

SUPPORT GROUPS

Coffee, Tea & Conversation - Connect with other folks who are new to the area, missing loved ones or experiencing life changes. Meet new friends and chat about life over cups of coffee or tea; Time: 2nd & 4th Tuesdays of the month from 2 - 3 PM; **Please RSVP to** Nicole Abrams at The FCC at 570.481.4330 or info@thefriendlycommunitycenter.org

ALCOHOL ABUSE SUPPORT GROUPS

Pocono Mountains Area Alcoholics Anonymous – Call (570) 424-8532 for more information.

Allentown, Easton, and Bethlehem Intergroup of Alcoholics Anonymous - Call (610) 882-0558 for more information.

Alcoholics Anonymous –Call 629-1992. Meetings at St. Paul's Lutheran Church, Tannersville: Tuesdays at 7:00 P.M., Fridays at 7:00 P.M. (Men and Women all meetings).

Pocono Mountain Area AA (Serenity House) – Meets Mondays & Thursdays at Noon. Presbyterian Church, 55 Smith Street in East Stroudsburg. Monday thru Friday at 5:30. Call 421-5821 or 424-8532

Alcoholics Anonymous: Answering service for times, locations, and assistance. 570-424-8532

AAA Support Group: meets at Zion United Church of Christ, 14 N. 8th Street, Stroudsburg, PA. Call 570-421-8670 for dates and times.

(ALS) AMYOTROPHIC LATERAL SCLEROSIS

Greater Philadelphia Chapter -321 Norristown Rd., Suite 260. Ambler, PA 19002.
Phone: 215-643-5434. Fax: 215-643-9307. alsassoc@alsphiladelphia.org.

1-877-GEHRIG-1 (1-877-434-7441), www.LouGehrig.com

AMPUTEE SUPPORT GROUPS(ALLENTOWN)

Lehigh Valley Amputee Support Group, - Cedar Crest Blvd. & I-78
Allentown, PA 18105, (610) 402-7130

ALZHEIMER'S / DEMENTIA DISEASE SUPPORT GROUPS

Alzheimer's Hotline – (800) 272-3900 24 hours a day

Alzheimer's Caregiver Support Group – Telephone-based support group through the Alzheimer's Foundation of America (AFA). To register call 1-866-232-8484

Alzheimer's Caregiver Support Group:

Time: 2nd Monday of each month from 5:30-6:30 at the Loder Senior Center in East Stroudsburg, 62 Analomink St, East Stroudsburg, PA 18301

Facilitator: Jennifer Bayer-Kautz, Community Outreach Volunteer (Alzheimer's Association) ,570.517.9292 or bayer4@ptd.net -This program is free and open to the public.

Alzheimer's and Dementia Memory Café'

Facilitator: Jennifer Bayer-Kautz CTRS, CDP – Community Outreach Volunteer, Alzheimer's Association

Time: 2nd & 4th Tuesdays of the month from 1-2:30 PM- Sponsored by the Pocono Mountains Community Fundraiser.

This program is free and open to the public- registration via phone is appreciated- 570-481-4330

Music Therapy For People Living With Dementia -Bring your loved ones to interact with others through instrument playing and singing while exercising the memory.

Time: 1st & 3rd Tuesdays from 1:00 – 2:00 PM; **Instructor:** Cheryl Mozdian, MM, MT-BC, Summit Music Therapy; **Please RSVP** to Nicole Abrams at The FCC at 570.481.4330 or info@thefriendlycommunitycenter.org

ARTHRITIS EXERCISE GROUP

Arthritis Club of Monroe County – Exercise class from 9:00 A.M. to 10:00 A.M on Mondays, Wednesdays and Fridays at the Pocono Family Y.M.C.A. in Stroudsburg. Call (570) 421-2525 ext. 139 for more information.

AUTISM

Autism Society of America, Lehigh Valley Chapter- P.O. Box 3523 Allentown, PA 18106. For more information call 610-751-6532
www.asalehighvalley.org.

