

NORTHWEST MICHIGAN SUPPORT GROUP DIRECTORY

A.D.D.

- **NW MI Chapter of CHADD**

Dennos Museum Center, Janis Room, 2nd Monday. Call Behavioral Medicine Clinic of NW MI at 932-1250

Alcoholism

- **Alcoholics Anonymous**

Meetings every day of the week. Call 946-8823 for information 24 hours a day, 7 days a week.

- **Adult Children of Alcoholics**

Lake Ann Area ACOA: Lake Ann Methodist Church, Mondays at 8:00 p.m. (231) 275-7658

- **Al-Anon/Alateen Family Groups**

For friends and family of alcoholics. Daily meetings. (231) 938-7399

- **Secular Organization for Sobriety/Save Our Selves (SOS)** Support for those recovering or wanting to recover from alcohol and drug abuse. 7:00 p.m. each Monday (except Memorial Day), Unitarian Universalist Church, Center Rd., T.C. Call Jeff at (231) 946-8680

- **Smart Recovery** (self-management and recovery training) 7:00 - 8:30 p.m. Thursdays, Center for Wellness & Relationships, 3491 Hartman Road, TC. Structured group encouragement and training for those seeking to develop skills to abstain from addictive behaviors in a confidential setting. \$5 - \$10. Call 947-2990.

Alzheimers Disease

North/West Michigan Chapter Regional Office

(231) 929-3804 or 1-800-272-3900. The association is able to give support group meetings, education, and care consultations throughout Northwestern Michigan. Web site:

www.alzgmc.org

- **Antrim County** Please call for further information. Facilitators: Debbie Monroe and Lisa Teglas, (231) 929-3804.

- **Benzie Caregiver Support** meets the first Wednesday of each month from 2:00 - 3:00 at Paul Oliver Memorial Hospital (1st floor Patient Ed room), 224 Park Ave. Frankfort. Facilitator: Jeanette McNinch, (231) 352-2208.

- **Charlevoix Caregiver Support** meets the third Tuesday of each month from 1:30 - 3:00 pm at the Charlevoix County Commission on Aging, 207 Antrim St., Charlevoix. Facilitator: Leigh Reis, (231) 237-0103.

- **Charlevoix Caregiver Support** meets the first Wednesday of each month at 3:30 at the

Charlevoix County Adult Day Care Center, 116 Main Street, East Jordan. Facilitator Leigh Reis, (231) 237-0103.

- **Charlevoix Caregiver Support** meets the third Tuesday at 10:30 a.m. at Boyne Area Senior Center, 411 E. Division, Boyne City. Facilitator: Leigh Reis, (231) 237-0103
- **Emmet Caregiver Support** meets the second Wednesday each month at 1:30 at the Friendship Center of Emmett County, 1322 Anderson Road, Petoskey. Facilitator: Suzanne Holguin, (231) 347-3211.
- **Kalkaska Caregiver Support** meets the 2nd Thursday of each month from 2:00 –3:00 pm at the Kalkaska Memorial Health Center, 419 Coral St., Kalkaska. Facilitator: Rebecca Barr, (231) 258-7522. *Respite available.*
- **Leelanau Caregiver** meets the first Wednesday of each month at 2:00 at Tendercare Leelanau, 124 West 4th Street, Suttons Bay.. Respite available. Facilitators: Melanie Martell and Holly Joaquin, (231) 929-3804.
- **Manistee Caregiver Support** meets the first Tuesday of each month at 6:30 pm in the Manistee Medical Care Facility, 1505 E. Parkdale Ave., Manistee. Facilitator: Mike Senters, (231) 723-2543, Ext. 112.
- **Missaukee County Support Group** Please call for further information. Facilitators: Debra Monroe and Lisa Teglas, (231) 929-3804.
- **Wexford County Support Group** meets the second Wednesday of each month at 2:00 at Green Acres Retirement Living, 235 Pearl Street, Cadillac. Facilitator: Tara O'Brien, (231) 775-5300.

