

“Bringing People and Services Together”



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

3/22/10

Local Support Groups

(In alphabetical order)

- ADHD/ADD Advocacy** **649-2735**
Meets on the 2nd Tuesday of every month, from 6:30-8:00pm
Location: Blue Ridge Hall, JMU, room 326
- Adult Diabetes** **433-4269**
Meets on the 1st Tuesday of every month, from 7-8:30pm
Location: RMH Outpatient Center, 4th Floor Contact: Roy & Jane
- Advanced Disease Support Group** **433-4100**
For those with recurrence of cancer or advanced disease
Meets 1st and 3rd Tuesdays, 10:00 – 11:30 am
- 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
- Arthritis Support Group** **564-3400**
Location: VMRC
- A.W.A.K.E. Sleep Apnea Support Group** **433-4100**
Meets quarterly at the RMH Outpatient Center, call for dates
- Brain Injury** **289-7808**
Meets on the 3rd Wednesday of every month at 6:30pm
Location: Rescue Squad on Reservoir (next to Sheetz)
Contact: Pat Wilkins
- Branching Out on a New Limb (for amputees and families)** **437-8343**
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- 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 RMH): **433-4249**

- 1) General Support Group: 1st and 3rd Wednesdays 4-5:30PM in the Family Support Room at the RMH Cancer Center.
 - 2) Breast Cancer Support Group: 2nd and 4th Thursdays 5-6:30PM in the Women's Health Focus- Neff Ave.
 - 3) Leukemia/Lymphoma Support Group: 1st Thursday of the month (off summer months) 4:00-5:00PM. Call for location. West Tower W220 – W221
 - 4) Advanced Disease Group: 1st and 3rd Tuesdays 10-11:30AM in the Image Recovery Center. West Tower W 255
- Call Elaine Dunaway **433-4249** for more information and to register.

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

Chronic Fatigue & Fibromyalgia

Contact person: Mary May Angelil - **833-2696** Beth Foerster - **833-8707**
Location: First Presbyterian Church

Compassionate Friends **433-2817**

Meets 2nd Monday of every month, from 7:00-8:30pm
Location: First Presbyterian Church

Coping with Grief

Meets 2nd and 4th Thursdays from 6:30 – 8:00 pm
Location: Center for Behavioral Health

Divorce Care **434-3496**

Contact person: Jill Prospst, Parish Nurse
Meets Tuesdays from 7:00 – 9:00 pm for 13 weeks
Begins September 8th, 2009
Location: Library in the gathering area of Muhlenberg Lutheran Church
281 East Market Street, Harrisonburg, VA 22801

Divorce Recovery Workshop **434-7773**

10 week workshop offered in Sept.-Nov. 7-9pm on Mondays at Otterbein United Methodist Church, corner of West Market and High Streets
Begins Monday, September 14th, 2009
Free of charge. Childcare is provided.

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

Grandparents Education & Support (GrandPEAS) **433-4421**

Meets 1st Wednesday of every month from 6:00-7:30 pm
Location: Lacey Spring Elementary (433-7819)
Meets 2nd Thursday of every month

Location: South River Elementary (249-4001)
Meets 4th Monday of every month from 7:00 – 8:30 pm
Location: RMH Atrium (564-7388)

Greater Shenandoah Valley Brain Injury Support Group *289-7808*
Meets on the 3rd Wednesday at 6:30 pm *OR*
Location: RMH West Tower W221-W222 *1-800-339-6012*
Contact: Pat Wilkins

Grief Support Services *433-4427*
Meets on the 2nd and 4th Thursday of every month, from 6:30-8:00pm
Location: RMH, Center for Behavioral Health (Wine Price Building)
Clinician: Nancy Shomo

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

Healing Hearts Pregnancy Loss Support Group *433-4580*
Contact RMH Health Source for information

Journeys Support Group (dealing with mental illness) *434-5981*
Meets Tuesday evening at 7:00-8:30
Location: V.A.I.L. Office, 205-B South Liberty

La Leche League of Harrisonburg
Meets on the 1st Wednesday of every month at 10:00 am
Location: Blessed Sacrament Catholic Church
Contact: Dave Rissmeyer at the Department of Rehabilitative Services

Life Recovery Family Program (Chemical Dependency of Loved Ones)
Meets Wednesdays, from 5:30-7:30 six sessions -\$60 fee *564-5629*

