



SUPPORT GROUP LISTING FOR INDIANA COUNTY

Published by Indiana County Department of Human Services

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
August 2019

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 Other meetings can be found at

www.theopendoor.org/support.html

Indiana County Answering Service: 724-801-8788

Indiana Meetings

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

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 Church

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; support provided via phone & private meetings; also offers Blairsville Area Reality Tour through the school year; register on line at www.Bsgad.com; or email BSGAD2017@gmail.com

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

-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.

*** **Word of Grace** PH: 541-4875

-meets at the Word of Grace Fellowship, 603 S. 5th St., Indiana; 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.

NA HELPLINE: 1-866-996-8444

***Other meetings than listed below can be found at

www.theopendoor.org/support.html

Indiana Area Meetings

- ❖ Mon- Fri- 8 am; Spirit Life Recovery Community Center, Indiana
- ❖ Mon-7:30pm; Graystone Presbyterian Church, Indiana
- ❖ Tues-7pm; 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;

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 Hillside 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

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. STEWART FUNERAL HOME**, ARMAGH; PH: 814-446-6699

❖ **ROBINSON-LYTTLE, INC. FUNERAL HOME**, Indiana; PH: 349-9700

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

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

RTS (Resolve Through Sharing) BEREAVEMENT SERVICES

PH: 357-7060

3RD Thurs-7 pm (Neo-natal loss/miscarriage/tubal pregnancy) IRMC; Priv. Dining Room #2; Trained Counselors provide counseling and support; Counselors available for private consult by appointment and meetings in May & Dec.

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; Call to RSVP.

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, 2:00 pm; Contact: Lori Parks, 463-8711
*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

ARMSTRONG INDIANA COMMUNITY CONNECTION GROUPPH: 548-3481 X605 or email smontgomery@aimhmr.net

Call for date; 6 pm to 8:30 pm; 120 South Grant Ave., Kittanning; This group supports family members and individuals with an Intellectual Disability and/or Autism. RSVP's required to above contact

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 Thurs; 6:30 pm to 8 pm; at the KCAC, 711 Pratt 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.

GRAYSTONE PRESBYTERIAN CHURCH STEPHEN MINISTRY PROGRAM

PH: 349-5556

Lay caregivers offer individuals care and support while dealing with life's struggles (such as experiencing grief, divorce, job loss, chronic or terminal illness, or some other life crisis). Free, one-on-one confidential support; open to the 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

REAL MOMS

meets at The Summit Church PH: 349-8180

A group of women who strive to support other women who are navigating motherhood. <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 ASSOCIATION OF PA**

PH: 1-800-444-6443

Resource Line

BRAIN INJURY SUPPORT GROUP

PH: 357-6902

2nd Weds; 6:00 pm at IRMC PDR#1; for those with brain injuries, and their family /friends

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

PH: 1-412-767-9769 V/TTY

❖ Pittsburgh Chapter #1 ; <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

4th Thurs -6:00pm; at IRMC; for individuals who have had breast cancer;

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: 772-1750 – Breathe PA;

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: Area Captain: 814-472-4476www.tops.org

❖ Mon -5:15 pm weigh-in; 6:15pm meeting; Grace In Ministries Building, 728 Church Street, Indiana

❖ Mon-6 pm, weigh-in; 6:30 pm meeting; Purchase Line Methodist Church

❖ Tues-5 pm, weigh-in; 5:15 pm meeting; IRMC Meeting Room, Indiana

❖ Thurs- 1:15 pm weigh-in; 1:45 pm meeting; Glen Campbell Fire Hall

❖ Thurs- 5:00 pm, weigh-in; -5:30 pm, meeting; 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; 3rd Monday at 10 am; 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

SAVING OUR SANITY (SOS)

PH: 465-2530

Wed- 9:30 am to 10:30 am; at The Salvation Army; Meetings to support parents/guardians of children struggling with behavioral health concerns

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