Traverse City Support Groups

- **Caregiver Support** meets the first and third Wednesday of each month at 1:00 at the Grand Traverse Pavilions, Hawthorne Cottage, 3rd floor, Traverse City. Respite care available. Facilitator: Evon Ryan, (231) 645-2341
- **Persons with Early-Stage Alzheimer's Support Group** meets the second Wednesday of each month from 11:00 - noon at the Alzheimer's Association Office, 1040 Walnut St., Traverse City. Facilitators: Debbie Monroe and Lisa Teglas, (231) 929-3804.
- **Men's Caregiver Group** meets the first Thursday of each month at 1:00 pm in the Alzheimer's Association Office, 1040 Walnut St., Traverse City. Facilitator: Dick Nunnelley, (231) 929-3804.

Amputation

- **Traverse Regional Amputee Coalition** meets 6:00 - 7:00 p.m. the second Wednesday of

each month at the Traverse City Senior Center, 801 E. Front St., TC. Call 620-TRAC or visit www.tracmi.com

Art Therapy

- **Center for Creativity: Art Therapy for Children of Divorce**
(231) 932-2287
- **Bereaved Children's and Parents' Art Therapy Group, GT**
Barbara McIntyre (231) 935-8492 bmcintyre@mhc.net
Group meets every Monday, 6:30-8:30pm, to use art to explore and work through the grief process.
- **Kalkaska Children's and Parents' Art Therapy Group**
Barbara McIntyre (231) 935-8492 bmcintyre@mhc.net
Group meets Thursday, 6:30-8:30pm, to use art to explore and work through the grief process.

Bariatric

- **Bariatric Support Group, Wexford**
Tammy Parks (231) 477-5291
Support given by those who have had the surgical weight loss procedure, those going through the process, and those having recovered. They cover treatment, insurance, and follow up. Open only to Bariatric Treatment Center clients.
- **Bariatric Surgery Support Group, Traverse City**
Old Town Psychological Services, 512 S. Union St. Second Monday at 7:00 p.m. (231) 941-6550
- **Northern Lower Michigan Bariatric Surgery Support Group**
Stephanie (231) 649-6892
All people who are thinking about having this surgery or are pre-operation or post-operation are welcome to attend--alone or with your partner. We meet the 2nd Monday of each month.

Brain Injury

- **Tip of the Mitt Brain Injury Support Group, Emmet**
Jerry Straub (231) 237-9344
The group meets the 4th Monday at 7pm to provide support, practical solutions, and advocacy for any brain-injured individual.
- **Grand Traverse Chapter, Brain Injury Support Group**
Jerry Straub (231) 237-9344
The group meets the 2nd Tuesday at 6pm to provide support, practical solutions, and advocacy for any brain-injured individual.

Breast Cancer

- **Grand Traverse Breast Cancer Support Group**
Breast Cancer Women Only
Group meets 3rd Wednesday, 7- 9:00 pm, to share coping strategies with treatments, educational material, and provide mutual support. Munson Community Health Center, classroom G. More information: (231) 935-8216 or 1-800-376-1135.
- **Navigator Program**
Blanche Heidt (231) 935-8216 1-800-376-1135 bheidt@mhc.net
All Navigator companions are specially trained and have personally experienced breast cancer. They all have one thing in common -- they have experienced a similar journey and are ready to support and guide you should you need help. There is no charge for this program, which is a partnership of American Cancer Society, Reach to Recovery, and Munson Medical Center Cancer Services.
- **Wexford Breast Cancer Support Group**
Reva Beaupre (231) 775-3550
Post-mastectomy group meets 2nd Monday at 7pm to share concerns, fears, and triumphs.
- **Wexford Reach for Recovery**
Reva Beaupre (231) 775-3550
Program sponsored by American Cancer Society. Ms. Beaupre brings literature, packet of exercises, a temporary prosthesis, and answers questions for post-mastectomy individuals.

