



SUPPORT GROUP LISTING FOR INDIANA COUNTY

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300 Indian Springs Road, Suite 203, Indiana, PA 15701

PH: 724-349-0500 Ext. 3 or TDD: 724-465-3805 or info32@comcast.net

www.humanservices-countyofindiana.org **all area codes are 724 unless otherwise noted

EFFECTIVE

January

2013

ALCOHOL / DRUG / TOBACCO

AL-ANON PH: 726-5406

- ❖ Thurs- 7:45 pm; The Open Door
- ❖ Fri- 8pm; Marion Center Presbyterian Church (on the hill)

ALCOHOLICS ANONYMOUS – P.O. Box 412, Indiana

PH: 724-801-8788/ A.A. answering machine

Indiana Meetings

- ❖ Tues-8pm; Our Lady of the Assumption Parish, Lucernemines
- ❖ Wed-8pm; Graystone Presbyterian Church, Indiana
- ❖ Fri-Noon; The Open Door
- ❖ Sat-8pm, IRMC, Private Dining Room 2; (beginner)
- ❖ Sun-7:30pm, IRMC, Private Dining Room 2

Blairsville Meeting

- ❖ *Thurs-12pm (noon); The Free Methodist Church (entrance by the back door of church).

Marion Center Meeting

- ❖ Fri-6:45 pm; Marion Center Presbyterian Church (on hill); (women's meeting)
- ❖ Fri-8pm; Marion Center Presbyterian Church (on the hill)

DRUG & ALCOHOL FAMILY EDUCATION SUPPORT

GROUP PH: 465-2605, ext. 18

For individuals seeking to learn more about addiction and the impact addiction has on the family

- ❖ Thurs – 6pm to 7:30pm at the Open Door; pre-registration is required at ext. 18

GRASP (Grief Recovery After a Substance Passing)

PH: 724-762-3344 www.grasphelp.org

Support and sources of help for families and individuals who are in bereavement due to a substance misuse death; meet at The Open Door; call for more info and to pre-register or email skelly17839@gmail.com.

INDIANA AREA CELEBRATE RECOVERY PH: 724-599-6699, or 724-479-8682

Thurs, 6:15 pm to 9:30 pm; Homer City United Methodist Church; 6:15 pm-optional light meal and fellowship-\$4.50; 7:00 pm-Large Group Meeting led by a pastor or a deacon; 8:00 pm-Newcomers meeting and Open Share Groups; 9:00 pm-Fellowship; childcare offered at no charge; A recovery ministry based on biblical principles centered through a 12 Step program. Some examples of recovery issues are: Codependency, chemically addicted, sexual addiction, eating disorders, anger issues, depression and/or loss, email PastorHAF@gmail.com or HarvestAnglican@gmail.com for more information.

NARCOTICS ANONYMOUS PH: 1-888-251-2426

Laurel Mountain Highlands Area Chapter of Narcotics Anonymous Referrals to meetings, services, agencies, etc.

Indiana Area Meetings

- ❖ Mon-12 Noon; Indiana Church of Christ, 225 East Pike Road
- Mon-7:30pm; Graystone Presbyterian Church, Indiana
- ❖ Tues-7pm; Calvary Evangelical Free Church, Indiana
- ❖ Wed-Noon; Indiana Church of Christ, 225 East Pike Road
- ❖ Fri-9 pm; Indiana Church of the Brethren
- ❖ Sat-12 Noon; The Open Door
- ❖ Sun-7pm; Blairsville Free Methodist Church, Blairsville
- ❖ Sun-7pm; Zion Lutheran Church (closed meeting)

AGED

ADULT CAREGIVER SUPPORT GROUP PH: 465-2015

Trinity United Methodist Church; 3rd Wed, 3:00pm; For adults caring for other adults

ALZHEIMER'S SUPPORT GROUP PH: 814-743-6613

Meets 4th Wed; 2:00 pm; at Citizen's Ambulance Station in Hillsdale; sponsored by Hillsdale Nursing & Rehab; call Kim Neff for information.

CAREGIVER'S SUPPORT GROUP PH: 349-4500

For caregivers of persons 60+; Last Wed of the month, 2pm at Aging Services Community Center, Indiana

NATIONAL ALZHEIMER'S ASSOCIATION – Greater Pennsylvania Chapter; Referrals to meetings; PH: 1-800-272-3900

LARGE PRINT AVAILABLE UPON REQUEST

BEREAVEMENT

BOWSER-MINICH BEREAVEMENT SUPPORT SERVICES

PH: 349-3100 or 1-888-923-5550 Lending Library of books/ tapes/ videos on all types of loss, Fall/Spring groups; (open to families served by Bowser-Minich), lectures/grief seminars to public/group upon request

C. FREDERICK BOWSER FUNERAL HOME, Homer City, offers support services through an interactive website for bereavement and grief support literature. www.bowserfh.com.

