



SUPPORT GROUP LISTING FOR INDIANA COUNTY

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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 2024

ALCOHOL / DRUG / TOBACC

AL-ANON www.pa-al-anon.org

- ❖ Thurs- 7:00 pm; Zion Lutheran Church, 100 S. 6th Street, Indiana; for family and friends

ALCOHOLICS ANONYMOUS Updated list of meetings can be found At www.wpaarea60.org

Indiana County Meetings

- ❖ Mon- 7:30 pm, The Open Door, Indiana
- ❖ Tues- 7 pm, (Women's), On-line only; <https://zoom.us/j/82760304671>; 8 pm, Indiana County Recovery Center, Indiana
- ❖ Wed- 8 pm; St Thomas More University Parish's Pavilion, Indiana
- ❖ Thur- 12 pm; Free Methodist Church, Blairsville; 8 pm; Graystone Presbyterian Church, Indiana
- ❖ Fri- Noon, The Open Door; 7 pm, Marion Center Presbyterian Church (on the Hill, Marion Center); 8 pm, On-line only; Zoom link can be found on website above.
- ❖ Sat- 10 am, (Women's) On-line only; <https://zoom.us/j/4378025388>; 8 pm, Indiana County Recovery Center, Indiana
- ❖ Sun- 1 pm- The Open Door; 7:30 pm Christ Episcopal Church, Indiana

ADDICTION & MENTAL HEALTH GROUP

PH: 244-1701

Tues at 7 pm to 8 pm; Faith Alliance Church, Saltsburg

BLAIRSVILLE SUPPORT GROUP AGAINST DRUGS & BLAIRSVILLE AREA REALITY TOUR

Bsgad2017@gmail.com PH: 724-388-1124

*** Monthly Meeting: 1st Weds each month @5:30 pm; at Ravaila's Restaurant, 59 W. Market St., Blairsville

***- Family Education & Support Groups, 1st Weds, 6:30 pm, at Ravaila's Restaurant, 59 W. Market St., Blairsville; 4th Sunday, 6:30 pm at the Marion Center Presbyterian Church, 206 High Street, Marion Center

*** Blairsville Reality Tour, 3rd Weds; 5:30 pm; at the Blairsville United Methodist Church (basement), 50 S. Walnut St., Blairsville; (during public school schedule) (call for details and to pre-register)

CELEBRATE LIFE

PH: 541-4875

Mon; 6 pm; 148 6th Street, Clymer; A Christ centered, biblically based recovery journey for anyone with struggles, suffering and sorrows. Call or Email Jackie at gapministriespa@gmail.com for more information.

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. 12 Step study groups meet on different days. Locate meetings at https://locator.cr_groups.info

*** Dixonville Wesleyan Church

PH: 254-1930

246 Purchase Line Road, Dixonville; each Tues, 5:30 pm;

DRUG & ALCOHOL FAMILY EDUCATION SUPPORT GROUP

PH: 465-2605; For individuals seeking to learn more about addiction and the impact addiction has on the family. Call The Open Door or visit www.theopendoor.org for current day/time. Pre-registration required

FAVOR (Faces and Voices of Recovery) Western PA.

PH: 676-2111
At Bolivar Community Center, 736 Lincoln St., Bolivar, PA (Bottom floor of K&K Flowers and Coffeehouse); Provides long term support services and multiple Pathways for ALL. info@favorwesternpa.org;
www.favorwesternpa.org

- Family/All Recovery, Education & Support, Tuesdays at the Center, in Bolivar (in-person), 6:30 pm; 2nd Mon, 6:30 pm, at New Florence United Methodist Church, 200 9th Street, New Florence: 3rd Mon, 6:30 pm, at Faith Lutheran Church, 6810 Rt 22 Hwy E, Clyde; 4th Weds, 6:30 pm; at St. James Lutheran Church, Ligonier; day and time to be determined; call
- Pathway Café Recovery Social, every other Thursday, 6:30 pm; at The Bolivar Center; featuring "Gym Therapy" from The Roosters Nest (Indiana)
- Offers Allegheny Health Network (AHN) inclusion health mobile addiction recovery medicine, MAT treatment, HIV testing/treatment and STD testing/treatment. Every other Wednesday- call Tiffany at 877-645-0781 or the Center at 724-676-2111 for an appointment. Appointments are required.

