"Bringing People and Services Together"

Help Line: (540) 433-3888 or website: www.hrcrc.org 10/10/2013

Local Support Groups

(In alphabetical order)

ADHD/ADD Advocacy ***215-688-8707***
Meets on the 2nd Tuesday of every month, from 6:30-8:00pm
Location: Blue Ridge Hall, JMU, room 326

Adult Diabetes ***689-1001***
Meets on the 2nd Monday of every month, from 7-8:30pm
Location: RMH Medical Office Building Room (Parking lot B)
Contact: Margaret Roy & Julie Pierantoni

Al-Anon (for families of alcoholics) ***568-2462***

Alcoholics Anonymous (AA) ***434-8870***

Alzheimer's Association ***568-6454***
1. Meets on 4th Tuesday of every month at 7pm
Location: VMRC, Oak Lea
2. Meets on 2nd Wednesday of every month at 10am
Location: Houff Center, Bridgewater Retirement Community
Contact: Wendy Delawder/ Rowan Zeiss

A.W.A.K.E. Sleep Apnea Support Group ***433-4580***
Meets quarterly at the RMH Outpatient Center, call for dates

Branching Out on a New Limb (for amputees and families) ***437-8343***
Meets 4th Monday of the month at the Thomas House
Call about meeting

Break the Chain: Smoking Cessation Group
Meets Tuesdays, 2:00-3:00 at the Summit House (1888 Pear Street)
Contact: Kate Caldwell or Tracy Koblish at 434-1941

Cambios ***434-1941***
(A Spanish-speaking group for people with alcohol or drug problems)
Meets every Thursday from 1:00-2:30 p.m.
Location: Harrisonburg-Rockingham CSB
1241 North Main St.
Harrisonburg, VA 22802
Contact: Allison Garcia

Cancer Support Groups (meet at Hahn Cancer Center,conference rm.H13)

1) General Support Group: "You Can Live Well" is a free 6 week program for cancer survivors and caregivers. Offered several times a year. The class is free and includes a workbook. Call for information on the next class.
2) Survivorship Program: "Facing Forward: Life After Cancer Treatment" is a program for cancer survivors following their last treatment. It meets from 9-11 am on the 2nd Wednesday of the month at the Outpatient Medical Office Building at RMH. The topics cover nutrition, managing symptoms, coping with stress, and understanding your diagnosis and prognosis.
3) Leukemia/Lymphoma Support Group: 1st Thursday of the month (off summer months) 4:00-5:00PM at the Outpatient Medical Office Building at RMH.
4) Prostrate Cancer Support Group. Meets the third Thursday of the month at 7pm in the Medical Office Building of RMH. Contact the American Cancer Society at 434-3360 for more information.
5) "Prepare for Treatment, Heal Faster" is a one-on-one class designed to help persons prepare for their initial chemo or radiation treatment. A book and CD are available for $35. If borrowed**…**no fee. Call to make an appointment.
6) Breast Cancer Educational/Support Group**:** Meets the 4th Tuesday of every month at the Women's Health Center at 5pm.
7) Caregiver's Group: Meets on the 3rd Friday of the month at 2:00 pm at the Hahn Cancer Center

Call Elaine Dunaway for more information and to register or e-mail at edunaway@rhcc.com **689-7065**

Caregiver Chat Support Group *434-1604*

For family caregivers who care for an aging family member or loved one
Meets on the 1st Thursday of every month, from 9:00-10:00am
Location: Park View Mennonite Church at Generation Crossing

Choices Group *564-5629*

(Alcohol prevention) Location: Center for Behavioral Health
Meets Tuesdays at 5:00 PM
Must schedule an appointment to be assessed first

Chronic Fatigue & Fibromyalgia *833-8707*

Contact Beth Foerster for information

Depression & Bipolar Support Group *908-5400*

Contact person: Cindy
cindyheatwole@yahoo.com
Meets 2nd & 4th Tuesday
Location: Muhlenburg Lutheran Church
281 East Market Street, Harrisonburg 22801

Divorce Care *434-3496*

Contact person: Kristee Trumbo
Meets Tuesday from 7pm-9pm
Location: Muhlenberg Lutheran Church Library
281 East Market Street, Harrisonburg, VA 22801

Divorce Recovery Workshop ***434-7747***

Holds Fall and Spring sessions: call for specific dates
Otterbein United Methodist Church, corner of West Market and High Streets
For more information contact Melissa @ **434-7747**
Free of charge. Childcare is provided

Domestic Violence

Monday from 5:30 p.m. – 6:30 p.m. **434-0295**
Meets at First Step Facility
Childcare provided and individual counseling available (Call for appt.)

