



# 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](mailto:info32@comcast.net)

[www.humanservices-countyofindiana.org](http://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](http://www.pa211sw.org)**

EFFECTIVE  
Jan 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](http://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); Cross Roads Community Church (entrance by the back door of church).

### Marion Center Meeting

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

### Saltsburg Meeting

- ❖ Sat-8 pm; Faith Alliance

## BLAIRSVILLE AND SURROUNDING COMMUNITIES SUPPORT

### GROUP AGAINST DRUGS

PH: 724-549-2679

Formed to help spread awareness, education, prevention and support for addiction and the ever growing epidemic plaguing Blairsville and surrounding communities. Meets 2<sup>nd</sup> Sunday of the month; 6 pm; at the Blairsville Borough Building

## DRUG & ALCOHOL FAMILY EDUCATION SUPPORT

### GROUP

PH: 465-2605, ext. 128

For individuals seeking to learn more about addiction and the impact addiction has on the family. Thurs-6 pm – 7:30 pm at The Open Door; pre-registration is required at ext. 118

## GRASP (Grief Recovery After a Substance Passing)

PH: 724-762-3344 [www.grasphelp.org](http://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](mailto:skelly17839@gmail.com).

## 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: 599-6699

-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; email [PastorHAF@gmail.com](mailto:PastorHAF@gmail.com) for more information; 12 Step study groups meet on different days.

\*\***Cross Roads Community Church** PH: 459-8181

meetings vary based on need; call Pastor Rusty for information

• **New Life Community** PH: 541-4875

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

Email: [jackiegreene01@gmail.com](mailto:jackiegreene01@gmail.com)

## 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; Indiana Church of Christ, 225 East Pike Road
- ❖ 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-Cross Roads Community Church, Blairsville

## DUAL RECOVERY ANONYMOUS

PH: 724-465-2605

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

## FAMILY RECOVERY SUPPORT

PH: 724-244-9288

Every Weds, 6:30 pm; My New Leaf, Inc., 524 Saltsburg; Free meetings conducted by Certified Recovery Specialists & Coaches, designed to provide both information & guidance that family members need to make the often painful choices that family recovery requires.

## NAR-ANON FAMILY SUPPORT GROUP

[www.nar-anon.org](http://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 support & recovery groups and resources go to**

[www.theopendoor.org](http://www.theopendoor.org)

## AGED

### ALZHEIMER'S SUPPORT GROUP

PH: 814-743-6613

Sponsored by AristaCare at Hillsdale Park; meets 1<sup>st</sup> 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](mailto: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](http://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: 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. 1<sup>st</sup> and 3<sup>rd</sup> Thurs, 4:30 – 6:30 pm

## RTS (Resolve Through Sharing) BEREAVEMENT SERVICES

3<sup>RD</sup> Thurs-7 pm (Neo-natal loss/miscarriage/tubal pregnancy) IRMC; Private Dining Room; Trained Counselors provide counseling and support; PH: 357-7060; Counselors available for private consult by appointment and meetings in May, Oct, & 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; 1<sup>st</sup> Tue-7-9pm; Riverfront Place, 810 River Ave., Suite 160, Pittsburgh

**VNA Grief Support** Ph: 463-6340  
3<sup>rd</sup> 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

**ARMSTRONG/INDIANA PARENT SUPPORT GROUP** PH: 422-6959  
For parents and caregivers of children with ASD, ADHD, etc.; meets the third Monday of the month; 5 pm; at New Story, 334 Philadelphia St., Indiana; info from Dorry at [easy2lovehard2raise@gmail.com](mailto:easy2lovehard2raise@gmail.com) or at the number above.

**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

**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

**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: 357-8088  
Wed-10am; IRMC Outpatient Bldg, 2<sup>nd</sup> 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)  
❖ 1<sup>st</sup> & 3<sup>rd</sup> Weds- 6 pm to 8 pm – PH: 459-6209

❖ Cross Roads Community Church, 272 S. Stewart St., Blairsville  
❖ PH: 349-8180, The Summit Church, 422 West, Indiana. 2<sup>nd</sup> and 4<sup>th</sup> Wed; 9:30 am

**NURTURING PARENT PROGRAM** – PH: 463-8595

[www.carecenterofindianaco.org](http://www.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](mailto: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.

## **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](http://www.arthritis.org)

**AUTISM SUPPORT GROUP OF INDIANA COUNTY** (starts Feb 21, 2018) Support for parents of children with autism. 3<sup>rd</sup> Weds; 6 pm at Hoss's Steak and Sea House, Indiana; for more info or to confirm date/time [dmhillard@gmail.com](mailto:dmhillard@gmail.com); or [www.facebook.com/Autismsupportgroupofindianaco](http://www.facebook.com/Autismsupportgroupofindianaco)

**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

**BRAIN INJURY SUPPORT GROUP** PH: 357-8088

2<sup>nd</sup> 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](http://www.healthsouthharmarville.com) Offers these support groups: Amputee, Parkinson's, Spinal Cord, & Stroke

### **HEARING LOSS ASSOCIATION OF PA**

❖ Pittsburgh Chapter #1 PH: 1-412-767-9769 V/TTY  
[www.healthbridges.info](http://www.healthbridges.info)  
3<sup>rd</sup> Sat.-10am (not 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

Held 5 times per year; IRMC Private Dining Room 1; call for information

### **IRMC BREAST CANCER SUPPORT GROUP**

PH: 357-8081

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

### **IRMC CANCER SUPPORT GROUP**

PH: 357-8081

2nd Thurs, 6:00 pm, IRMC at Chestnut Ridge Conference Room

### **LYMPHEDEMA SUPPORT GROUP**

PH: 357-8081

For those with an abnormal collection of fluid just beneath the skin.

### **MYASTHENIA GRAVIS ASSOCIATION**

PH: 412-566-1545

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

### **PARENTS OF CHILDREN WITH ASTHMA\***

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

### **PARKINSONS SUPPORT GROUP**

PH: 724-388-6201

last Thursday of the month; at IRMC's Classroom A&B in the Urgicare Building; 2 pm – 4 pm; for people with Parkinson's as well as their caregivers; info at [dgiever@comcast.net](mailto:dgiever@comcast.net)

### **PEDIATRIC DIABETES SUPPORT GROUP**

PH: 357-7164

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.

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

[www.tops.org](http://www.tops.org)

- ❖ Mon -5:00pm 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- 5:15pm-5:45 pm; Basement, Clymer United Methodist Church

**WEIGHT WATCHERS** PH: 1-800-651-6000 or [www.weightwatchers.com](http://www.weightwatchers.com) (fee)

### **YOUNG BREAST CANCER SURVIVORS SUPPORT GROUP**

PH: 357-8081

IRMC Women's Imaging Center; 1<sup>st</sup> Thurs, 6pm to 8pm; for women ages 20-50

## **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; meets the 2<sup>nd</sup> Tues at 6 pm; contact Karla at number above or at [kshaffer@indianarmc.org](mailto:kshaffer@indianarmc.org).

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

2 pm; 2<sup>nd</sup> and 4<sup>th</sup> Thurs; at New Beginnings 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.

LARGE PRINT AVAILABLE UPON REQUEST