



## Ambassadors

*Living with VHL is not always simple for both the patients, and their families and friends. VHL is a journey with many ups and downs. It can help to talk or interact with someone who is on the same journey. Join a support program. Pick up the phone and call, if only just to talk for a while, or join the online support group.*

Ambassadors exist throughout the US as a way of providing a local voice to the resources that the VHL Alliance has for caregivers and patients.

Please note: all contacts are volunteers, who may sometimes be temporarily unavailable. If you do not receive a timely reply, please contact the VHLA Office.

AK [Alaska](#)  
AL [Alabama](#)  
AR [Arkansas](#)  
AZ [Arizona](#)  
CA [California](#) (Cathrina, Greg & Michelle)  
CO [Colorado](#) (Sean)  
CT [Connecticut](#)  
DC [District of Columbia](#)  
DE [Delaware](#)  
FL [Florida](#) (Nancy Rose)  
GA [Georgia](#)  
HI [Hawaii](#)  
IA [Iowa](#)  
ID [Idaho](#)  
IL [Illinois](#)  
IN [Indiana](#) (Lisa & Katie)  
KS [Kansas](#)  
KY [Kentucky](#)  
LA [Louisiana](#)  
MA [Massachusetts](#) (David & Michaela)

MD [Maryland](#)  
ME [Maine](#)  
MI [Michigan](#) (Haley & Sabrina)  
MN [Minnesota](#) (Emily & Doug)  
MO [Missouri](#) (Amy)  
MS [Mississippi](#) (Vanessa)  
MT [Montana](#)  
NC [North Carolina](#) (April)  
ND [North Dakota](#)  
NE [Nebraska](#)  
NE [Nevada](#)  
NH [New Hampshire](#)  
NJ [New Jersey](#) (Jennifer & Joseph)  
NM [New Mexico](#)  
NY [New York](#) (Seth, Scheana & Peter)  
NYC [New York City](#) area (Seth, Scheana & Peter)  
OH [Ohio](#)  
OK [Oklahoma](#)  
OR [Oregon](#)  
PA [Pennsylvania](#)  
PR [Puerto Rico](#)  
RI [Rhode Island](#)  
SC [South Carolina](#)  
SD [South Dakota](#)  
TN [Tennessee](#)  
TX [Texas](#) (Marissa)  
UT [Utah](#)  
VA [Virginia](#)  
VI [Virgin Islands](#)  
VT [Vermont](#)  
WA [Washington State](#) (Bethanie)  
WI [Wisconsin](#)  
WV [West Virginia](#)  
WY [Wyoming](#) (Cathy)