Harrisonburg Epilepsy Support Group **540-908-3400**

Meets on the third Wednesday of every month, beginning January, 2011.
Location: Rockingham Memorial Hospital Conference Room #1, from 6pm to 8pm. For more information email gina1216@comcast.net

Friends and Relatives of Nursing Home Residents Support ***949-7141***

Generations Crossings ***434-4901***

Offers adult and child daycare
3765 Taylor Spring Lane, Harrisonburg, VA
Call 434-4901

Grandparents Education & Support (GrandPEAS) ***236-6638***

Meets: 1st Tuesday of each month 6 p.m.
Location: Lacey Spring Elementary (433-7819)
Contact- Marilyn Turner
Provides child care and a light meal

Greater Shenandoah Valley Brain Injury Support Group ***421-5610***

Meets on the 3rd Wednesday at 6:30 pm
Location: Harrisonburg Rescue Squad 1700 Reservoir St.
Contact: Karen Arnold
Dinner provided

Grief, Loss, and Remembrance Support Group ***810-4351***

A support meeting for Valley families who have experienced child or pregnancy loss (does not have to be a recent loss and includes the loss of teenagers) OR ***810-0307***
Meets on the 4th Friday of every month
Location: Dayton Church of the Brethren, 202 Main St.
Website: sadierosefoundation.org

Hand in Hand (Teen Pregnancy Support Group) ***433-4340***

Meets on the 4th Monday of every month, (except July & Dec.), 7-8:30pm
Location: RMH Atrium, 411 Stone Spring Road

La Leche League of Harrisonburg (breast feeding support/information)

Meets on the 1st Wednesday of every month at 10:00 am
Location: Blessed Sacrament Catholic Church
Website: lllvawv.org or http://sites.google.com/site/lllof harrisonburg
Call (540) 289-3024

Lanterns of Hope (Suicide Survivor Support Group)

Meets 1st Monday of each month 7:00 p.m.
Location: Grace Mennonite Fellowship- 209 Lacey Spring Rd.

Contact: Suzy LaBonte at 833-4185

Life Seekers (Grief)

1st Thursday at 6:00 at Thomas House in Dayton, VA for meal

Living Life to the Fullest (women) ***564-5897***

Thursday meeting date set monthly, from 7:00-9:00pm

Man of the Valley (Prostate Cancer Support) ***540-942-3291***

Location: AMC Cancer Center, Fishersville

Intellectual Disability/Mental Illness Support ***437-9214***

Location: 620 Simms Avenue, The ARC of H/R

Mom's Club ***434-7789***

Meets on the 2nd Tuesday of every month, from 6:30
Location: March of Dimes office, 1356 South Main Street

Mothers of Multiples (Augusta/Rockingham Counties) ***828-5884***

Meets on the 2nd Tuesday of every month
Location: March of Dimes Office
Rockingham: 540-908-7513 Augusta: 540-290-5024
info@ARCmom.org

Mothers out (Meeting and Sharing) ***432-4454***

Meets on 2nd and 4th Thursday of every month, from 9:30-11:30
September-April, Contact person: Heidi Bunn
Location: Harrisonburg Mennonite Church

Multiple Sclerosis Support Group ***432-9858***

Meets the 2nd Monday of each month at 6:15 pm at WSVA Radio
Contact: Carol Schikman

NAMI Harrisonburg-Rockingham (Families Helping Families Cope With Mental Illness)

Meets on the 1st Tuesday of the month at 7:00 p.m. ***434-8761***
Location: Summit House, 1888 Pear St.
No Meetings in July or August

NAMI- The Friends & Family Support Group

Meets on 2nd Thursday of every month at 7:30 p.m.
Location: Muhlenberg Lutheran Church basement, room #108
Contact: Pat Martin 432-6388 or Rowan Zeiss 434-8761

Narcotics Anonymous (NA) ***383-2584***

Website: brana.org

Courage to Change

Location: Muhlenberg Lutheran Church Niehlson Room
Mondays- 7-8 p.m.
Thursdays- 7-8 p.m.
Sundays- 7-8 p.m.