CURRAN FUNERAL HOME GRIEF SUPPORT GROUP PH: 639-3911
701 Salt St., Saltsburg – open to the public. Call for date, time & location

EXCELA HEALTH COPING WITH LOSS GRIEF SUPPORT GROUP

PH: 1-877-771-1234 – six week series held at various community locations; explore grief and the healing process in a caring and supportive environment. Call for registration/location/time

GRIEF SHARE

A special seminar/support group for people grieving the death of someone close; pre-register required; call for dates and times

❖ **Graystone Presbyterian Church** PH: 349-5556
Indiana; sessions held in the spring and fall

HIGHMARK CARING PLACE PH: 1-888-224-4673

620 Stanwix Street, Pittsburgh; For grieving children, adolescents, and families; offers support groups weekly or bi-weekly basis

HOPEFUL HEARTS/A SERVICE OF VNA FAMILY HOSPICE PH: 349-3888

Bi-weekly program of peer support groups for grieving children, adolescents, and their families; light meal provided; no cost

JOHN A. LEFDAHL FUNERAL HOME – BEREAVEMENT SUPPORT GROUP

MEETINGS PH: 463-4499; 898 Old Rte. 119 HWY N., Indiana; open to the public; pre-register; call for dates and times

RAIRIGH-BENCE FUNERAL HOME “Caring and Sharing Grief Support Group” PH: 349-2000

Also offers bereavement lending library with booklets, videos, etc. 1st and 3rd Thurs, 4:30 – 6:30 pm

RTS (Resolve Through Sharing) BEREAVEMENT SERVICES

3rd Thurs-7 pm (Neo-natal loss/miscarriage/tubal pregnancy) IRMC; Private Dining Room; Trained Counselors provide counseling and support; PH: 357-7060; Meet in March, April, May, June, Sept., Oct., Dec.

RICHARD SHOEMAKER FUNERAL HOME SUPPORT GROUP**
PH: 459-9115

S.I.D.S of Pennsylvania (Sudden Infant Death Syndrome)

PH: 1-800-721-7437. 1st Tue-7-9pm; Riverfront Place, 810 River Ave., Suite 160, Pittsburgh

SURVIVORS OF SUICIDE GROUP

724-464-0270

Meets at Neuropsychiatric Associates Inc., IRMC Complex, Medical Arts Building, Suite 2200, Indiana; call for dates/time; gather together with others who understand the impact a death of suicide can have; Cost: \$30; Initial intake at Neuropsychiatric Associates for possible insurance coverage; call for info

VNA Grief Support

Ph: 463-6340

3rd Tues of the month, 2:30 pm; at VNA, 850 Hospital Road, Indiana; group open to all of those who are coping with grief and loss; Contact: Rev Spiker

FAMILY / PARENTING

ADOPTION**

Catholic Charities – Call for time/place PH: 463-8806

COMMUNITY PSYCHIATRIC CENTER'S PARENT SUPPORT GROUP

PH: 850-7200

Speakers on autism, ADHD, behavior, anxiety, dyslexia, depression, one Mon. per month in Blairsville; Pre-register; call for date and time.

CONNECTIONS BY CHOICE – Catholic Charities PH: 463-8806

Support and training for families with foster and adopted children (Pre-Adoptive, Foreign and Domestic Adoptive families); call Morgan Daugherty

DIVORCE CARE – study & support from a Christian perspective for separated and/or divorced adults; pre-registration is required. Sessions held in the fall at Grace U.M. Church; PH: 463-8535

GRANDPARENTS AS PARENTS

PH: Andrea at 463-5300, ext. 1235 or 1-800-272-2746

- ❖ 4th Tues-6pm; Aging Services ; pre-register

Information and support to family members who are actively involved in the lives of others' children; child care available

LA LECHE LEAGUE OF INDIANA COUNTY PH: Stephanie@ 463-4661

Mother to mother information and support available 24hr a day for those planning to breastfeed or currently breastfeeding

