



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 mpounds@indianacountypa.gov

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

Human Services Information and Resources Dial 2-1-1 or go to www.pa211sw.org

EFFECTIVE
July 2018

ALCOHOL / DRUG / TOBACCO

AL-ANON PH: 726-5406

- ❖ Thurs- 7:00 pm; The Open Door
- ❖ Fri- 8pm; Marion Center Presbyterian Church (on the hill)

ALCOHOLICS ANONYMOUS Listing of meetings can be found at www.theopendoor.org/support.html

Indiana Meetings

- ❖ Mon-7:30 pm; The Open Door
- ❖ Tues-8pm; Our Lady of the Assumption Parish, Lucernemines
- ❖ Wed-8pm; Graystone Presbyterian Church, Indiana (during winter months); St. Thomas More Pavilion (during summer months)
- ❖ Thur-8pm; Salvation Army, Indiana
- ❖ Fri-Noon; The Open Door
- ❖ Sat-10 am, The Open Door (Women); 7 pm, First Church of the Nazarene; 8pm, IRMC, Private Dining Room 2
- ❖ Sun-1 pm-The Open Door; 7:30pm, IRMC, Private Dining Room 2

Blairsville Meeting

*Thurs-12pm (noon); Free Methodist Church, Blairsville

Marion Center Meeting

- ❖ Fri-8pm; Marion Center Presbyterian Church (on the hill)

Saltsburg Meeting

- ❖ Sat-8 pm; Faith Alliance

BLAIRSVILLE SUPPORT GROUP AGAINST DRUGS

PH: 388-1124

Formed to help spread awareness, education, prevention and support for addiction and the ever growing epidemic plaguing Blairsville and surrounding communities; also offers Blairsville Area Reality Tour; support provided via phone & private meetings

DRUG & ALCOHOL FAMILY EDUCATION SUPPORT GROUP

PH: 465-2605, ext 125

For individuals seeking to learn more about addiction and the impact addiction has on the family. Tues-6 pm – 7:30 pm at The Open Door; pre-registration is required

DUAL RECOVERY ANONYMOUS

PH: 724-465-2605

Thur., 12 pm, at The Open Door, Indiana; For those with Mental/Social disorder and chemical dependency.

CELEBRATE RECOVERY

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,

*** **Homer City United Methodist Church** PH: 479-2015

- Mon, 7 pm-8 pm, STEP Meeting
- Thurs, 6:15 pm to 9:30 pm; 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;
- 12 Step study groups meet on different days.

*** **New Life Community** PH: 541-4875

-meets at the Indiana Mall; Mondays; 6:00 pm -Service;

Email: jackiegreene01@gmail.com

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; support provided via phone and private meetings; skelly17839@gmail.com.

MY NEW LEAF, INC.

PH: 888-948-4424
NewLeafRCO@gmail.com; at New Leaf Community Center, 736 Lincoln St., Bolivar, PA 15923 (Bottom floor of K&K Flowers and Coffeehouse);

- **Narcotics Anonymous**, Sunday, 6:30 pm; contact Mike at 724-422-9827
- **Nar-Anon**, Tuesday, 6 pm; contact Donna at 814-446-5714
- **Family Peer Recovery**, Tuesday, 7:30 pm; contact Kim at 724-840-9160
- **All Recovery and Family Recovery**, Wednesday, All Recovery by Appointment; Call Ray at 724-676-2111 or at the My New Leaf number above; Family Recovery: provides both information and guidance that family members need to make the necessary and often painful choices that family recovery requires. Group members reach out in empathy to newcomers who are facing the fresh, private grief of addiction and accompany them on their healing journey to recovery

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-7:30pm; Graystone Presbyterian Church, Indiana
- ❖ Tues-7pm; Calvary Evangelical Free Church, Indiana
- ❖ Wed-Noon; One Hope Church, 100 Ben Franklin Rd., Indiana
- ❖ Wed-7 pm; Hope Evangelical Lutheran Church, Homer City
- ❖ Thurs- 7 pm; Literature Study; First Unitarian Universalist Church, Indiana
- ❖ Fri-8 pm; First Unitarian Universalist Church, Indiana
- ❖ Sat-12 Noon; The Open Door; 7 pm; Indiana First Church of the Nazarene Sun-7pm; Zion Lutheran Church; 7 pm-Free Methodist Church, Blairsville