Breastfeeding Support

- **La Leche League**
Monthly meetings and phone support. Call Marcia, 941-4477.
- **Breastfeeding Connections**
2:00 p.m. every Monday, Mortimer Room, Mercy Hospital Cadillac. Call Cindy at 779-9480.
- **Munson Breastfeeding Support Group**
Blanche Heidt, RN, BSN (231) 935-8202 or 1-800-376-1135. bheidt@mhc.net
Munson Community Health Center, Classroom D, Mondays 3:00 - 4:30. Reassurance and answers for pregnant and breastfeeding women from a registered nurse lactation consultant and peers. Please come share your experiences in this informal, friendly setting.

Cancer

- **Cancer Support Group**
For patients and family.
This group meets 1st and 3rd Monday of every month from 5:00 - 6:30 pm in the Beaumont Building, across the street from Munson Medical Center's front door, to share information and techniques and to explore group questions and concerns. Contact Laurie

- Patrick at (231) 935-6921 for more information.
- **Cancer Support Group** meets 3:30 p.m. the second and fourth Wednesday in the Mortimore Room of Mercy Hospital, Cadillac. Call Cadillac Cancer Care Center at 876-6504
 - **Kalkaska Cancer Support Group**
Bob Holenberg (231) 258-9409
Cancer patients and survivors meet each month on 3rd Monday from 6-8pm to share and discuss strategies for dealing with cancer.
 - **Manistee Cancer Support Group**
Barbara Hansen (231) 723-3172
Group discusses cancer stage status, shared comfort, and techniques. Guest speakers and access to Navigator Program.
 - **Northport Cancer Support Group** meets 5:15 - 6:45 p.m. the first Monday of every month at the Fellowship Hall of Trinity Church for those diagnosed with cancer at any time in their life. Facilitated by registered nurse Terry Gremel. Call 386-7715
 - **Otsego Cancer Support Group**
Nancy Ragan (989) 731-2388
Support group provides information and team support for those diagnosed with cancer and cancer survivors.
 - **Leukemia and Related Cancers Telephone Support**
Regional Leukemia Society (231) 456-5413
This telephone support is made available for those who have difficulty attending a group or for those living in areas where there are no groups formed.
 - **Man-To-Man Support Network--Regional**
Brian Drulard (989) 732-8337
Regional network of prostate cancer survivors who provide counsel, guidance, and information to those recently diagnosed with prostate cancer.
 - **Cadillac Cancer Support Group--Wexford**
Nancy Siddal/Elizabeth Paulson (231) 876-7297
Cancer Care Center (231) 876-6504
Group meets 2nd and 4th Wednesday at 3:30pm to give information and support both to oncology patients and their families.
 - **Grayling US TOO Prostate Cancer Support Group** meets at Mercy Hospital, Grayling, (989) 348-6610.
 - **Wexford US Too Prostate Cancer Support Group**
Jim Baum (231) 829-3214
Group meets 3rd Tuesday in Dublin Room, McCauley Hall. Each month there is a speaker and open discussion on a topic related to prostate cancer.

Cardiac

- **Grand Traverse Cardiac Discussion/Support Group**
Mary McManemy (231) 935-8565 mmmanemy@mhc.net

Cardiac Rehab Nurse presents pertinent information and then opens the meeting to participant concerns and questions.

- **Wexford Cardiac Support Group**

Lisa Myers (231) 876-7825

Meets 2nd Wednesday of the month. Educational materials on heart diseases, prevention, and treatment.

Caregivers

For information and assistance in NW Michigan, call Caregiver Info at (231) 929-7073 or 1-800-658-8554, Catholic Human Services, 8:30 to noon and 1:00 to 5:00 p.m. weekdays. Voice mail available other times.

Web site: <http://www.caregivernorth.org/>

- **Otsego Commission on Aging**

Donna Wishart/Linda Martin (989) 732-1122 or (989) 732-4121

Group focuses on different educational topics the 3rd Saturday of the month. Open discussion, practical advice, emotional support. Group led by R.N.

- **Caregiver Support Group, Traverse City**

Nancy Larson, (231) 941-1919

For those caring for others. Fourth Thursday, 2:30-3:30 p.m., Inverness Assisted Living Community.