- Kidz Krew, meets the 3rd Fri of the month at the New Bolivar Community Center, at 627 Washington St., Bolivar; Art & Music Therapy for kids 6 – 16.

- Spirituality Group, meets at noon every Weds; for those seeking spirituality recovery.

INDIANA COUNTY RECOVERY CENTER

PH: 717-6492

www.indianacountyrecoverycenter.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. The YMCA offers a nutrition class at the center on Weds at noon.

NARCOTICS ANONYMOUS

PH: 1-888-251-2426 www.lmhana.com

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

Indiana Area Meetings (listing at www.lmhana.com)

- ❖ Mon- 6 pm; Indiana County Recovery Center, Indiana
- ❖ Mon- 7:30 pm; Graystone Presbyterian Church, Indiana
- ❖ Tues- 7 pm; One Hope Church, 100 Ben Franklin Rd., Indiana
- ❖ Wed- 7 pm; Hope Evangelical Lutheran Church, Homer City; (Open)
- ❖ Wed- 5:30 pm; Indiana County Recovery Center, Indiana
- ❖ Thurs- 7 pm; First Unitarian Universalist Church, Indiana
- ❖ Fri- 5:30 pm; Indiana County Recovery Center, Indiana
- ❖ 8 pm; Indiana Alliance Church, Indiana
- ❖ Sat- 12 Noon; The Open Door; (Open);
- ❖ Sat- 7 pm; Indiana First Church of the Nazarene (Open)
- ❖ Sun- 7 pm; Zion Lutheran Church; (open)

NAR-ANON FAMILY SUPPORT GROUP

www.nar-anon.org

Weds; 7:15 pm to 8:15 pm; at The Indiana County Recovery Center, 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; (Call 724-388-0324 at this time for meeting status); Zoom option available

NARATEEN

PH: 717-6492

1st and 3rd Sundays, 7 pm; at The Indiana County Recovery Center; Support for teenage family members and friends of addicts. Zoom option available-contact narateenwesternpa@yahoo.com.

RECOVERY N' MOTION

PH: 463-9622

Promotes long-term recovery from substance use disorders through exercise and nutrition. Mon 6:30 pm; in the Group X Studio at the YMCA; Free; Pre-register; Free childcare is available. Questions? Contact Stephanie.

AGED

ALZHEIMER'S SUPPORT

*** Alzheimer Support Group PH: 814-743-6613

Sponsored by Embassy of Hillsdale Park; 1st Tues of the month; 6:00 pm; at the Church of the Resurrection Social Hall, 349 Morris Street, Clymer; contact Kim Neff for more info at above number or at Marketing@ehhillsdalepark.net

CAREGIVER'S SUPPORT GROUP

PH: 349-4500 or 1-800-442-8016

Meets at Aging Services, Inc.; last Wed of the month at 2 pm; For caregivers of older adults. Call Melissa for more information

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

BEREAVEMENT

BEREAVEMENT SUPPORT OFFERED BY LOCAL FUNERAL HOMES: Some offer specific support services to the families they serve; some offer support services to the general public; some offer meetings/others offer resources. Call to find out if their services can meet your needs.

- ❖ **BOWSER-MINICH BEREAVEMENT FUNERAL HOME**, Indiana; PH: 349-3100 or 1-888-923-5550
- ❖ **C. FREDERICK BOWSER FUNERAL HOME**, Homer City; PH: 479-9422
- ❖ **CURRAN FUNERAL HOME**, Saltsburg; PH: 639-3911
- ❖ **JAMES F. FERGUSON FUNERAL HOME**, Blairsville; PH: 459-7611
- ❖ **JOHN A. LEFDAHL FUNERAL HOME**, Indiana; PH: 463-4499
- ❖ **MCCABE – ROOF FUNERAL HOME**, Clymer; PH: 254-2555
- ❖ **RAIRIGH-BENCE FUNERAL HOME**, Indiana and Clymer; PH: 349-2000
- ❖ **RAIRIGH FUNERAL HOME**, Hillsdale; PH: 814-743-6833
- ❖ **RICHARD SHOEMAKER FUNERAL**, Blairsville; PH: 459-9115
- ❖ **RICHARD C. STUART FUNERAL HOME**, Armagh; PH: 814-446-6699
- ❖ **ROBINSON-LYTTLE-SHOEMAKER, INC. FUNERAL HOME**, Indiana; PH: 349-9700

EXCELA HEALTH CHILD AND ADULT GRIEF SUPPORT GROUPS

PH: (1-800-427-1400; For information about grief support groups or the Neighborhood Kids Program, call and ask for a Bereavement Counselor.

