



# 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](mailto:mpounds@indianacountypa.gov)

[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  
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](http://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; Indiana County Recovery 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, Indiana County Recovery Center, Indiana
- ❖ Sun-1 pm-The Open Door; 7:30pm, Indiana County Recovery 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](http://www.Bsgad.com); or email [BSGAD2017@gmail.com](mailto: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

Thurs., 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. 5<sup>th</sup> St., Indiana; Mondays; 6:00 pm -Service; Email: [jackiegreene01@gmail.com](mailto:jackiegreene01@gmail.com)

## FAVOR (Faces and Voices of Recovery) Western PA. PH: 676-2111

[FAVOR.BolivarRCO@gmail.com](mailto:FAVOR.BolivarRCO@gmail.com); at Bolivar Community Center, 736 Lincoln St., Bolivar, PA 15923 (Bottom floor of K&K Flowers and Coffeehouse);

- **Narcotics Anonymous**, Sun, 6:30 pm; contact David at 510-9056

- **SMART Recovery**, Mon, 6:30 pm to 8 pm; contact Pete at 771-6200

- **Nar-Anon**, Tuesday, 6 pm; contact Donna at 814-446-5714

- **Family & Community Education**, Tues, 7:30 pm; based on Rich Jones' Family Coaching; contact Kim at 840-9160

- **Connections Café**, Thurs, 6:30 pm to 8:30 pm; FREE Espresso drinks and baked goods; open Mic nights/entertainment

- **Acorns Youth Group**, Fri, 6 pm to 8 pm; contact Virginia at 331-6973

## 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](http://www.theopendoor.org/support.html)

### Indiana Area Meetings

- ❖ Mon- Fri- 8 am -4 p; ARM Meetings: individual or groups can run all day; Indiana County Recovery 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; 5:30 pm; Indiana County Recovery Center
- ❖ 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](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 resources go to [www.theopendoor.org](http://www.theopendoor.org)

## INDIANA COUNTY RECOVERY CENTER PH: 717-6492

[www.indianacountyrecoverycenter.org](http://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.

## SUD (Substance Use Disorder) EDUCATION/SUPPORT PH: 388-1124

by FAVOR (Faces and Voices of Recovery) Western PA; 1<sup>st</sup> and 3<sup>rd</sup> Thurs; 6:30 pm to 8 pm; at Indiana County Technology Center; [r.a.perky47@gmail.com](mailto:r.a.perky47@gmail.com)

## AGED

### ALZHEIMER'S SUPPORT

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

Sponsored by AristaCare at Hillsdale Park; 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

**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-LYTLE, INC. FUNERAL HOME**, Indiana; PH: 349-9700

## EMBRACING GRIEF

PH: 388-1124

Support for anyone grieving the loss of a loved one. 1<sup>st</sup> and 3<sup>rd</sup> Mon; at the Bolivar Community Center, 736 Lincoln St., Bolivar \*\*In the seating area of K&K Flowers

## 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

LARGE PRINT AVAILABLE UPON REQUEST

**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

**PREGNANCY AND INFANT LOSS SUPPORT GROUP**  
PH: 724-840-6621 / [jennifer\\_renee85@hotmail.com](mailto:jennifer_renee85@hotmail.com) or 814-807-2842/  
[ev.versace@gmail.com](mailto:ev.versace@gmail.com); 2<sup>nd</sup> Sun of month; at Commonplace Coffee; 3 pm; offers support through the shared experience of miscarriage, stillbirth and/or infant loss

**RTS (Resolve Through Sharing) BEREAVEMENT SERVICES**  
PH: 357-7060  
3<sup>rd</sup> 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; 1<sup>st</sup> 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 - 3<sup>rd</sup> 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 GROUP**  
PH: 548-3451 X605 or email [smontgomery@aimhmr.net](mailto: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](mailto:Aapsgroup89@gmail.com)  
Group providing dialogue and peer support for parents and caregivers with individuals of all ages on the autism spectrum; Every 3<sup>rd</sup> 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](mailto:dmhillard@gmail.com); or [www.facebook.com/Autismsupportgroupofindianaco](http://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 -** PH: 349-4444  
The Alice Paul House  
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](mailto: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](http://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](http://www.arthritis.org)

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

**BRAIN INJURY SUPPORT GROUP** PH: 357-6902  
2<sup>nd</sup> Weds; 6:00 pm at IRMC PDR#1; for those with brain injuries, and their family/friends

**COURAGE AND CANCER** PH: 463-8535 For anyone who is fighting cancer; 3 pm on Sundays; at Grace United Methodist Church, Indiana; confidential group; want everyone to feel safe to come for 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, 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/>  
3<sup>rd</sup> 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](http://www.facebook.com/mgawpa)

**PARENTS OF CHILDREN WITH ASTHMA\*** PH: 772-1750 – Breathe PA;

**PARKINSON'S SUPPORT GROUP**, PH: 724-388-6894 or 814-421-3106  
meets last Thurs of month; 2 pm; at the S&T Wellness Center Fitness Center, 2010 Shelly Dr., 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. Call 1-800-227-2345.

**TOPS – TAKE OFF POUNDS SENSIBLY** – PH: Area Captain: 814-472-4476  
[www.tops.org](http://www.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](http://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; 3<sup>rd</sup> Monday at 10 am; 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  
12:30 pm, 2<sup>nd</sup> Mon; and 2 pm, 4<sup>th</sup> 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)