- **Faith in Action** support group for those caring for a sick or elderly loved one. Noon - 2:00 p.m., last Thursday of the month, Just Imagine Creative Arts Healing Center, 225 W. 14th St., T.C. Michelle at 932-9808

Celiac Disease *(See Food Allergies)*

Christian Seniors Singles Groups

- **Immaculate Conception Church**, Traverse City. Contact parish nurse Jan Ready at (231) 935-4340.

- **Immanuel Lutheran Church**, Suttons Bay. Contact Jan Wander at (231) 271-5899 or kwander@chartermi.net

Both groups meet the 2nd Saturday of each month.

Chronic Fatigue Syndrome

- **Traverse City CFIDS support group** offers help, hope, and positive support for Chronic Fatigue and Immune Dysfunction Syndrome 6:30 - 8:30 p.m. every first Monday of the month at the Praise West Church Office, 900 E. Front St., Suite 300. Call Lori Tylutki at 938-9320 or email help4cfs@yahoo.com

Codependents

- **CoDependents Anonymous** (CoDa) 12-step fellowship of men and women recovering from codependence and wishing to develop and maintain healthy personal relationships. Tuesdays, Traverse City, open and non-smoking. (231) 947-0108

Crisis Counseling

- **Third Level 24-hour Hotline, Regional**
1-800-442-7315

Third Level covers 22 counties in northwest Michigan. They provide 24-hour phone access for immediate and short-term counseling. They connect an individual with the appropriate mental health group. Issues include abuse, domestic violence, lesbian and gay, rape, and suicide.

Cystitis

- **Interstitial Cystitis Support Group** meets at 6:30 p.m. each Monday at a private home in Traverse City. Call Jeri Hansen at 932-7300.

Dementia

- **Michigan Dementia Coalition**--support and advice for caregivers (800) 272-3900. For information about the Coalition, call Micki Horst, Michigan Public Health Institute, (517) 324-7318

Depression

- **Grand Traverse Depression & Manic Depressive**
(231) 935-3586
Meets Tuesdays 2:30-4:00pm or Thursdays 7-8:30pm to offer information, advocacy, and practical support for those dealing with depression. Central Methodist Church, Traverse City.
- **Great Lakes Community Mental Health Depression Support Group, Grand Traverse**
Matt Lyberg (231) 935-3697
Group meets Thursdays at 10:00am. Participants, led by a facilitator, work toward discovering strategies for living and moving through life.
- **Postpartum Depression Support Group** meets 7:30 - 9:00 p.m. the second and fourth Monday of every month at Munson Community Health Center, 550 Munson Ave., TC. Call Andrea Russell at 218-6664.

Diabetes

- **Grand Traverse Diabetes Support Group**
Lisa Corpe (231) 935-8200 1-800-809-8127

Group meets 2nd Wednesday every month, 1:30-3:00pm. They do bs/bp checks (1:30-2:00) and then have a meeting led by Health Care professional or a guest speaker.

Munson Medical Center

- **Diabetes Friendship Connection**, 7:00 - 8:00 p.m., 1st Wednesday of the month, Cadillac Jr. High School, Room 310. Cindy Funck at 779-9480
- **Grayling Diabetes Support Group** meets at Mercy Hospital, Grayling, at Mercy Family Care in Roscommon, and at Mercy Family Care in Prudenville. Call (989) 348-0455.
- **Insulin Support Group** meets at Mercy Hospital, Grayling. Call the Diabetes Outpatient Education Department at (989) 348-0455.
- **Kalkaska Diabetes Support Group**
Connie Farrier (231) 258-7520 cfarrier@mhc.net
Meets 2nd Tuesday of every month, 7-8pm, at KMHC to share ideas, information, and keep up with new research.
- **Leelanau Diabetic Support Group**
Lisa Corpe (231) 935-8200
Meets the 2nd Monday from 2-3pm. A health care professional leads a discussion.
- **Otsego Diabetes Support Group**
Mary King (989) 731-2193
Group meets 2nd Monday, 6pm. They explore issues confronting diabetics and their families.
- **Parents of Type 1 Diabetics** meets 6:30 - 8:00 p.m. the third Monday of the month at the Just Imagine Creative Arts Healing Center, 225 W. 14th St., TC. Call Michelle at 932-9808.
- **Wexford Diabetes Education and Support**
Cindy Bosscher (231) 876-7183
Monthly support group plus summer walking program and winter aqua therapy. Educational materials and diabetic foot assessment.