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

Mental Retardation/Mental Illness Support *437-9214*
Location: 620 Simms Avenue, The ARC of H/R

Mended Hearts (support and education for heart patients and families)
Meets on the 1st Wednesday of every month at 3:00 at VMRC
Meets on the last Tuesday of every month, from 6-8pm, at RMH West Tower

Military Families United *433-4580*
Meets on the 4th Wednesday of every month, from 7:00-8:30
Location: CBH

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: 540-886-0675
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**(540) 280-6346**Meets on the 3rd Monday of every month at 5:00pmMeets on the 1st Tuesday in Smith Room @ BRC

Location: Wellness Center Contact: Jessica

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

Narcotics Anonymous (NA)**(no phone)**

“Courage to Change” Group, Mondays at 6:30pm and Thursday at 5:30

Location: Harrisonburg First Presbyterian Church, Room 204

“It Can Be Done” Group, 5:30PM on Tuesdays and Wednesdays

Location: Room 129, Wine-Price Building at RMH

Also at 8PM Fridays and noon and 7PM Saturdays at First Presbyterian Church

Overeaters Anonymous (OA) (and associated Disorders) **433-4051**

Meets Monday and Wednesday at 7:00pm, Saturday at 10:00

Location: Harrisonburg 1st Presbyterian Contact: Jenny

Or: Sundays at 5:00 pm, Emmanuel Episcopal Church

Contact Ashley Sutt **421-4679****Parent Education and Support Group (PEAS)****433-4850**

Meets on Tuesdays from 6-8pm (next 12 weeks begin on September 22)

Location: Lucy Sims Building, 620 Sims Avenue

All About Baby (\$75)

The Incredible Years – ages 2-11 (\$75)

The Incredible Years (Spanish) – ages 2-11 (\$75)

Staying Connected with Your Teen – ages 12-17

Smart Moves Programming

Parkinson’s Support Group**879-9743**Meets on the 3rd Saturday of every month, at 1:00pmLocation: RMH Cancer Center, 4th floor

Contact Eva Showalter

Pediatric DiabetesMeets on the 2nd Tuesday of every other month, from 7:00-8:30Location: RMH West Tower, 2nd Floor, room 221 Contact: Jane Sep**Preemie Support Group****434-7789**Meets on the 2nd Wednesday of every month, from 7:00-8:30

Location: March of Dimes office, 1356 South Main Street

Pregnant and Parenting Teen Support Group

Sponsored by Hand-in-Hand

Meets on the 4th Monday from 6:30 – 8:00 pm

Location: RMH Atrium

Pulmonary Achievers Live Successfully (PALS) (chronic lung problems)Meets on the 3rd Wednesday of every month, at 11:45am

Location: Panos Restaurant

Reclaiming Your Life (Support group for Women)**433-4641**

Location: RMH Women’s Health Focus

Shenandoah Valley Autism Partnership (SVAP)

Meets on the 2nd Wednesday from 11:30 am – 1:00 pm

Location: Lucy Simms Center

Contact Karen McCormack 432-9159

Contact Sally Chappell 568-8095

www.Valleyautism.org

Shenandoah Valley Organ and Tissue Transplant Support Group

433- 4483 (540) 438-796 or (540) 234-8047

Meets on the 2nd Thursday of every month at 7:00pm

Location: RMH Outpatient Center, room 61

Sight Seekers Support Group for the Vision Impaired

828-6572

Meets on the fourth Tuesday of each month at 1:30 p.m.

Location: Detwiler Auditorium VMRC

Sjogren's Syndrome Support Group

433-5638

Location: Massanutten Regional Library

Survivors of Suicide (SOS) Support Group

433-4580

Meets 2nd Thursday of every month, from 7:15-8:30 (pre-reg required)

Location: Center for Behavioral Health, Wine Price Building

United Ostomy Association of America Support Group (Shenandoah Valley Chapter)

(540) 433-4483

Contact: Deborah Borntrager

Valley AIDS Network Support Group

568-8838

WINGS (Christian based support group for families with loved ones with special needs)

Meets 3rd Thursday every month at 7:30pm

Location: Harrisonburg 1st Church of the Nazarene

Contact: WINGS – e-mail info@wingsforflight.com

or

578-1434

Women's Food and Body Image Support Group

879-9059

Meets 7-8pm

Location: 3269 Limestone Lane, Dayton

Contact: Rose Flory