



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 icdhsinfo@comcast.net

www.humanservices-countyofindiana.org **all area codes are 724 unless otherwise noted

EFFECTIVE

May
2010

ALCOHOL / DRUG / TOBACCO

AL-ANON PH: 726-5406

- ❖ Thurs-8pm; Calvary Presbyterian Church, 695 School St., Indiana
- ❖ Fri-8pm; Marion Center Presbyterian Church (on the hill)

ALCOHOLICS ANONYMOUS – P.O. Box 412, Indiana

PH: 349-4061 / A.A. answering machine

Indiana Meetings

- ❖ Mon-8pm, Tues-noon, Thurs-8pm (speakers meeting)
Calvary Presbyterian Church, 7th & School Streets
- ❖ Tues-8pm; St. Louis Roman Catholic Church, Lucernemines
- ❖ Wed-8pm; Graystone Presbyterian Church, Indiana
- ❖ Fri-Noon; The Open Door
- ❖ Sat-8pm, IRMC, Private Dining Room A
- ❖ Sun-7:30pm, IRMC, Private Dining Room A

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)

Saltsburg Meeting

- ❖ Sat – 8 pm; Saltsburg Baptist Church

DRUG & ALCOHOL FAMILY EDUCATION SUPPORT GROUP

PH: 465-2605, ext. 18

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

- ❖ Thursday – 6pm to 7:30pm at the Open Door; pre-registration is required at ext. 18

NARCOTICS ANONYMOUS PH: 1-800-494-3414

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

Indiana Meetings

- ❖ Mon-7pm; Punxsutawney Christian School, Mahoning Street,
Punxsutawney. For families and friends of addicts.
- ❖ Mon-7:30pm; Graystone Presbyterian Church, Indiana (closed mtg)
- ❖ Tues-7pm; Calvary Presbyterian Church
- ❖ Tues-7pm; The Open Door (women only, closed discussion)
- ❖ Wed-noon; The Open Door (open discussion)
- ❖ Wed-7pm; Indiana Church of Christ, 225 East Pike Road
- ❖ Wed.-7 pm; Presbyterian Church of Plumville
- ❖ Thurs-7pm; Indiana Church of Christ, 225 East Pike Road
- ❖ Fri-8pm; Calvary Presbyterian Church
- ❖ Sat-12 Noon and 7pm; The Open Door
- ❖ Sat-7pm; Indiana Church of Christ, 225 East Pike Road
- ❖ Sun-7pm; Zion Lutheran Church (closed meeting)

AGED

ADULT CAREGIVER SUPPORT GROUP PH: 465-2015

Trinity United Methodist Church; 3rd Wednesday, 3:00pm

For adults caring for other adults

ALZHEIMER'S DISEASE SUPPORT GROUP PH: 464-1625

3rd Weds; 6:00 to 7:30 pm; at St. Andrews Village in partnership with the
National Alzheimer's Association; call Kristi Bennett

FAMILY CAREGIVER'S SUPPORT GROUP PH: 349-4500

Special focus placed on Alzheimer's care; 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

**BENCE-MIHALCIK FUNERAL HOME "Caring and Sharing Grief
Support Group"** PH: 349-2000

Also offers bereavement lending library with booklets, videos, etc.
Call for dates and time.

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

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

GRIEFSHARE

A special seminar/support group for people grieving the death of someone
close; pre-register required; call for dates and times

❖ **Faith Orthodox Presbyterian Church** PH: 463-3623

Old 119 North, Indiana; fall session and mini session around the holidays

❖ **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 PH: 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 N., Indiana; open to the public; pre-
register; call for dates and times

RTS (Resolve Through Sharing) BEREAVEMENT SERVICES

3rd Thurs-7 pm (Neo-natal loss/miscarriage/tubal pregnancy)

IRMC; Private Dining Room; Trained Counselors provide counseling and
support (ask for counseling – leave name & number); Contact: Obstetric Unit –
PH: 357-7060 Meet in April, May, June, Sept., Nov., Dec.