ARHC- 610-573-2500,meets every Thursday at 9:30am to 11:00am at 1347 Housman Road, Allentown PA 18104.

Spanish speaking group meets every 3rd Saturday at 10:30am.

ASSAULT SUPPORT GROUPS

Adult Incest Survivors and Adult Rape Survivors Crime Victims Council

801 Hamilton St. Allentown, PA 18101

610-437-6610 (Allentown), 610-250- 6313 (Easton)

Email: info@cvclv.org 24 hour Hotline: 610-437-6611

Support for survivors of adult incest and rape. Parent Survivors Support Group please call for schedule and information.

SAFE HAVEN INC. Domestic and Sexual Abuse Crises Intervention Center

This is strictly confidential. Call Crisis Line (570) 296-4357 or office (570) 296-2827 for more information. safehavenofpikecounty.com

Women's Sexual Assault Support Groups – Call Women's Resources of Monroe County at (570) 421-4200 for more information. **Must call office first.**

BEREAVEMENT SUPPORT GROUPS

Monroe County VNA Hospice Bereavement Support Group – Meets first & third Wednesday at 12:00 P.M. at the Monroe County Office of the VNA Hospice, Route 447, East Stroudsburg. Call (570) 421-5390 for more information.

Bereavement Support Group @ Smithfields Library

Once a month, on either Tuesdays or Thursdays, for Adults 18 and up
Facilitator Ruth Glatt, for more info call 570-242-3536 or rglatt70@gmail.com

Grief Share – Meets Sundays from 4:30 PM to 6:30 PM at Mt. Eaton Church in Saylorsburg. Call (570) 992-7050.

Compassionate Friends (for Death of Children) Allentown, Easton, and Lehighton Areas– Call Dawn De Long at (610) 837-7924 for more information. For the Allentown site, Call John Sabo (610-866-5468. For the Easton site, Call Patty Bisel (610-826-2938 for the Lehighton Site. CANCER Bereavement Support

LVH–Pocono Pastoral Care Rev. Dr. Sherrie L. Sneed. 570-476-3329. Additional bereavement support services and meetings available. VNA/Hospice (570) 421-5390.

BIPOLAR DISORDER SUPPORT GROUPS

Bipolar Disorder & Depression Support Group – Meets the first and third Wednesdays of each month from 7:00 to 9:00 P.M. Stroud Conference Room at LV Pocono Medical Center 206 East Brown Street, Lisa, (570) 476-3422 East Stroudsburg, PA 18309

BLIND AND VISUALLY IMPAIRED SUPPORT GROUPS

Bureau of Blindness and Visual Services Support Group – Located at 300 G Laird Street in Wilkes Barre on the 3rd Monday of each month from 5:00 P.M. to 7:00 P.M. Call (570) 826-2361 (**TDD** (570) 826-2361) for more information.

Center for Vision Loss of Lehigh County Support Group– Meets first Thursday of the month from 10:00 A.M. to 11:30 A.M. at 845 West Wyoming Street, Allentown. Call (610) 433-6018 for more information.

BRAIN TUMOR SUPPORT GROUPS

American Brain Tumor Association- Toll-free Phone: 800-886-2282
E-mail: info@abta.org Website www.abta.org

BRAIN INJURY ASSOCIATION OF AMERICA

Pocono Chapter -meeting 6:30pm to 7:30pm – Meets at St. Lukes Hospital Monroe Campus, in Good Shepherd Rehabilitation Unit, 100 St. Lukes Lane, Route, 4th Floor, 611, Bartonsville. Meetings are on the 4th Thursday of each month. The group is a supportive form and idea exchange for those recovering from Traumatic and non-traumatic brain injuries. Information: Janet McLLhenny at 610-434-7775 or Bonnie Kuhns at 610-776-3393.