Divorce

- **Surviving Divorce/Thriving Again--Grand Traverse**
Rev. Emily Lou Belcher (231) 947-3117
Series runs several times a year using videos, workbooks, discussion to explore how one survives the trauma of broken relationships. Once started, group becomes confidential.
[May have dissolved]

Domestic Violence

- **Empowerment Groups--Benzie, Grand Traverse, Kalkaska, Leelanau**
Women's Resource Center (231) 941-1210 1-800-554-4972
- **Men Exploring Nonviolent Solutions--Regional**
Women's Resource Center (231) 941-1210
Class includes 26 sessions. Ongoing year round. Can enter at any point. Must have

assessment first (cost \$50). Each 2-hour class has a \$15 charge.

- **Hotline**

Women's Resource Center (231) 941-1210 1-800-554-4972

Provides 24-hour counselor, shelter, and clothing. Can connect caller with legal advocate.

Drugs

- **Families Anonymous**

For those concerned about a drug, alcohol, or behavior problem of a relative or friend. Sundays, 7:00 p.m., Grace Episcopal Church, Traverse City. (231) 946-4970.

- **Narcotics Anonymous**

Information line for local meetings: (231) 941-9062

Eating Disorders

- **Food Addicts in Recovery**

Anonymous. 6:00 p.m. Thursdays, First Christian Church, Traverse City. 263-7827.

- **Overeaters Anonymous**

For those who have a problem with food. Call Genie B. at 271-1060.

Epilepsy

- **Epilepsy Support Group**

7 - 9 p.m., second Wednesday of the month, Munson Medical Center, Pavilion 10. For parents and caregivers of children with epilepsy. Christina Rehahn, 463-4273

Family Support

- **Families in Touch**

Infant (newborn to crawling) Wednesdays, 1:00 -2:30 p.m. Infant (crawling to 16 months) Wednesdays, 10:30 - noon. Toddler to preschool-age children and their parents, 2nd and 4th Thursdays, 10:30 - noon. Munson Community Health Center. 935-8200

- **Children's Art Therapy Group**, 6:30 - 8:30 p.m. Mondays, Munson Medical Center, 935-8492

Fertility

- **Grand Traverse Fertility Support Group** meets at 7:00 p.m. the first Tuesday of every month in Conference Room B, Munson Community Health Center, 500 Munson Ave. Offers support to couples undergoing fertility treatments. Call Kate Raven at 499-9124.

Fibromyalgia

- **Fibromyalgia Grayling Hospital**

Cynthia Mathews (989) 275-9088

They have occasional speakers, but most often trade information about what is working in

their lives. Focus on improvement--holistic approach.

- **Chronic Fatigue/Fibromyalgia Support Group** meets at Praise West Church office, 900 E. Front St., TC. For dates and times call Lori Tylutki at 938-9320.
- **Grand Traverse Fibromyalgia Support Group**
Joan Ramsdell/Anita (231) 267-5989 (231) 882-4122. First Saturday, 9:30-11:30a.m., Inverness. Mutually concerned group shares information, practical solutions, and the support of laughter and love.
- **Fibromyalgia Support Group**, Munson Medical Center, 2nd Saturday from 10:00 a.m. - noon. Call 929-7969 or 938-1928
- **Traverse City Fibromyalgia Support Group**
Kathy Stevens (231) 935-1701
Group meets the 1st Wednesday from 7-9 pm sharing information, new research, practical solutions, and mutual support.
- **Wexford Chronic Fatigue/Fibromyalgia**
Evert Hancock (231) 775-1950 hancock@netonecom.net
Meets each month, on 2nd Tuesday, to share what's working and what's not. Current materials available.

