



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 mpounds@indianacounty.pa.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

***DUE TO COVID-19 PANDEMIC, SOME SUPPORT GROUPS FORMAT MAY HAVE CHANGED. PLEASE CALL TO CONFIRM GROUPS ARE AVAILABLE

EFFECTIVE
October 2022

ALCOHOL / DRUG / TOBACCO

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

- ❖ Thurs- 7:00 pm; The Open Door
- ❖ Fri- 8pm; Marion Center Presbyterian Church (on the hill)

ALCOHOLICS ANONYMOUS Updated list of meetings can be found

At www.wpaarea60.org

Indiana County Meetings

- ❖ Mon- 7:30 pm, The Open Door, Indiana
- ❖ Wed-8 pm; Christ Episcopal Church
- ❖ Tues-8 pm, Indiana County Recovery Center, Indiana
- ❖ Thur-12 pm, CrossRoads Community Church, 272 S. Stewart St., Blairsville; 8 pm; Our Lady of the Assumption Church, Homer City
- ❖ Fri-Noon, The Open Door; 8 pm, Marion Center Presbyterian Church (on the Hill, Marion Center)
- ❖ Sat-10 am, The Open Door (Women); 8 pm, Indiana County Recovery Center, Indiana
- ❖ Sun-1 pm-The Open Door; 7:30 pm IRMC, DR #2, Indiana

ADDICTION & MENTAL HEALTH GROUP PH: 244-1701

Tues at 7 PM; Faith Alliance Church, Saltsburg

BLAIRSVILLE SUPPORT GROUP AGAINST DRUGS PH:724-388-1124

3RD Weds; 5:30 pm; at The Blairsville United Methodist Church, 50 S. Walnut St., Blairsville

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 jackiegreene01@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,

*** **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.

*** **Montgomery Church of the Brethren** PH: 254-9720 or
pastor@montgomerycob.com; 5227 Purchase Line Road, Commodore; each Tues, 5:30 pm;

*****New Life Community Church**, crindianamall@gmail.com
2334 Oakland Ave., Indiana (In the Indiana Mall); each Friday, 6 pm to 8 pm

CONNECT CHURCH RECOVERY PH: 840-8321

Provides Christ centered support and resources for recovery to those in addiction as well as their struggling families. A Certified Recovery Specialist is at each meeting along with representatives from community agencies and social service professionals available to assist in individuals in navigating their programs. Contact Bill at number above or at connectrecovery@gmail.com; Thurs at 6 pm; at Blairsville Connect Church.

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

DUAL RECOVERY ANONYMOUS PH: 724-465-2605

Thur., 12 pm, at The Open Door, Indiana; For those with Mental/Social disorder and chemical dependency. (Call for status at this time)

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); Call 724-676-2111 or Becky at 878-645-0777; Provides long term support services and multiple Pathways for ALL - **Family/All Recovery, Education & Support**, Every Tues at the Center, in Bolivar (in-person or virtual), 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; 1st Weds, 6:30 pm, at Ravaila's Restaurant, 59 W. Market St., Blairsville, PA; 4th Weds, 6:30 pm; at

FAVOR (Faces and Voices of Recovery) Western PA. Continued...

St. James Lutheran Church, Ligonier; and on the 2nd Thur of month; 6:30 pm; at Indiana County Technology Center (during public school schedule -**All Recovery**, Every Thurs, 12 pm and 6:30 pm; at The Bolivar Center

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.

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

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

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

www.theopendoor.org/support.html

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

- ❖ Mon-6 pm; 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; (Open)
- ❖ Wed- 5:30 pm; Indiana County Recovery Center, Indiana
- ❖ Thurs- 7 pm; The Open Door (Open & ZOOM); 7 pm; First Unitarian Universalist Church, Indiana
- ❖ Fri-8 pm; Indiana Alliance Church, Indiana; Fri- 9:15 pm; Indiana County Recovery Center, Indiana
- ❖ Sat-12 Noon; The Open Door; (Open)
- ❖ Sat-7 pm; Indiana First Church of the Nazarene (Open)
- ❖ Sun-7pm; Zion Lutheran Church; (open)
- ❖ Sun- 10:30 am; 705 Gompers Ave., Indiana; (Open & ZOOM)

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)

NARATEEN PH: 717-6492

Sunday, 7 pm; at The Indiana County Recovery Center; Support for teenage family members and friends of addicts. Zoom option available.

RECOVERY N' MOTION PH: 463-9622

Indiana County YMCA; Promotes long-term recovery from substance use disorders through exercise and nutrition. Mon 6:30 pm and Thurs 4:30 pm; in the Group X Studio at the YMCA; Free; Pre-register; Free childcare is available.

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

BEREAVEMENT Continued...