NAR-ANON FAMILY SUPPORT GROUP

www.nar-anon.org

Weds; 7:15 am to 8:15 am; at The Open Door, Indiana; "Gardeners For Growth"; Have you been affected by a loved one's addictive drug use? Share your experience with others and find strength and hope and learn from one another on how to deal with the pain and heartbreak that comes with loving an addict

***For other resources go to www.theopendoor.org

SPIRIT LIFE RECOVERY COMMUNITY CENTER

PH: 717-6492

www.spiritliferecoverycenter.org; A faith-based Recovery Community Organization (RCO), who provides strength-based Recovery Support Services to individuals, families, and communities. They aim to put a face and voice on recovery, and serve as a physical location where they can organize the local recovery community's ability to care and give back.

AGED

ALZHEIMER'S SUPPORT

*** **Alzheimer Support Group** PH: 1-888-887-8117

Sponsored by AristaCare at Hillsdale Park; 1st Tues of the month; 6:00 pm; at the Church of the Resurrection Administration Center, 349 Morris Street, Clymer; contact Kim Neff for more info at above number or at kneff@hillsdalerehab.com.

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

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

GRIEFSHARE

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: 463-6340
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; Priv. Dining Room; Trained Counselors provide counseling and support; PH: 357-7060; Counselors available for private consult by appointment and meetings in May & Dec.

RICHARD SHOEMAKER FUNERAL HOME SUPPORT GROUP**

PH: 459-9115

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

Infant Loss Support Group PH: 1-412-322-5680, ext 4; 1st Tue-7-9pm; Riverfront Place, 810 River Ave., Suite 160, Pittsburgh

VNA FAMILY HOSPICE GRIEF SUPPORT GROUPS

VNA , 850 Hospital Road, Indiana; groups open to all of those who are coping with grief and loss; Free and open to the community
* Afternoon - 3rd Tues of the month, 2:30 pm; Contact: Lori Parks, 463-6340
*Evening -six consecutive sessions; 6 pm @ VNA Office; contact Janice Starry for dates, time and other details; 463-8711

FAMILY / PARENTING**ADOPTION****

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

AUTISM SUPPORT GROUPS:

AUTISM AWARENESS PARENT SUPPORT GROUP- PH: 724-762-5464 or Aapsgroup89@gmail.com

Group providing dialogue and peer support for parents and caregivers with individuals of all ages on the autism spectrum; Every 3rd Tues; 5:30 pm to 7 pm; at Indiana Total Therapy, 2010 Shelly Drive, Indiana;

AUTISM SUPPORT GROUP OF INDIANA COUNTY

Support for parents of children with autism. For more info or to confirm date/time/location dmhillard@gmail.com; or www.facebook.com/Autismsupportgroupofindianaco

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 Amber Blair

GRANDPARENTS SUPPORTING OTHERS -

The Alice Paul House— PH: 349-4444

Call for date/time/location; This group was created to assist grandparents and caregivers acting as a parental figure in their grandchildren's lives. Through education, encouragement and discussion grandparents will be given the opportunity to support other grandparents in our community.

LA LECHE LEAGUE OF INDIANA PH: 459-0714

Kellygarvin@comcast.net; Mother to mother information and support available 24hr a day for those planning to breastfeed or currently breastfeeding; call for date/time/location

MEN'S ANGER GROUP – Catholic Charities, Greensburg
Tue 7-8:30pm; PH: 463-8806 or 1-866-409-6455; Pre-registration/screening

NURTURING PARENT PROGRAM– PH: 463-8595

www.carecenterofindianaco.org The Care Center of Indiana County – General information on brain development, child development, empathy, feelings, stress, and discipline; 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.

