

MitoAction

Resources

We host a variety of support spaces for patients and caregivers! Find the group that best fits you and connect with others who understand.

Support Groups:

Friday Support Call

Open to anyone, no matter where you are in your diagnostic journey.
Every Friday, 12 PM ET.

FAOD Support Call

For patients and caregivers in the FAOD community. 2nd Thursday, 8:15 PM ET.

CPEO & Me

For those living with CPEO and vision-related complications. 1st and 3rd Thursday, 6 PM ET.

Our Space

A support space for young adults living with mitochondrial disease or FAODS. 3rd Thursday, 8 PM ET.

Men's Support

For male patients and caregivers in the Mito and FAOD communities.
4th Tuesday, 6 PM ET.

POLG Monthly Support

For patients and caregivers in the POLG community. 2nd Thursday, 11 AM ET.

MELAS Monthly Support

For patients and caregivers in the MELAS community. 2nd Thursday, 12 PM ET.



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Energy in Action Podcast



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Mito Fact Sheets:



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Interested in Art?

MitoArtisan's Playtime



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Art Show



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FAOD Fact Sheets:



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Liney's Lovies



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New Patient Kits:



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Expert Series



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FAOD Resource Page:



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Mito Resource Page:



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FAOD Past Conference Sessions:



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Mito Hacks



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Life Hacks



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MyMito App



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Mito411



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Grab and Go: Quick Links for Patients

Support Groups:

<https://www.mitoaction.org/programs-support/patient-and-family-support/support-calls/>

Energy in Action Podcast:

<https://www.mitoaction.org/education/energy-in-action/>

Art Show:

<https://www.mitoaction.org/join-the-cause/raise-your-voice/open-mito-mic-art-show/>

MitoArtisan Playtime:

<https://www.mitoaction.org/programs-support/mitoaction-programs/mitoartists-playtime/>

Liney's Lovies:

<https://www.mitoaction.org/programs-support/patient-and-family-support/lineys-lovies/>

Expert Series:

<https://www.mitoaction.org/education/monthly-expert-series/>

Mito Resource Page:

<https://www.mitoaction.org/day-to-day-with-mito/mito-resources/>

Mito Fact Sheets:

<https://www.mitoaction.org/mitochondrial-disease/types-of-mitochondrial-diseases/>

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FAOD Fact Sheets:

<https://www.mitoaction.org/fatty-acid-oxidation-disorders/types-of-faod/>

New Patient Kits:

<https://www.mitoaction.org/education/new-patient-kit/>

FAOD Resource Page:

<https://www.mitoaction.org/fatty-acid-oxidation-disorders/day-to-day-%20with-faod/faod-resources/>

FAOD Past Conference Sessions:

<https://www.mitoaction.org/events/internationalmetabolicconference/%20past-presentations/>

Mito Hacks:

<https://www.mitoaction.org/day-to-day-with-mito/mito-resources/>

My Mito App:

<https://www.mitoaction.org/mymito-app-lumiio/>

Life Hacks:

<https://www.mitoaction.org/fatty-acid-oxidation-disorders/day-to-day-%20with-faod/faod-life-hacks/>

Mito411:

<https://www.mitoaction.org/programs-support/patient-and-family-support/mito411/>