Brain Injury Support Group at St. Luke's Monroe Campus
Good Shepherd Rehabilitation at St. Luke's Monroe Campus - 4th Floor
100 St. Luke's Lane, Stroudsburg, PA 18360 To register or for more information, contact Good Shepherd at 610-776-3393. Meetings are held the fourth Thursday of each month, from 6:30 to 8 p.m.

CARDIAC DISEASE SUPPORT GROUP

Cardiac Disease Support Group is the 2nd Tuesday of each month from 5:30pm to 7:00pm in Kroner Auditorium, Easton Hospital. RSVP one week in advance to reserve a spot. It is free and usually a light meal is served. Call 610-250-4678.

Pulmonary Disease Support Group is the 4th Tuesday of each month from 5:30pm to 7:00pm in Kroner Auditorium, Easton Hospital. RSVP one week in advance to reserve a spot. Anyone attending any group is encouraged to bring a loved one or family member with them. It is free and usually a light meal is served. 610-250-4678

CANCER SUPPORT GROUPS

Breast Cancer Support Group~ American Cancer Society

2nd Thursday of each month, 7:00 p.m. American Cancer Society, Stroudsburg PA.
Please call 888-227-6333.

US TOO Prostate Support Group

3rd Thursday of each month, 7:00 p.m. Hughes Cancer Center, East Stroudsburg. For more information contact the social work line (570) 422-1860.

Prostate Cancer Support Group – Meets the first Tuesday of each month 7:00-8:30 P.M. at St. Luke's Radiation Oncology Waiting Room. Call John Flenner, (610) 503-4412 for more information. Bethlehem Campus.

Creative Expressions Workshop

Utilizing creative approaches to cope with cancer. For patients of all cancer diagnoses and Family Members/Caregivers. Weekly, Wednesday 10:15 a.m., First Floor Hughes Cancer Center Conference Room. For more information please call (570) 422-1860.

Moving Meditation

Relax and energize with gentle exercise and stress management techniques. Movement is adaptable to all levels and can even be done from a seated position. For patients of all cancer diagnoses and Family Members/Caregivers. Weekly, Tuesday 10:00 a.m., Second Floor Hughes Cancer Center. Additional Friday sessions available at 1:30pm. Please call for dates. For registration and more information contact (570)422-1860.

Leukemia/Lymphoma/Blood-related Cancer Patient and Family Support Group

3rd Tuesday of each month, 5:30 p.m. Hughes Cancer Center, East Stroudsburg. For more information and to register contact the social work line (570) 422-1860.

PA Breast Friends Support Group

Day and evening support programs available. Contact Kelli Mercurio (321) 236-3721 for further information. breastfriends.org.

Contact Kelli Mercurio 321-236-3721 or kellimercurio@breastfriends.org

Breast Cancer Support Group~ American Cancer Society

2nd Thursday of each month, 7:00 p.m. American Cancer Society, Stroudsburg PA.
Please call 888-227-6333.

CAREGIVER SUPPORT GROUP

Alzheimer's Caregiver Support Group:

Time: 2nd Monday of each month from 5:30-6:30 at the Loder Senior Center in East Stroudsburg, 62 Analomink St, East Stroudsburg, PA 18301

Facilitator: Jennifer Bayer-Kautz, Community Outreach Volunteer (Alzheimer's Association) ,570.517.9292 or bayer4@ptd.net -This program is free and open to the public.

Alzheimer's and Dementia Memory Café'

Facilitator: Jennifer Bayer-Kautz CTRS, CDP – Community Outreach Volunteer, Alzheimer's Association

Time: 2nd & 4th Tuesdays of the month from 1-2:30 PM- Sponsored by the Pocono Mountains Community Fundraiser.

This program is free and open to the public- registration via phone is appreciated- 570-481-4330

COMPASSIONATE CARE CAREGIVER HOSPICE SUPPORT GROUP

Come join us for Group Sessions starting March 1, 2019

This group is open to all Caregivers and is designed to provide encouragement for those caring for a loved one. Our group is a place to talk freely with other caregivers, share personal experiences, relieve stress and learn useful tips about caregiving.