REAL MOMS meets at The Summit Church PH: 349-8180

This is a group of women who strive to support other women who are navigating this thing called motherhood. Their desire is to create a space free from judgement and doubt, and full of respect for one another. They want to meet you right where you are, no matter where that is, because they realize there is power in our strength and in our weakness. There are no perfect moms, only real ones, and they have a place for you. <http://www.summitpa.church/women/> or call for dates/times.

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

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

ARTHRITIS FOUNDATION OF WPA PH: 1-800-522-9900

Information and support. www.arthritis.org

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: 8:30 am-4:00 pm

LARGE PRINT AVAILABLE UPON REQUEST**BRAIN INJURY SUPPORT GROUP** PH: 357-6902

2nd Weds; 6:00 pm at IRMC Private Dining Room 1; for those with brain injuries, but also their family and friends

BREATHE PENNSYLVANIA PH: 1-800-220-1990

Cranberry Township Park, 201 Smith Dr., Suite E; Help people to better understand their lungs and how to keep them healthy through education & support.

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.

HEALTHSOUTH Harmarville Rehabilitation Hospital

www.healthsouthharmarville.com Offers these support groups: Amputee, Head Injury, Parkinson's, Spinal Cord, & Stroke

HEARING LOSS ASSOCIATION OF PA

❖ Pittsburgh Chapter #1 PH: 1-412-767-9769 V/TTY
<https://hlaa-pa.org/wp/>
3rd Sat.-10am (not Jan, Feb, June, July, August and December)
DePaul School for Hearing & Speech, 6202 Alder St., Pittsburgh

HIV/AIDS SUPPORT GROUP PH: 1-814-534-3032 or 1-866-429-1583

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

INSULIN PUMP SUPPORT GROUP PH: 357-7164

Meets last Weds of every other month (Feb, April, June, Aug, Oct & Dec); IRMC Private Dining Room 1; call for information

IRMC BREAST CANCER SUPPORT GROUP PH: 357-8081

Last Thurs -6:00pm; at IRMC; for individuals who have had breast cancer;

IRMC CANCER SUPPORT GROUP PH: 357-8081

2nd Thurs, 6:30 pm, IRMC at Chestnut Ridge Conference Room

LYMPHEDEMA SUPPORT GROUP PH: 357-7068

For those with an abnormal collection of fluid just beneath the skin. Meets first Mon (Jan, Mar, May, July, & Nov) at 6 pm; in the M. Dorcas Clark, MD Women's Imaging Center; meets 2nd Mon of Sept;

MYASTHENIA GRAVIS ASSOCIATION PH: 412-566-1545

Monthly face-to-face support group meetings; call for schedule; Virtual Support Group: www.facebook.com/mgawpa

PARENTS OF CHILDREN WITH ASTHMA*

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

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.

TOPS – TAKE OFF POUNDS SENSIBLY – PH: 579-9312 or 1-800-932-8677 or

www.tops.org

- ❖ Mon -5:15 pm weigh-in; 6:15pm meeting; Grace In Ministries Building, 728 Church Street, Indiana
- ❖ Tues-8:45 am, weigh-in; 9:45 am meeting; Purchase Line Methodist Church
- ❖ Thurs- 5:00 pm-5:30 pm; Basement, Clymer United Methodist Church

WEIGHT WATCHERS PH: 1-800-651-6000 or www.weightwatchers.com (fee)**MENTAL HEALTH****COMMUNITY SUPPORT PROGRAM (CSP)** PH: 548-3451 or 349-3350

1st Thurs; call for location/time

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)

FAMILIES AFFECTED BY MENTAL ILLNESS PH: 762-9218

sponsored by IRMC and NAMI; support for anyone who supports a loved one with mental illness; meet in IRMC's Private Dining Room #1; 2nd Tues at 6 pm; contact Karla at number above or at kshaffer@indianarmc.org.

NAMI (National Alliance on Mental Illness) Support Group PH: 465-6510

12:30 pm, 2nd Mon; and 2 pm, 4th Thurs; at New Beginnings Drop In Center

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.