Food Allergy

- **Traverse Area Gluten Free Support Group**
Sandy Cartwright/Linda Smith (231) 947-8324
Kathy Dimercurio (231) 946-1687
Kelli Sefton (children) (231) 932-1617
Rapid City: Linda Bicum (2312) 322-2811
Group meets to support each other in dealing with their food sensitivity through speakers, information-sharing, and alternative recipes. Brings in people from Ludington to Mackinaw City. Business Address: P.O. Box 41112, Traverse City, MI 49685. Materials & Resources: (231) 947-8324, Scarttc@aol.com
- **Gluten Free Support Group**
Central United Methodist Church, 222 Cass St., Traverse City. 947-8324

Gamblers Anonymous

- **Bethlehem Lutheran Church, Traverse City**
Thursdays, 6:30 p.m. No charge. (231) 369-2462 or 946-7029
- **Benzie County**
Fridays, 7:00 - 8:00 p.m., Frankfort United Methodist Church, 537 Crystal Ave. Kim at 352-4934
- **Cadillac**
220 Haynes Street. Meets Sunday nights, free. Call (231) 885-1129.

Grief and Loss

- **Compassionate Friends of the GT Area**
For families who have experienced the death of a child of any age. Group meets the 2nd and 4th Monday each month, 7:00-8:30pm. (231) 334-3647 or 946-9306
- **Traverse City Senior Center Grief/Loss Support**
(231) 386-7642
This group meets every Tuesday, 10:00-11:30am to support each other in the journey through grief.
- **Children's Art Therapy Grief Group**
Munson Medical Center/Clancy Room. Mondays, 6:30-8:30 p.m. (231) 935-8492.
- **RTS Community Support Group**
For families that have suffered the loss of an infant from miscarriage, still birth, or newborn death. Third Tuesday, 7:30-9:00 p.m., Cedar Run Eye Center, 3830 W. Front Street.
- **Benzie Grief Support Group**
Hospice of Michigan: 10:30 - 11:30 a.m. second Monday of the month. Benzie Community Resource Center, lower level, Conference Room A, 6051 Frankfort Highway, Benzonia. 845-0321 or (800) 839-8185.
- **Cadillac Hospice of Michigan Grief Support Group**, 932 N. Mitchell St., Cadillac. 779-9570
- **Leelanau Bereavement Support Group**
Sharecare (231) 386-2273
Meets Tuesdays, 9:30-11am. at Suttons Bay Congregational Church.
- **Kalkaska Grief/Loss Support Group**
Meets Thursdays, 6:00 p.m., Kalkaska Hospital/Long Term Care. (800) 989-9529.
- **Manistee Area Adult Group**
Wednesdays, Terwilliger Funeral Home, Kaleva. 935-6520.
- **Heart to Harp Volunteers**
Free half hour sessions every third Saturday, 10:00 - 11:30 a.m. Partners in Prevention, 223-8811.
- **Adult Grief/Loss Support Groups--Regional**
Jan Stump (231) 935-8491 jstump@mhc.net
These groups meet to support each other in their journeys through the grief process. Call Jan to find time, day, and location of group meeting closest to you in our six-county region.
- **Wexford Bereaved Parents Support Group**
Jean Schnitker (231) 775-9942 Ext. 264
Group meets last Monday each month at 7:30pm in the Dublin Room at McCauley Hall. Offers support, confirmation, and guidance in working through the grief of losing a child.
- **Michael's Place**
Evenings--healing for grieving children, families. 947-MIKE
- **Widows and Widowers Bereavement Support Group**, 1st and 3rd Thursdays, 1:00 p.m., Friendship Centers of Emmet County, Petoskey. 347-3211, x 28

Hearing Impaired/Hearing Loss/Hard of Hearing

- **Northern Light Self Help for Hard of Hearing People (Northern LightSHHH)**
Support, education, advocacy; Coping strategies, information, technology --- for hard of hearing people, friends, family and colleagues. www.mi-shhh.org, www.hearingloss.org
NLSHHH, PO Box 393, Beulah, MI 49617. Cindy Shapiro (231) 882-7063 voice/tty/fax
tutorLM@hotmail.com
Jeanne Dzik ...May through November (231) 275-5752 (voice relay) MEETING INFO:
September through June except May, NLSHHH meets the second Sunday, 1:30p.m. at
the Traverse Area District Library; 610 Woodmere Ave. *Advance notice required for
interpreter. Hearing technology and scribe available each meeting.*