Call for dates and times.

Where-- Christian Life Assembly, 2209 West Main Street, Stroudsburg, PA

Facilitated by: Maria Magyar, LSW and Rev. Brian Nichols

RSVP strongly encouraged, 570-476-0150

CARE FOR THE CAREGIVER SUPPORT GROUP

Knowing the challenges faced by many caregivers, Good Shepherd Rehabilitation announces the creation of a support group to provide needed encouragement.

Who should attend:

Anyone who serves in a caregiver role for an adult or child living with any medical condition

Where:

Good Shepherd's Health & Technology Center

Middle Level Conference Room, 850 South 5th Street, Allentown, PA

Cost:

The support group is free. RSVP or for more information:

Please call 610-776-3233 for more information or to RSVP by the Wednesday prior to the meeting.

DEAFNESS AND HARD OF HEARING SUPPORT GROUPS

Pennsylvania Office of Deaf & Hard of Hearing (ODHH) – Allentown office-484-866-9929, 45 North Fourth Street, Allentown PA, 18102

Referral and advocacy to adults and children who are deaf or hard of hearing.
Harrisburg office-1-717-783-4912 / TDD phone-1-800-233-3008

DIABETES SUPPORT GROUPS

Diabetes Support Group – Meets the first Wednesday of each month 6:00-7:30 p.m. in the Easton Hospital Education classroom A&B. Call (610) 250-4000 for more information.

Diabetes Self-Management Course (ABC Diabetes) - Call (215) 283-2833 for more information.

DEPRESSION SUPPORT GROUP

Bipolar Disorder & Depression Support Group – Meets the first and third Wednesdays of each month from 7:00-9:00 P.M. in the Stroud Room at LV Pocono Medical Center. Call (570) 476-3422 and ask for Behavioral Health Unit.

DIVORCE CARE

Divorce Care- Meets Sundays evening 4:30 to 6:30 p.m. at the Mt. Eaton Church in Saylorsburg. Call (570) 992-7050.

DOWNS SYNDROME SUPPORT GROUPS

Pocono Parents of Downs Syndrome – Meets the 4th Monday of each month at ESU in East Stroudsburg, Room, 219, Stroud Hall. at 6:30pm. Call Betty at (570) 476-1269 for more information. www.theppods.org

EPILEPSY SUPPORT GROUP

Lehigh Valley Hospital, Kasych Family Pavilion, - 1200 South, Cedar Crest Blvd.,
Allentown, PA

Meeting in Room 5, every 2nd Thursday of the month starting at 6: pm. to 7:30pm
Call 800-887-7165 ext. 109

GRIEF SUPPORT

Bayada Hospice, - 529 7 Bridges Road, East Stroudsburg, PA 18301

Joshua Birchfield at 570-994-1514, call for Monroe County dates and times.

Lehigh Valley Health Network

Adult Grief Support Group meeting 2nd Tuesday of the month.

Hospice House location, 412 East Brown Street, East Stroudsburg.

This workshop is a free community service, offered by: Lehigh Valley Hospice Pocono

Advanced registration is required. For information or to register please contact:

Tammy Hiestand, 272-762-3826.

HIV & HEPATITIS C CARE

NovusACS 28 N 7th Street Stroudsburg, PA 18360

570-599-8699, NovusACS@gmail.com

FAMILY AND COUNSELING SERVICES

Pine Brook Family Answers– Call (610) 435-9651 for more information.

The Well Spouse Association – Provides emotional support for people married to someone with a chronic illness. Main number, 732-577-8899, also National number 1-800-838-0879.