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

EXCELA HEALTH CHILD AND ADULT GRIEF SUPPORT GROUPS

PH: 724-689-1800-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 EMBRACING GRIEF SUPPORT GROUP

In-person; 1st Mon; 6:30 pm; at Bolivar Community Center, 736 Lincoln St., Bolivar, PA (bottom floor of K&K Flowers and Coffeehouse; for anyone grieving the loss of a loved one; call or text Becky at 878-645-0777.

GRIEF SHARE

724-463-8536, ext 13
Grace United Methodist Church; Wednesdays, 6:15 pm meetings held at Grace in Ministries Building, 728 Church Street, Indiana; This is a support group for those experiencing grief. There are many forms of grief, and they care about your loss. No matter what stage of grief you are in, they hope you will join them. Contact Pastor Kathy Mihoerck at the number above or at kmihoerck@indianagrace.org

HEALING HEARTS INFANT BEREAVEMENT SUPPORT

Meets on the 1st Tues of month; 7 pm to 9 pm; 5450 Second Ave., Pittsburgh; healinghearts@cribsforkids.org; RSVP; ***ALL meetings are virtual for foreseeable future

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. Hopeful Hearts 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. For more information about this program, or to see if services provided in person or virtual, call above number.

PA TEARS FOUNDATION PREGNANCY AND INFANT LOSS SUPPORT GROUP

meets virtually the 3rd Thurs of month; 8 pm; This group is 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. Call 724-961-9489 for more information. www.thetearsfoundation.org/pennsylvania/

FAMILY HOSPICE COPING WITH LOSS SUPPORT GROUP/A SERVICE OF CONCORDIA-IRMC VNA

At Seventh Day Adventist Church, 1496 Indian Springs Road, Indiana; Group is 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, 762-3642

*Evening -six consecutive sessions; 6 pm; contact Janice Starry for dates, time and other details; 463-8711

FAMILY / PARENTING

ARMSTRONG INDIANA BDHP and HAVIN's SELF-ADVOCATE EMPOWERMENT GROUP

PH: 548-3451 X605 or email smontgomery@aimhmr.net; Meets the 2nd Wed of every other month; at the Belmont Complex, Kittanning; Individuals with disabilities looking to become empowered, join them for a monthly opportunity to casually gather with refreshments, socializing, activities and games that will increase knowledge and skills on boundaries, consent and healthy relationships. Call for next date.

AUTISM SUPPORT GROUP OF INDIANA COUNTY

Support for parents of children with autism via posts and live videos; For more info contact dmhillard@gmail.com; or www.facebook.com/Autismsupportgroupofindianaco

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: 463-8806 or 1-866-409-6455; Pre-registration/screening; call for meeting dates/times/status

NURTURING PARENT PROGRAM

PH: 463-8595
www.carecenterofindianaco.org The Care Center of Indiana County - Program for parents who want to build a healthy relationship with their children. Free; 12-week program takes place four times per year; Parents will 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

BRAIN INJURY SUPPORT GROUP

PH: 357-6902
IRMC; for those with brain injuries, and their family /friends; Call.

COURAGE AND CANCER PH: 463-8535

For anyone who is fighting cancer; 3 pm, 2nd Sunday; at Grace United Methodist Church, Indiana; confidential group; want everyone to feel safe to come for support; contact Pastor Kathy at number above.

EPILEPSY ASSOCIATION OF WESTERN AND CENTRAL PA

The Epilepsy Association of Western and Central PA On-Line Support Groups: They have a new link for their online support groups. All participants - old and new - will have to visit the new 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 Danielle at 1-717-730-6779 or email her at dlewis@eawcp.org.

ENCOMPASS HEALTH Rehabilitation Hospital of Harmarville

<https://encompasshealth.com/locations/harmarvillerehab/our-programs> Offers these support groups: Amputee, Head Injury, Parkinson's, Spinal Cord, & Stroke

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 regarding times and locations of 21-22 Support group meetings.

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: 357-8081
IRMC; for individuals who have had breast cancer; Call for information.

MYASTHENIA GRAVIS ASSOCIATION

PH: 412-566-1545
Offers and Educational/Support Group Series; 6 times per year; Virtual Support Group: www.facebook.com/mgawpa

PARKINSON'S SUPPORT GROUP

PH: 724-388-6894 or 814-421-3106
meets last Thurs of month; 2 pm; at the 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
❖ Wed-5:30 pm, weigh-in; 6:00 pm meeting; Calvary United 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); Offering Virtual Workshops at this time.

MENTAL HEALTH

COMMUNITY SUPPORT PROGRAM (CSP) PH: 548-3451 or 349-3350
1st Thurs; 1 pm; at the Indiana Borough Building, Council meeting room in the basement

CRITICAL INCIDENT STRESS DEBRIEFING TEAM PH: 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 VIOLENT CRIMES - - Alice Paul House, PO Box 417, Indiana

PH: 349-4444 or 1-800-435-7249 (for children and adults)

LARGE PRINT AVAILABLE UPON REQUEST