



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

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

EFFECTIVE
2017

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); 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 2nd 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

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.

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 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

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

Thurs., 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

Wed; 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**

AGED

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

Sponsored by AristaCare at Hillsdale Park; meets 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

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. 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; 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; 1st Tue-7-9pm; Riverfront Place, 810 River Ave., Suite 160, Pittsburgh

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

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 or at the number above.

AUTISM SUPPORT GROUPS:

❖ **Autism Awareness Parent Support-** (starts Feb 20, 2018) 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; PH: 724-541-2106 or evansbr@tiffin.edu

❖ **Autism Support Group of Indiana County** (starts Feb 21, 2018) Support for parents of children with autism. 3rd Weds; 6 pm at Hoss's Steak and Sea House, Indiana; for more info or to confirm date/time 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

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, 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- 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. 2nd and 4th Wed; 9:30 am

NURTURING PARENT PROGRAM– PH: 463-8595

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

-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

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

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, Parkinson's, Spinal Cord, & Stroke

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

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

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

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

- ❖ 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 (fee)

YOUNG BREAST CANCER SURVIVORS SUPPORT GROUP PH: 357-8081

IRMC Women's Imaging Center; 1st 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 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, 1st Monday; 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.

LARGE PRINT AVAILABLE UPON REQUEST