RICHARD SHOEMAKER FUNERAL HOME SUPPORT GROUP**

PH: 459-9115

S.I.D.S of Pennsylvania (Sudden Infant Death Syndrome)

PH: 1-800-721-7437. 1st Tue-7-9pm; Riverfront Place, 810 River Ave., Suite 160,
Pittsburgh

FAMILY / PARENTING

ADOPTION**

Catholic Charities – Call for time/place PH: 463-8806

COMMUNITY PSYCHIATRIC CENTER'S PARENT SUPPORT GROUP

PH: 850-7200

For parents of children with developmental delays and behavioral difficulties.
Homer City Methodist Church, 2nd Thurs, 7:00 p.m.-8:30 p.m.

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 Lynn Grindle

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

DOCTOR DAD – IRMC – PH: 357-7496

A child health care and safety series that works to enhance a father's ability to
care for the health and safety of his infant or toddler. Call for dates and times.

GRANDPARENTS AS PARENTS

PH: Andrea at 463-5300 or 1-800-272-2746

❖ 4th Thurs-6pm; Aging Services Community Center

Information and support to family members who are actively involved in the
lives of others' children; child care available

LA LECHE LEAGUE OF INDIANA COUNTY PH: Michelle @ 463-9890 or
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 required

MOMS AND BABES SUPPORT AND PLAY GROUP PH: 357-7496

Wed-10am; IRMC Outpatient Bldg, 2nd Floor Classroom;

MOMS CLUB OF INDIANA, PA: MOMS Offering Moms Support

PH: Krystal @ 465-6504. A support group for stay-at-home moms in Indiana
County. Meeting weekly. Email momsclubofindiana@yahoo.com for more
information.

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)
❖ 1st & 3rd Tues- 9:15-11:30am -- PH: 459-5255
Blairsville Free Methodist Church, 272 S. Stewart St.
❖ 2nd Mon- 7pm-8:30 pm – PH: 668-7056
Blairsville Christian Missionary Alliance Church, 135 E. Burrell St; Childcare provided.
❖ PH: 349-8180, First Assembly of God Church, 422 West, Indiana. 2nd and 4th Wed – 9:15 am

MOTHER SHARE

PH: 357-7496

Support for moms having a difficult transition to motherhood. Meet with other mothers for information and sharing.

PARENTING EDUCATION & SUPPORT GROUP

PH: 463-8595
Center for Family Life - General information on child discipline, nurturing, child development, parents of teens support, and co-parenting; call for time/location

PFLAG: Parents, Families and Friends of Lesbians and Gays*

Indiana - PH: 357-8309 or 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.

RIGHT FROM THE START

PH: 357-7496

Educational/experiential series for pregnant or postpartum parents with babies under one year; every 2nd Wed- 6:30 – 8:00 pm; IRMC, Private DR #2

WOMEN'S ANGER GROUP

PH: 463-8806 or 1-866-409-6455
Catholic Charities, Greensburg; meets 3 times per year for a 10 week session; Pre-registration/screening is required

HEALTH & DISABILITIES

ADULT SOCIALIZATION GROUP FOR ADULTS WITH EPILEPSY

Epilepsy Foundation Western/Central PA, Pittsburgh Office
PH: Francine Eden at 1-800-361-5885 – call for dates and times
Johnstown Office-Mary at 1-814-262-7494

ADVISORY BOARD ON AUTISM AND RELATED DISORDERS FAMILY SUPPORT GROUP

PH: 465-0369
1st Mon – 6:00pm – 7:30pm at 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
❖ Arthritis Foundation Exercise Program – PH: 357-8088; Tue & Fri, 10:30 AM, IRMC Community Services Suite, Grant Street, Indiana; \$20

BLAIRSVILLE BREAST CANCER SUPPORT GROUP

PH: 357-8081
2nd Thurs – 6:00-8:00 pm - IRMC at Chestnut Ridge Conference Room

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

BREATHING PARTNERS*

PH: 1-800-220-1990
American Respiratory Alliance of WPA, Cranberry Township Park, 201 Smith Dr., Suite E

CANCER

The Phoenix Support Group meets Thurs-6:30 pm
American Cancer Society, 1165 Philadelphia St., Indiana
PH: 1-888-227-5445 or Cleo @ 248-1814

CHRONIC PAIN SUPPORT GROUP

PH: 357-7075
1st Thurs of month, 6:00 pm at the IRMC

COMPLEX REGIONAL PAIN SUPPORT GROUP

PH: 357-7075
3rd Thurs of month, 6:00 pm at the IRMC

DIABETES SUPPORT GROUP

PH: 357-7164
Join the diabetes mailing list to receive the Diabetes Newsletter and updates about local programs and events; IRMC; Adult mtgs. in Sep, Oct, Nov, Feb, Mar and Apr. Diabetes Support Groups for kids are held in Dec and Aug. Call for location/date/time. Pre-registration is required.