- ❖ Last Wed-10am; IRMC Outpatient Bldg, Classrooms A&B

MEN'S ANGER GROUP – Catholic Charities, Greensburg

Tue 7-8:30pm; PH: 463-8806 or 1-866-409-6455; Pre-registration/screening

MOMS AND BABES SUPPORT AND PLAY GROUP PH: 357-7496Wed-10am; IRMC Outpatient Bldg, 2nd Floor Classroom;**MOPS (Mothers of Pre-Schoolers)**

Christian based group – make friends, share encouragement and practical tips for surviving the preschool years; \$25.00 registration fee for MOPS International (scholarships available) childcare provided group for mothers of preschoolers-birth to age 5, and expectant mothers (Sept-May)

- ❖ 1st & 3rd Weds- 9:30-11:30am – PH: 459-6209
Blairsville Free Methodist Church, 272 S. Stewart St.
- ❖ 2nd Mon- 7pm-8:30 pm – PH: 668-7056
Blairsville Christian Missionary Alliance Church, 135 E. Burrell St; Childcare provided.
- ❖ PH: 349-8180, First Assembly of God Church, 422 West, Indiana. 2nd and 4th Wed – 9:30 am

NEW MOM MOMENTS

PH: 357-7496

Educational series for pregnant or postpartum parents with babies under one year; offered 6 times/year; Weds- 6:30 – 8:00 pm; IRMC, Private DR #2

NURTURING PARENT PROGRAM– PH: 463-8595www.carecenterofindianaco.org

The Care Center of Indiana County – General information on child discipline, nurturing, child development, parents of teens support, and nurturing oneself as a parent; call for time/location

PFLAG: Parents, Families and Friends of Lesbians and Gays*Indiana – PH: 357-8309 or pflagindiana@comcast.net

-Local chapter of national organization provides safe dialogue about sexual orientation and gender identity. Seeks to replace negativity with accurate and positive information and support.

TRAUMA SERVICES CAREGIVER SUPPORT GROUP 724-465-0369

4th Mon; 6:00 pm – 7:30 pm; at Family Behavioral Resources Indiana Clinic; Designed for parents, caregivers, and foster parents of children who have experienced loss, out of home placement, adoption, or other emotionally charged events. Pre-registration required.

HEALTH & DISABILITIES**ADULT SOCIALIZATION GROUP FOR ADULTS WITH EPILEPSY**

Epilepsy Foundation Western/Central PA, Pittsburgh Office
PH: Francine Eden at 1-800-361-5885 – call for dates and times
Johnstown Office-Mary at 1-814-262-7494

ADVISORY BOARD ON AUTISM AND RELATED DISORDERS FAMILY SUPPORT GROUP – PH: 465-03691st Mon; 6:00 – 7:30pm; Airport Professional Center, Suite 526, Indiana; pre-register**ARTHRITIS FOUNDATION OF WPA** PH: 1-800-522-9900

- ❖ Aquatics programs – Indiana YMCA; Info – PH: 463-9622; or Laurel Highlands Health Center; Info – PH: 357-9991

BRAIN INJURY HELP LINE PH: 1-866-412-4755

Information, referrals, and resources on services available in PA for individuals with traumatic brain injury, family members, and others.
Hours: Mon-Sun: 8:00 am-6:00 pm

BREATHING PARTNERS* PH: 1-800-220-1990

Healthy Lungs PA, Cranberry Township Park, 201 Smith Dr., Suite E

CANCER The Phoenix Support Group meets every Thurs-5:30 pm; Call for location. PH: Cleo at 248-1814

DIABETES SUPPORT GROUP PH: 357-7164

Receive the Diabetes Newsletter and updates about local programs and events; IRMC; Call for location/date/time. Pre-registration is required.

EPILEPSY EDUCATION & SUPPORT PH: 1-800-361-5885

-For parents of children diagnosed with Epilepsy. Meets in Pittsburgh; and Johnstown. PH: 1-814-262-7494.

GLUTEN-FREE SUPPORT GROUP PH: 357-8088

IRMC; How to manage diet, recipes and resources that may be useful to those on a gluten-free diet; call for date/time/location; (held quarterly)

HEARING LOSS ASSOCIATION OF PA

- ❖ Pittsburgh Chapter #1 PH: 1-412-767-9769 V/TTY
www.healthbridges.info
3rd Sat.-10am (not June, July, August and December)
DePaul School for Hearing & Speech, 6202 Alder St., Pittsburgh

Hepatitis C Education/Support Group

PH: 548-7607 or 800-323-1333; 1st Tues, 12:00 pm and 3rd Wed, 6:00 pm; at Arc Manor in Kittanning; This group provides information and support that you need to live with, get treatment for, or prevent exposure to Hepatitis C.