LGBT SUPPORT GROUP

185 Roseberry Street, Phillipsburg, NJ

St. Luke's Warren Campus, Farley Education Center –Monday's at 6:30pm to 8:00pm

For more information, call 908-763-7843

SAGE LGBT SENIOR HOTLINE

Elder Hotline is available for anyone ages 50 and over who wish to discuss issues related to sexual orientation and /or gender identity.

SAGE LGBT Elder Hotline can be reached toll-free at 1-888-234-SAGE from 4pm to midnight from Monday thru Friday and on Saturdays from noon to 5pm, Eastern Time.

LUPUS SUPPORT GROUPS

Lehigh Valley Hospital – Pocono, 206 E. Brown Street, Brodhead Conference Room, 1st Floor, East Stroudsburg, PA 18301. First Tuesday of the Month, 5:30pm, Location subject to change. Please call office to confirm location at 215-517-5070

Lupus Foundation of America -Philadelphia Tri-State Chapter-Jenkintown, PA

215-517-5070, Toll free in PA & NJ ,866-517-5070

LYMPHOMA-LEUKEMIA SUPPORT GROUP

Leukemia/Lymphoma/Blood-related Cancer Patient and Family Support Group: 3rd Tuesday of each month, 5:30 p.m. Hughes Cancer Center, East Stroudsburg. For more information and to register contact the social work line (570) 422-1860.

MENTAL HEALTH/MENTAL RETARDATION SUPPORT GROUPS

Carbon/Monroe/Pike Mental Health/Mental Retardation Program – Call (570) 421-2901 for more information.

National Alliance for the Mentally Ill (NAMI) – First and Third Wednesday of every month 7:00-9:00 P.M. at Brodhead Rm. at LV Pocono Medical Center. Call Eileen at 620-1865 for more information.

800-950-6264 (NAMI Helpline)

Hotline Phone, 800-950-6264 (National Information Hotline)

Other Phone, In a Crisis? Text 'NAMI' to 741741

Web Address: www.nami.org

MULTIPLE SCLEROSIS SUPPORT GROUPS

Greater Delaware Valley Multiple Sclerosis Chapter

1 Reed Street, Suite 200, Philadelphia, PA 19147

Phone: (215) 271-1500

E-mail: pae@nmss.org

Web: <http://www.nationalmssociety.org/pae/home/>

Good Shepherd Rehabilitation Hospital MS Wellness Prog. and MS Day Hospital 850 S. Fifth Street, Allentown PA 18103 Call 610-778-9303 www.Goodshepherdrehab.org

Multiple Sclerosis Support Group – Allentown

Co-sponsored by the National Multiple Sclerosis Society and Good Shepherd Rehabilitation Network, a support group meets the fourth Wednesday evening of each month starting at 6:30 p.m.:

Good Shepherd Health & Technology Center
850 South 5th St., Allentown, PA 18103

The group provides participants with opportunities to gain peer support as well as receive information about the latest research, treatments, programs and services available for people living with MS.

For information, call 610-776-3585.

MUSCULAR DYSTROPHY SUPPORT GROUPS

Muscular Dystrophy Association:
2132 South 12th Street, Suite 101
Allentown, PA 18103, 610 391-1977

NAMI GROUP MEETINGS

800-950-6264 (NAMI Helpline)
Hotline Phone, 800-950-6264 (National Information Hotline)
Other Phone, In a Crisis? Text 'NAMI' to 741741
Web Address: www.nami.org

NICOTINE SUPPORT GROUP

Nicotine Anonymous Support Group- Mt. Zion Church of Christ, 14 N. 8th Street, in Stroudsburg on Wednesdays from 6:00pm to 7:pm. 570-421-8670

Christ Episcopal Church - Saturdays @ 6:30 pm - 205 N. 7th St – Stroudsburg

NARCOTICS ANONYMOUS

Narcotics Anonymous- Helpline (570) 421-6618. Call for more information and support group meetings

