



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 MAY BE SUSPENDED. PLEASE CALL TO CONFIRM GROUPS ARE AVAILABLE

EFFECTIVE
August 2020

ALCOHOL / DRUG / TOBACCO

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

- ❖ Thurs- 7:00 pm; The Open Door (now meeting by ZOOM)
- ❖ Fri- 8pm; Marion Center Presbyterian Church (on the hill) (unsure of status at this time)

ALCOHOLICS ANONYMOUS List of meetings can be found at www.wpaarea60.org/# or at www.theopendoor.org/support.html

Indiana County Meetings

- ❖ Mon-7:30 pm; The Open Door
- ❖ Wed-8pm; Christ Episcopal Church, Indiana (Oct thru May); St. Thomas More Pavilion (during summer months)
- ❖ Thur-12 pm, Free Methodist Church, Blairsville; 8 pm; Greystone Presbyterian Church, Indiana
- ❖ Fri-Noon; The Open Door; 8 pm; Marion Center Presbyterian Church (on the Hill, Marion Center)
- ❖ Sat-10 am, The Open Door (Women); 7 pm, First Church of the Nazarene; 7pm, Indiana County Recovery Center, Indiana; 8 pm-Faith Alliance Church, Saltsburg
- ❖ Sun-1 pm-The Open Door; 7:30pm, Indiana County Recovery Center, Indiana

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 via phone & private meetings; also offers Blairsville Area Reality Tour (suspended at this time) through the school year (register on-line at www.Bsgad.com; or at BSGAD2017@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: 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

*** **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; meeting via ZOOM at this time.

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 (Call for status at this time)

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 15923 (Bottom floor of K&K Flowers and Coffeehouse);

- **Narcotics Anonymous**, Sun, 6:30 pm; contact David at 510-9056
- **Embracing Grief**, Virtual meeting; for anyone grieving the loss of a loved one; 1st and 3rd Mon; 6:30 pm; call or text Becky at 724-388-3900
- **Family & Community Education**, Tues, 6:30 pm; contact Kim at 840-9160; and 1st and 3rd Thur of month; 6:30 pm to 8:00 pm; contact Becky at 724-388-1124; at Indiana County Technology Center (during public school

schedule); provide long term support services as well as promoting multiple pathways for ALL; they heed to the voice of the stigmatized addict

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

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 (listing at www.lmhana.com)

- ❖ Mon- Fri- 8 am -4 p; ARM Meetings: individual or groups can run all day; Indiana County Recovery Center, Indiana
- ❖ Mon- 7 pm; Saving Grace Church, Indiana (not sure of status at this time)
- ❖ Mon-7:30pm; Graystone Presbyterian Church, Indiana (now offered by ZOOM)
- ❖ Tues-7pm; One Hope Church, 100 Ben Franklin Rd., Indiana (not sure of status at this time); and 7pm, Indiana County Recovery Center, Indiana
- ❖ Wed-7 pm; Hope Evangelical Lutheran Church, Homer City; (now offered by ZOOM);
- ❖ Mon-7 pm; Indiana County Recovery Center, Indiana
- ❖ Wed- 5:30 pm; Indiana County Recovery Center, Indiana
- ❖ Thurs- 7 pm; Literature Study; Getty Heights Park, Indiana; (now offered by ZOOM)
- ❖ Fri-7 pm; First Unitarian Universalist Church, Indiana (now offered by ZOOM)
- ❖ Sat-12 Noon; The Open Door; (not sure of status at this time)
- ❖ Sat-7 pm; Indiana First Church of the Nazarene (not sure of status at this time)
- ❖ Sun-7pm; Zion Lutheran Church; (closed now due to Pandemic)
- ❖ Sun- 10:30 am; Getty Heights Park, Indiana (now offered by ZOOM)

NAR-ANON FAMILY SUPPORT GROUP www.nar-anon.org

Weds; 7:15 pm to 8:15 pm; 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; (Call 724-388-0324 at this time for meeting status)

***For other resources go to www.theopendoor.org

RECOVERY N' MOTION PH: 463-9622

Promotes long-term recovery from substance use disorders through exercise, nutrition, education, advocacy and recovery support services, resulting in healthier individuals, families, and communities. Mon 5:15 pm-6:15 pm, Thurs 4:15 pm to 5:15 pm; in the gym for social distancing; masks required in lobby only; all equipment sanitized between each use; FREE; Pre-register at the YMCA; Free childcare is available; Info at the YMCA or with Desiree at 724-762-2880.

AGED

ALZHEIMER'S SUPPORT

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

Sponsored by AristaCare at Hillside Park; 1st Tues of the month; 6:00 pm; Meeting by Zoom at this time; contact Kim Neff for more info at above number or at kneff@hillsidealerehab.com.

CAREGIVER'S SUPPORT GROUP PH: 349-4500 or 1-800-442-8016

For caregivers of persons 60+; Last Wed of the month, 2pm; meeting via telephone at this time; call Rene at above numbers for information

NATIONAL ALZHEIMER'S ASSOCIATION - Greater Pennsylvania Chapter;

Referrals to meetings; on line support provided; PH: 1-800-272-3900

BEREAVEMENT

BEREAVEMENT SERVICES

PH: 357-7060
(Neo-natal loss/miscarriage/tubal pregnancy) IRMC; Trained Counselors provide counseling and support via phone or from information on their Face Book Page.

LARGE PRINT AVAILABLE UPON REQUEST

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

HEALING HEARTS INFANT BEREAVEMENT SUPPORT

Meets on the 1st Tues of month; 7 pm to 9 pm; 5450 Second Ave., Pittsburgh; awilson@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 VNA FAMILY HOSPICE

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; 7 pm to 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/

VNA FAMILY HOSPICE COPING WITH LOSS SUPPORT GROUPS

At Seventh Day Adventist Church, 1496 Indian Springs 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, 762-3642

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

FAMILY / PARENTING

ARMSTRONG INDIANA COMMUNITY CONNECTION GROUP

PH: 548-3451 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 ***Suspended at this time due to COVID-19

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; ***Not meeting at this time due to COVID-19. Call/email for support

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

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.

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 – 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

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

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 on Sundays; meeting via ZOOM at this time; confidential group; want everyone to feel safe to come for support; contact Pastor Kathy at number above.

DIABETES SUPPORT GROUP

PH: 357-7164

IRMC; A Dietician and Clinical Nurse Specialist helps people with diabetes develop and practice self-management. Call for more information.

EPILEPSY EDUCATION & SUPPORT

Pittsburgh Office: 1-800-361-5885

Altoona area: 814-799-0345 or Greg at

gmcconnell@eawcp.org; education and support; Support provided virtually at this time;

ENCOMPASS HEALTH Rehabilitation Hospital of Harmarville

www.encompasshealth.com 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/>

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

IRMC; call for information

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

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;

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. Call 1-800-227-2345.

TOPS – TAKE OFF POUNDS SENSIBLY – PH: Area Captain: 814-472-4476

www.tops.org

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

❖ Mon-5:45 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- 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);

Offering Virtual Workshops at this time.

MENTAL HEALTH

COMMUNITY SUPPORT PROGRAM (CSP)

PH: 548-3451 or 349-3350

1st Thurs; Meeting virtually at this 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)

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)