HIV/AIDS SUPPORT GROUP PH: 1-814-534-6732 or 1-866-429-1583

For individuals living with HIV/AIDS. Meets twice per month – one daytime and one evening group

IRMC BREAST CANCER SUPPORT GROUP PH: 357-8081

Last Thurs of month-6:30pm at IRMC; 2nd Thurs, 6:30 pm, IRMC at Chestnut Ridge Conference Room; for individuals who have had breast cancer;

INSULIN PUMP SUPPORT GROUP PH: 357-7164

Held 5 times per year; IRMC; call for information

KEEP ON DROPPING PH: 357-8088

2nd Tues; 5:30 pm; IRMC's Women's Imaging Center Library; Have you lost weight recently? Do you want to continue to lose or keep on dropping? Join a team of coaches for this weight management support group. Free

MAN TO MAN – American Cancer Society; PH:1-800-227-2345.

Men facing prostate cancer receive support, information and resources by talking with trained prostate cancer survivors.

MYASTHENIA GRAVIS ASSOCIATION PH: 412-566-1545Monthly face-to-face support group meetings; call for schedule; Community Message Board: www.mgawpa.org**PARENTS OF CHILDREN WITH ASTHMA***

PH: 1-800-220-1990 – Healthy Lungs PA;
Cranberry Township Park, 201 Smith Drive, Suite E

PEDIATRIC DIABETES SUPPORT GROUP PH: 357-8088

IRMC; meets 2 times per year; call for dates, times and location

REACH TO RECOVERY – American Cancer Society;

Newly diagnosed breast cancer patients receive support, information, and resources through visits and conversations with trained breast cancer survivors. Call 1-800-227-2345.

SPINAL CORD INJURY SUPPORT GROUPS

- ❖ HEALTHSOUTH Harmarville Rehabilitation Hospital
2nd Tue-5:30pm; Michelle McCracken, OT – PH: 1-412-828-1300 ext: 7200

TOPS – TAKE OFF POUNDS SENSIBLY – PH: 465-6389 or 1-800-932-8677 or www.tops.org

- ❖ Mon -5:30 weigh-in; 6:30pm meeting; Graystone Presbyterian Church, 2nd Floor, Choir Room; Indiana
- ❖ Tues-9:00am weigh-in; 10:15 am meeting; Purchase Line Methodist Church
- ❖ Thurs-4:00pm weigh-in, 4:30pm meeting; Martin Hall, Tanoma
- ❖ Thurs- 5:15pm-5:45 pm; Basement, Clymer United Methodist Church

WEIGHT WATCHERS PH: 1-800-651-6000 or www.weightwatchers.com (fee)

YOUNG BREAST CANCER SURVIVORS SUPPORT GROUP PH: 357-8081IRMC Women's Imaging Center; 1st Thurs, 6pm to 8pm; for women ages 20-50**MENTAL HEALTH****COMMUNITY SUPPORT PROGRAM (CSP)** PH: 548-1151 or 349-3350

1st Thurs; call for location/time

CO-OCCURRING DISORDERS GROUP, PH: 465-5576; for anyone struggling with a mental health disorder and alcohol or substance dependency; group will provide an opportunity to build strength, coping skills, direction, education and supports; an open group; Thurs, 1-2:30 pm; at The Community Guidance Center;

CRITICAL INCIDENT STRESS DEBRIEFING TEAM PH: 877-333-2470

For emergency services personnel (ambulance, fire, law enforcement and other responders); In debriefing, the team helps prevent the negative impact of acute stress and help in the recovery process. (meets every 6 weeks)

INDIANA COUNTY DROP-IN CENTER 1-814-536-3536, ext. 287

New Beginnings Center 465-6510

NAMI OF INDIANA COUNTY- (NATIONAL ALLIANCE ON MENTAL ILLNESS) PH: 479-8824 or 357-8105

- ❖ **NAMI General Meeting:** 4th Tue-7-9pm; Trinity United Methodist Church; 398 Church St., Indiana; public welcome; guest speakers

SEXUAL ABUSE / DOMESTIC VIOLENCE / OTHER VIOLENT CRIMES – Alice Paul House, PO Box 417, Indiana

PH: 349-4444 or 1-800-435-7249 (for children and adults)

*Support meetings not held. Information/support provided by phone.

**Meetings vary based on need.