FAVOR (Faces and Voices of Recovery) WESTERN PA SHARING GRIEF SUPPORT GROUP PH: 840-9160
1st Mon; 6:30 pm; at Bolivar Community Center, 627 Washington St., Bolivar; for anyone grieving the loss of a loved one;

GRIEF SHARE

This is a support group for those experiencing grief. Pre-register at www.griefshare.org/findagroup

*****Grace Church** PH: 724-463-8536, ext 13
Sun, 1 pm to 3 pm; confidential group; at Grace In Ministry Building, 728 Church Street, Indiana; There are many forms of grief, and they care about your loss. Pre-register at website above or contact Pastor Kathy at the number above or at kmihoeerck@indianagrace.org

*****Remnant Faith Community** PH: 724-464-7065
Tues, 6:30 pm; at Remnant Faith Community Church, 480 Old Rt 119N, Indiana; \$10 for workbook; This Christ-centered program helps people apply biblical principles as they deal with the emotions and life stresses following the death of a loved one.

*****GAP Ministries** PH: 541-4875
Offered on a 13-week cycle, two times per year; at 148 6th Street, Clymer; Call or Email Jackie at gapministriespa@gmail.com for dates/times.

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 CONCORDIA-IRMC VNA PH: 463-6340

A child-focused, family bereavement support center. Program provides peer support at no cost for all family members when someone close to the family has died. Families meet in the evenings, Sept thru May; every 2nd and 4th Tuesday of the month in a safe, caring and confidential environment

PA TEARS FOUNDATION PREGNANCY AND INFANT LOSS SUPPORT GROUP; meets in person & virtually the 3rd Thurs of month; 8 pm; for everyone who has suffered a loss of a baby; Anyone welcome to attend no matter how long ago your loss was or when it occurred. Other groups for parents/grandparents offered. Call 724-961-9489 or go to www.thetearsfoundation.org/supportgroups/ for more information.

CONCORDIA-IRMC VNA FAMILY HOSPICE COPING WITH LOSS SUPPORT GROUPS PH: 724-487-2010
2 pm on the third Tues of the month; at IRMC Conference Room #2, located near IRMC Cafeteria, 835 Hospital Road, Indiana; Groups are open to all those who are coping with grief and loss. Groups are free and open to the community. Call Lori Parks at 724-487-2010

FAMILY / PARENTING

AUTISM AND SPECIAL NEEDS SUPPORT GROUP OF INDIANA COUNTY
Support for parents of children with autism via posts and live videos; For more info contact jalrogers@hotmail.com or www.facebook.com/Autismsupportgroupofindianaco

DIVORCECARE SUPPORT GROUP PH: 463-8535
6 pm; Thursdays; Call Grace Church, Indiana for dates/times. Register on-line at www.divorcecare.org. A safe place where you find healing from the pain of separation or divorce. At this 13-week, video-based support group program, you'll find helpful counsel to manage the emotional turmoil and practical tools for decision-making.

GRANDPARENT'S SUPPORT GROUP PH: 349-4500 OR 1-800-442-8016
Meets at Aging Services, Inc.; last Thurs of the month; at 2 pm; for grandparents raising their grandchildren. Call Melissa for more information.

MEN'S ANGER GROUP – Catholic Charities, Greensburg
7-8:30pm; PH: 837-1840 or 1-866-409-6455; Pre-registration/screening; call for meeting dates/times/status

NURTURING PARENT PROGRAM PH: 463-8595
The Care Center of Indiana County – www.carecenterofindianaco.org
Program for parents who want to build a healthy relationship with their children. Free; 12-week program, offered 4 times per year; Parents focus on building their child's self-esteem, making connections, communicating effectively, problem solving, and learning from their children. Program addresses attachment, empathy, nurturing parenting, gentle touch, discipline, feelings and expectations. Pre-register.