Hepatitis

- **Grand Traverse Hepatitis C Support Meeting**
Pat Mayse (231) 929-9024
Meets to share successes, become better informed, and support each other. Patients,
families, and friends welcome. 3rd Tuesday each month, 7-8:30pm.
- **Hep C and Me Support Group**
3:00 p.m., Grace Episcopal Church, Traverse City, second and fourth Sundays. Park in
back and enter through back door to library. hcvintc@aol.com
- **WHY Hepatitis C Support Meeting (We're Here for You)** 7:00 p.m. every third Tuesday of
the month. For location, call 929-9024.

Herpes

- **Help/HpV Herpes Support Group--Grand Traverse**
Third Level (231) 922-4800
Group meets the first Saturday, 1-3pm, to offer support and education to those who have
HPV. It is facilitated by a nonmedical leader.

Huntington's Disease

- **TC Area Huntington's Disease Support Group**
Irene Gettel (231) 536-0509 jeff1@voyager.net
This chapter of the MI Huntington's Disease Society of America meets the 3rd Wednesday
of the month from 7-9pm. Speakers and information to assist families in getting their
affairs in order.

Incest

- **Incest Survivors Support Group**
Aimee (231) 941-1210
A Woman's Resource Center group which meets on Wednesdays, 6-8pm, to help victims
work through anger, betrayal, and helplessness of incest.

Jailed Inmates

- **Men in Transition Support Group**. 7:00 p.m., 3rd Tuesday, Partners in Prevention, 13795 Seven Hills Road. John Schneider at 223-9299

Leukemia/Lymphoma

- **The Leukemia and Lymphoma Society Blood Cancer Support Group** meets the second Saturday of each month at Just Imagine Creative Arts Healing Center, 225 W. 14th St., TC. Meetings are free, but registration is required. Call 929-2951.

Libraries--specialized

- **Community Health Library (MCHC)**
Chris Allen (231) 935-9266 chlib@mhc.net
Contains materials on medical conditions with internet and Interlibrary Loan access.
- **Michigan Self-Help Clearinghouse--Regional**
1-800-777-5556
Network for existing groups, resource library, speakers bureau. Connected to other interested individuals starting a new support group.
- **Women's Health Care Network--Regional**
Blanche Heidt 1-800-376-1135 bheidt@mhc.net
Sponsors focus on Women Community Lecture Series. Books, videos, pamphlets, articles, computer searches, individual consultations. Located at Munson Medical Center.

Lupus

- **Traverse City Lupus Support Group** meets the second Saturday of the month at Munson Medical Center in conference rooms 8 and 9 from 10:00 to 11:00 am. Contact Cindy Gibson at 933-7231 or e-mail at agibson@chartermi.net *Affiliated with the Lupus Alliance of America and the Michigan/ Indiana Lupus Alliance.*
- **Lupus Alliance of America, Michigan/Indiana Affiliate** "New Connections" meets quarterly at Cottage Cafe, 420 Munson Ave., TC. Call (800) 705-6677.

Lyme Disease

- Northern Michigan Information: Janice Ensfield 946-4701 or Michael Survilla 946-7276

Lymphedema

- **Lymphedema Network of Northern MI--Grand Traverse**
Jane Rolf, MSN, APRN, Bc at (231) 935-6691 or mrolf@mhc.net for more information.
Meets from 6:00 - 8:00 pm the last Tuesday of every month from **April to November** at Munson Community Health Center in conference rooms A & B. Educational opportunities at each meeting. Light refreshments are served.
Meets for lunch (bring your own) from 11:30 am to 12:30 pm **January through March** at

Munson Community Health Center, weather permitting; call ahead when in doubt.