OSTOMY SUPPORT GROUP

Ostomy Support Group of the Poconos – LV PMC Bartonsville HealthCare Center, 2nd Floor Conference Room, 600 Commerce Blvd, Stroudsburg, PA 18360. Meets 2nd Saturday of the month, from 10am to 12pm. Contact Gina Day 570-977-6257

PARKINSON'S DISEASE SUPPORT GROUPS

Pocono Support Group – Meets at the ESU, Monroe Hall, East Stroudsburg at 12:00 P.M – 3rd Friday of each month. Dr. Elaine Shue 422-3681. eshuey@esu.edu, Secretary 422-3681

PARKINSONS OF THE LEHIGH VALLEY- Contact Geraldine Haines at 610-868-3510

SJOGREN'S SYNDROME SUPPORT GROUPS

Support Group Contact: Lupus Foundation/ Resource Center for Autoimmune Diseases Contact Information: (800) 800-5776

STROKE SUPPORT GROUPS

Good Shepherd Health & Technology Center
850 S. Fifth Street Allentown, PA 18103 WWW.GSRH.org
Call for dates and times of meetings. For more information, call 610-776-3393.

Good Shepherd Rehabilitation at Easton Hospital
250 South 21st Street Easton, PA 18042
Meetings of the stroke support group are held on the 3rd Monday of every month at 6:45 p.m. For more information, call 610-250-4240.

SPINAL CORD INJURY: SUPPORT GROUP

If you are living with a spinal cord injury, Good Shepherd's Spinal Cord Injury Support Group allows you to meet and socialize with others with similar conditions.

The group meets the third Wednesday of every month from 2 to 3 p.m. at Good Shepherd Health & Technology Center, middle level, 850 S. Fifth Street, Allentown. There is no cost and no doctor prescription is required.

For more information on the Good Shepherd Spinal Cord Support Group, call 610-776-3393.

SUICIDE SUPPORT GROUPS

Survivors of Suicide-Family Answers
411 West Walnut Street, Allentown, PA 18102
First and Third Mondays of each month from 7PM to 8PM
Contact: Nancy Marshall, 610-435-9651, nmarshall@familyanswers.org

LV POCONO MEDICAL CENTER SUICIDE SURVIVORS GROUP

HALOS – CLC (Hope After a Loved One's Suicide – Child Loss Chapter)
Stroudsburg, PA, Call for exact meeting location
Contact Person: Alice Keyes, 570-236-1168
alicekeyes00@gmail.com
Charge: NO

Crisis Intervention Hotline
County Lifeline: 570-992-0879 or 1-800-849-1868

NATIONAL SUICIDE PREVENTION HOTLINE 1-800-273-8255

TRANSPLANT SUPPORT GROUPS

NEPATSG/Northeastern Pennsylvania Transplant Support Group Inc.
115 Marshalls Creek Road, East Stroudsburg, PA 18302

Transplant Support Group - Meets the first Thursday of each month at 7:00-9:00 P.M. in the Stroud Room at LV Pocono Medical Center.

VISION LOSS AND SUPPORT GROUP

Center for Vision Loss, - Monthly support groups meets first Monday of each month at Burnley Workshop Cramer Room 4215 Manor Drive, Stroudsburg, PA at 10 to 11:30 AM. 570-992-7787 for more information

Services provided by The Monroe County Council of the Blind Call the support line, leave a message and receive a call back within 24 hours. (570) 421-4118.

WOMEN'S ISSUES SUPPORT GROUPS

Women's Issues Support Groups – Call Women's Resources of Monroe County at (570) 421-4200 for more information. Domestic violence **must call office first.**

LV POCONO HEALTH SYSTEM

Visit Pocono Health System on the internet to find additional support groups available: www.poconohealthsystem.org

General Information: (570) 476-3367

Main Switchboard: (570) 421-4000

GOOD SHEPHERD REHABILITATION HOSPITAL WELLNESS PROGRAMS

www.Goodshepherdrehab.org 5/22/2019