EPILEPSY EDUCATION & SUPPORT

PH: 1-800-361-5885
-For parents of children diagnosed with Epilepsy. Call Kate Wilson, Pittsburgh; Mary Gratton-Neely, 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: 1-412-319-7742
www.pa-shhh.org/chapters/Pittsburgh.html
3rd Sat.-10am (not June, July, August and December)

DePaul School for Hearing & Speech, 6202 Alder Ave., Pittsburgh
❖ Westmoreland County Group PH: 836-0326
4th Thurs, Excelsa Health Frick Hospital, Mt. Pleasant; 7:00pm
(not June, July, Aug.)

HELPING HEART

Excelsa Health Westmoreland Hospital, 3rd Thurs - 7pm; PH: 1-877-771-1234

HIV/AIDS SUPPORT GROUP

PH: 1-814-534-6732 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

–Last Thurs of month-6:30pm at IRMC; 3rd Thurs, 6:30 pm, IRMC at Chestnut Ridge Conference Room; for individuals who have had breast cancer; PH: 357-8088 – call for information.

MAN TO MAN

Men facing prostate cancer receive support, information and resources by talking with trained prostate cancer survivors. PH:1-800-227-2345.

MULTIPLE SCLEROSIS PATIENT CLUB

PH: 349-3731
3rd Thurs-7:00pm; Fellowship Hall at First Christian Church, 5th & Water Streets, Indiana (No meeting July or August)

MYASTHENIA GRAVIS ASSOCIATION

On-line support group www.mdjunction.com/myasthenia-gravis

PARENTS OF CHILDREN WITH ASTHMA*

PH: 1-800-220-1990 – American Respiratory Alliance of WPA;
Cranberry Township Park, 201 Smith Drive, Suite E

REACH TO RECOVERY

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
2nd Tue-5:30pm; Michelle McCracken, OT – PH: 1-412-828-1300 ext: 7200

TOPS – TAKE OFF POUNDS SENSIBLY

PH: 465-6389 or 1-800-932-8677 or www.tops.org
❖ Mon -5:30 weigh-in; 6:30pm meeting; Graystone Presbyterian Church, 2nd Floor, Indiana
❖ Tues-9:00am weigh-in; 10:00am meeting; Purchase Line Methodist Church
❖ Thurs-4:00pm weigh-in, 4:30pm meeting; Martin Hall, Tanoma
❖ Thurs- 5:30pm-6:00pm; Clymer United Methodist Church

WEIGHT WATCHERS

PH: 1-800-651-6000 for information or www.weightwatchers.com (fee charged)

YOUNG BREAST CANCER SURVIVORS SUPPORT GROUP

PH: 357-8081
IRMC Women's Imaging Center; meets 1st Thursday 6pm to 8pm at local restaurants.

MENTAL HEALTH

PH: 548-1151 or 349-3350

COMMUNITY SUPPORT PROGRAM (CSP)

1st Thurs; call for location/time

CRITICAL INCIDENT STRESS DEBRIEFING TEAM

PH: 465-2605
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)

NAMI- NATIONAL ALLIANCE ON MENTAL ILLNESS

PH: 357-8105
❖ **FAMILY SUPPORT GROUP** (Sept thru June; all groups meet)
1st Tue-7-9pm; Self Help Alliance Drop-In Center; 845 Maple Ave., Indiana – family members and friends
❖ **NAMI General Meeting**; 3rd Tue-7-9pm; Self Help Alliance Drop-In Center; 845 Maple Ave., Indiana; public welcome; guest speakers

TRI-CENTERS, INC.

PH: 543-5828
(information concerning local drop-in centers)
❖ **Self Help Alliance Consumer Drop-In Center** PH: 463-0702
845 Maple St, Indiana; Hours vary; answering machine available
❖ **Rosier Consumer Outreach Drop-In Center**
PH: 1-814-938-1982; Hours vary; answering machine available

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**