

# 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  
man Services Information and Resources Dial 2-1-1 or go to [www.pa211sw.org](http://www.pa211sw.org)

EFFECTIVE  
June  
2015

## ALCOHOL / DRUG / TOBACCO

**AL-ANON** PH: 726-5406

- ❖ Thurs- 7:45 pm; The Open Door
- ❖ Fri- 8pm; Marion Center Presbyterian Church (on the hill)

**ALCOHOLICS ANONYMOUS** – P.O. Box 412, Indiana

PH: 724-801-8788/ A.A. answering machine

### Indiana Meetings

- ❖ Mon-7:30 pm; The Open Door (Closed)
- ❖ Tues-8pm; Our Lady of the Assumption Parish, Lucernemines
- ❖ Wed-8pm; Graystone Presbyterian Church, Indiana
- ❖ Thur-8pm; Salvation Army, Indiana
- ❖ Fri-Noon; The Open Door
- ❖ Sat-8pm, IRMC, Private Dining Room 2
- ❖ Sun-7:30pm, IRMC, Private Dining Room 2

### Blairsville Meeting

- ❖ \*Thurs-12pm (noon); The Free Methodist Church (entrance by the back door of church).

### Marion Center Meeting

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

## DRUG & ALCOHOL FAMILY EDUCATION SUPPORT GROUP

PH: 465-2605, ext. 118

For individuals seeking to learn more about addiction and the impact addiction has on the family

- ❖ Thurs – 6pm to 7:30pm 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.

••**Blairsville Free United Methodist Church** PH: 459-8181

meetings vary based on need; call Pastor Rusty for information

• **The GAP Ministry** PH: 541-4875

-meets at Grace United Methodist Church, 712 Church Street, Indiana;

Fri, 6:15 pm – meal and fellowship; 7:00 pm- Large Group Meeting;

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
- ❖ Fri-8 pm; Unitarian Universalist Church, Indiana
- ❖ Sat-12 Noon; The Open Door
- ❖ Sun-7pm; Zion Lutheran Church (closed meeting)

**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 Hillsdale Nursing & Rehab; meets 1<sup>st</sup> Tues of the month; 6:00 pm; at the Clymer Family Medicine Health Education Center, 533 Franklin 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: 349-3888  
or 1-877-349-3888

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

**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 Morgan Daugherty

**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> Tues- 9:15 am – PH: 459-8181  
Blairsville Free Methodist Church, 272 S. Stewart St.  
❖ 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.

**TRAUMA SERVICES CAREGIVER SUPPORT GROUP** 724-465-0369  
4<sup>th</sup> Mon; 6:00 pm – 7:30 pm; at Family Behavioral Resources Indiana Clinic;  
Designed for parents, caregivers, and foster parents of children who have experienced loss, out of home placement, adoption, or other emotionally charged events. Pre-registration required.

**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

**ADVISORY BOARD ON AUTISM AND RELATED DISORDERS FAMILY SUPPORT GROUP** – PH: 465-0369  
1<sup>st</sup> Mon; 6:00 – 7:30pm; Airport Professional Center, Suite 526, Indiana; pre-register

**ARTHRITIS FOUNDATION OF WPA** PH: 1-800-522-9900  
❖ Aquatics programs – Indiana YMCA; Info – PH: 463-9622; or  
Laurel Highlands Health Center; Info – PH: 357-9991

**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 2; 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.

**GLUTEN-FREE SUPPORT GROUP** PH: 357-8088  
IRMC; How to manage diet, recipes and resources that may be useful to those on a gluten-free diet; call for date/time/location; (held quarterly)

## **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

## **HEPATITIS C EDUCATION/SUPPORT GROUPS**

This group provides information and support that you need to live with, get treatment for, or prevent exposure to Hepatitis C.  
❖ At Arc Manor in Kittanning; PH: 548-7607 or 800-323-1333; 3<sup>rd</sup> Wed, 6:00 pm;  
❖ At The Open Door in Indiana; PH: 465-2605; 1<sup>st</sup> Thur, 12 pm

**HIV/AIDS SUPPORT GROUP** PH: 1-814-524-3032 or 1-866-429-1583  
For individuals living with HIV/AIDS. Meets twice per month – one daytime and one evening group

**IRMC BREAST CANCER SUPPORT GROUP** PH: 357-8081  
Last Thurs of month-6:00pm at IRMC; 2<sup>nd</sup> Thurs, 6:00 pm, IRMC at Chestnut Ridge Conference Room; for individuals who have had breast cancer;

**INSULIN PUMP SUPPORT GROUP** PH: 357-7164  
Held 5 times per year; IRMC; call for information

**KEEP ON DROPPING** PH: 357-8088  
3<sup>rd</sup> Fri; 9:30 am; IRMC's Institute for Healthy Living; Have you lost weight recently? Do you want to continue to lose or keep on dropping? Join a team of coaches for this weight management support group. Free

**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

**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.

**SPINAL CORD INJURY SUPPORT GROUPS**  
❖ HEALTHSOUTH Harmarville Rehabilitation Hospital  
2<sup>nd</sup> Tue-5:30pm; Michelle McCracken, OT – PH: 1-412-828-1300 ext: 7200

**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-9:00am weigh-in; 10:15 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)

**INDIANA COUNTY DROP-IN CENTER** 1-814-536-3536, ext. 287  
New Beginnings Center 465-6510

**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