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It Can Be Done

Location: Harrisonburg First Presbyterian Church Room: 204
Fridays- 8:00 p.m.
Saturdays- 7:00 p.m.
Call: First Presbyterian for more info

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It Can Be Done
Location: Sunrise Church of the Brethren
Tuesdays and Wednesdays at 5:30

Overeaters Anonymous (OA) (and associated Disorders) ***433-4051***
Meets Monday and Wednesday at 7:00pm, Saturday at 10:00
Location: Harrisonburg 1st Presbyterian Contact: Julie 421-7835
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Contact: Julie 421-7835

Parent Education and Support Group (PEAS) ***433-4580***
Meets on Tuesdays from 6-8pm (12 weeks begin on January 10 or April 10)
Location: Lucy Sims Building, 620 Sims Avenue
All About Baby – ages under 2
The Incredible Years – ages 2-8
The Incredible Years (Spanish) – ages 3-11
Staying Connected with Your Teen– ages 9-17

Programs for youth while parents are in their classes:
Nursery – Under age 3
Milestones – ages 3-5
Smart Moves – ages 6-10
All Stars – ages 11-14

Parents and Caregivers of Children w/ Eating Disorders Illnesses ***908-1037***
Meets the 3rd Monday of the month, from noon-1:00p.m.
Location: Community Mennonite Church, Room 109
70 South High Street
Bring your lunch, parking is available
Contact: Sue (540) 908-1037

Parkinson's Support Group ***879-9743***
Meets on the 3rd Saturday of every month, at 1:00pm
Location: RMH Conference Room #2
Contact Eva Showalter

Pediatric Diabetes
Meets on the 2nd Sunday of every other month, from 2:30-4:30
Location: Harrisonburg Community Activities Center 305 S. Dogwood Dr.
Contact: Jane Sep

Pregnant and Parenting Teen Support Group
Sponsored by Hand-in-Hand
Meets on the 4th Monday from 7:00– 8:30 pm @ RMH Atrium **433-4340**

Pulmonary Achievers Live Successfully (PALS) (chronic lung problems)
Meets on the 2nd Wednesday of every month, 12:00-1:00
Location: Cardiac Classroom in the Hart & Vascular Center

Shenandoah Valley Autism Partnership (SVAP)
Meets on the 2nd Wednesday from 11:30 am – 1:00 pm
Location: Lucy Simms Center
Contact Sally Chappell 908-7111
www.Valleyautism.org

Shenandoah Valley Organ and Tissue Transplant Support Group

Meets on the 2nd Thursday of every month at 7:00pm
Location: RMH Outpatient Center, room G1
Contact: Parke Jones- 234-8047

Shenandoah Valley YES! Alliance

Meets every Thursday evening from 6:30-8 pm (starting in September)
Location: The Gandhi Center at JMU
Website: www.svyesalliance.org
Contact: Lauren or Jo at svyesalliance@gmail.com
Safe and confidential community, empowerment, and resources for lesbian, gay, bisexual, transgender, queer, and questioning youth ages 14-20.

Sight Seekers Support Group for the Vision Impaired ***828-6572***

Meets on the fourth Tuesday of each month at 1:30 p.m.
No meetings in August and November
Location: Detwiler Auditorium VMRC

Sjogren's Syndrome Support Group ***433-5638***

Location: Massanutten Regional Library

United Ostomy Association of America Support Group (Shenandoah Valley Chapter) ***(540) 433-4483***

Contact: Deborah Borntrager

Valley AIDS Network Support Group ***568-8838***

VASE- Valley Association of Support & Empowerment (those with mental health challenges) **(540)*383-2607 or (540) 383-2608***

Meets Wednesdays from 7:00-8:30 pm
Location: Muhlenberg Lutheran Church Room # 108
Contact: Rachel Spitzer

Shenandoah Valley Vietnam Veterans of America Chapter 1061 ***908-0825***

Meets at the Harrisonburg Golden Corral on the second Saturday of every month. Breakfast from 8:00-9:00, when the meeting will be held
For more information, email Joseph at charles.joseph.sr@gmail.com or call at 908-0825.
Open to all veterans

Virginia Wounded Warrior Program ***671-8425***

Veteran support group that meets Mondays from 6:00-8:00
Location: Harrisonburg VFW, 450 Waterman Drive, Harrisonburg, VA 22802
Contact Caleb Johnson, 540-671-8425, for more information