HEALTH & DISABILITIES
ARTHRITIS FOUNDATION OF WPA PH: 1-800-283-7800;
Information and support. www.arthritis.org

BRAIN INJURY ASSOCIATION OF PA PH: 1-800-444-6443
Resource Line

COURAGE AND CANCER PH: 463-8535
Confidential support group for anyone who is fighting cancer; 3 pm, 2nd Sun; at Grace Church, Indiana; contact Pastor Kathy at number above, ext. 13.

EPILEPSY ASSOCIATION OF WESTERN AND CENTRAL PA
The Epilepsy Association of Western and Central PA On-Line Support Groups: All participants (old and new) will have to visit the link and register for support groups to receive reminders, access groups and enjoy connecting with friends. To register and to receive the on-line LINK, call Cristina at 1-717-730-6779 or email her at cwhite@eawcp.org.

HEARING LOSS ASSOCIATION OF PA hlap.news@gmail.com
❖ Pittsburgh Chapter #1; <https://hlaa-pa.org/WP/chapter-list/pittsburgh/>
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
For individuals living with or affected by HIV/AIDS. Contact Community Care Management for more information.

IRMC www.irmc.org/calendar
-IRMC BARIATRIC SURGERY SUPPORT GROUP PH: 349-3170
This group is designed to support any patient who has had bariatric surgery, any patient who is nearing surgery, or anyone serious about surgical weight loss.

- IRMC BREAST CANCER SUPPORT GROUP PH: 427-2763
IRMC; for individuals who have had breast cancer; Facebook Group Page- search IRMC Breast Cancer Support Group- and ask to be a member.

-IRMC DIABETES EDUCATION CENTER SUPPORT PROGRAM PH: 357-7164
Diabetes support and related programs to help understand diabetes, weight loss, lowering your A1C, receiving tips on monitoring, medications and more. Group dates/times vary.

-IRMC WEIGHT LOSS SUPPORT GROUP PH: 357-8088
Are you looking to stay on track with your weight loss goals, see how weight loss impacts your health or just need some extra support as you continue your weight loss journey? Meets monthly.

MYASTHENIA GRAVIS ASSOCIATION PH: 412-566-1545
Offers an Educational/Support Group Series; 6 times per year;

PARKINSON'S SUPPORT GROUP, PH: 724-388-6894 or 814-421-3106
Last Thurs of month; 2 pm; at Saving Grace Church, Hospital Road, Indiana; provides support and information on how to access resources to assist those affected by Parkinson's; operate in conjunction with the Parkinson's Foundation of Western PA, meetings are open to individuals diagnosed with Parkinson's and their caregivers; no need to pre-register

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. ***Offered virtually. Call 1-800-227-2345.

TOPS – TAKE OFF POUNDS SENSIBLY – PH: Area Advocate: 814-243-7507
www.tops.org
❖ Mon -5:15 pm weigh-in; 6:15pm meeting; Grace In Ministries Building, 728 Church Street, Indiana
❖ Tues-3:00 pm, weigh-in; 3:30 pm meeting; Global Methodist Church, Rossiter
❖ Fri- 8:00 am, weigh-in; -8:30 am, meeting; Basement, Clymer United Methodist Church

WEIGHT WATCHERS PH: 1-800-651-6000 or www.weightwatchers.com (fee); Offers in person and virtual workshops.

MENTAL HEALTH
COMMUNITY SUPPORT PROGRAM (CSP) PH: 814-270-7030 or 349-3350
1st Thurs; 1 pm; at the Chevy Chase Community Center, 640 N 5th Ave. Indiana; mcarroll@peerstarlic.com for information

CRITICAL INCIDENT STRESS MANAGEMENT TEAM PH: 1-877-333-2470 or 349-1428
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.

SEXUAL ABUSE / DOMESTIC VIOLENCE / OTHER CRIME – –
ALICE PAUL HOUSE PO Box 417, Indiana PH: 349-4444 or 1-800-435-7249
Trauma-Informed, evidence based and research supported individual and group programs led by certified advocates. An array of topics that provide the individual with an understanding of domestic violence, sexual abuse, and victimization. Education Prevention & Awareness and Economic Justice/Financial Empowerment is also available

LARGE PRINT AVAILABLE UPON REQUEST