bi-weekly or monthly depending upon your needs and the volunteer LMT’s schedule.

To be considered for the program, you must complete steps 1, 2, 3, and 4 and return all required documents to MSSP by the application date listed.

Step 1: Provide documentation of your MS diagnosis. This can be either a medical chart note that includes your name and diagnosis, SSI/SSDI verification or the cardboard cover off your Avonex, Beta Interferon or Copaxone medication.

Step 2: Click [HERE](#) to print and complete the Client Application

Step 3: Click [HERE](#) to print, read and sign the Client Agreement

Step 4: Mail all documents to the MSSP office at:2901 SE 122nd Ave. Portland, OR 97236

No Application Deadline

Once your paperwork has arrived an MSSP staff person will notify you that you have been placed on a waiting list for services. As you might imagine we have many more requests for services than volunteers and for this reason we cannot guarantee when your services will start. If you have any questions do not hesitate to call the office at (503) 297-9544. Thank you for your interest in “Project Helping Hands.”

PS To keep you updated about the MSSP’s programs we have added you to our mailing list. If you would like to be removed please contact our office at 503 297-9544 or email programs@msoregon.org

Sincerely,
Candyce Hayes
Executive Director