Mental Health

- **Great Lakes Community Mental: Health Skills for Life**
Matt Lyberg (231) 935-3697
This group meets Tuesdays at 10:30am. Through discussion led by a facilitator, participants find practical resolutions to the challenges of daily living.
- **Great Lakes CMH: Women's Anxiety Supportive Group**
Matt Lyberg (231) 935-3697
This group meets Thursdays at 10:30am. The facilitator assists group through discussion to focus on the stressors which cause their anxiety and to develop strategies for stressor reduction.
- **National Alliance for the Mentally Ill of NW Michigan**
(231) 943-3491
Some meetings are geared to the public at large. Information and speakers help to educate about the difficulties, therapies, and challenges of living with mental illness. Call 995-9594.
NAMI-CARE For persons receiving mental health services. 2nd Monday at 6:00 p.m., library of Grace Episcopal Church, Traverse City.
For families of persons receiving MH services, 2nd Monday, 6:00 p.m., Munson Medical Center cafeteria, Doctors Dining Room.
Education Programs for all interested persons, 4th Monday, 7:30 p.m., Munson Medical Center cafeteria, Dining Room 2.
- **Depressive and Manic Depressive Support Group**
(Wexford) Betty/Theresa (231) 775-5638
Member-run support group sponsored by Club Cadillac. They share feelings and concerns and offer encouragement. A staff person is present to refer an in-crisis individual to a counselor.
- **Our Kids Support Group**
For parents/caregivers of kids with bipolar disorder. Fourth Tuesday, 7:00 p.m., Traverse Area District library, 941-9128.
- **Knitting for Stress--Wexford**
Pam Walker (231) 775-9276 1-888-452-7181
Group uses knitting as a tool to reduce stress. Meet 2nd and 4th Tuesday. Do crochet, also.

Multiple Sclerosis

- **Benzie Self-Help Group**
Marilyn Sheets (231) 882-4358 august@northlink.net
We support patients and families through meetings. 1st Wednesday each month at the Congregational Church in Benzonia.

- **GT--Munson Multiple Sclerosis Help Group**
947-7203
Group meets the 2nd Thursday each month, 6:30 - 8:00 p.m. Speakers and discussions on issues the group chooses each year. Dave Rushlow, SW, acts as facilitator.
- **Kalkaska Multiple Sclerosis Support Group**
Dot Dingman (231) 258-4518 gdingman@michweb.net
Multiple Sclerosis support group, materials, speakers on the 3rd Saturday of each month at 10:30 at KMH.
- **Leelanau Multiple Sclerosis Self-Help Group**
Mary Stokoe (231) 386-7529 mbstokoe@traverse.net
We provide support to patients and families through materials, meetings, and guest speakers.
- **Rose City Multiple Sclerosis Support Group--Oscoda**
Sandy Buck (989) 473-2247
Meets 1st Monday of each month except July and August. Group brings in speakers, videos, and shares practical ways of balancing help and independence in dealing with MS.
- **National Multiple Sclerosis Society--Regional**
1-800-243-5767 Provides information and regional referrals.
- **National Multiple Sclerosis Society Support Group** meets 6:00 - 8:00 p.m. each second Thursday of the month at Munson Community Health Center. Call Michelle Honer at 947-7203 or 935-6258. Meetings also held in Petoskey, Kalkaska, and Benzonia--call 348-7992.
- **Multiple Sclerosis Support Group** meets 9:00 - noon on the first Tuesday of each month at Meadowbrook Care Facility, 4543 SW 88 Hwy, Bellaire. Call Karol Stants at 533-6037 or Rhonda Leazier at 590-1709.

Neuropathy

- **Peripheral Neuropathy Support Group--Wexford**
Deb Evans (231) 768-4306
Meets 3rd Monday and have educational materials, practical problem solving, and mutual support for those experiencing chronic painful sensations in hands/feet.

Organ Transplant

- **Organ Transplant Support Group--Otsego Memorial Hospital**
Bev Scherwinski (989) 983-4188
Group deals with gamut of issues confronting individuals and families of organ transplants/organ candidates.
- **Westshore Michigan Transplant Support Group**, through Gift of Life Michigan, meets at 7:00 p.m. the third Monday of each month at the Scottville Senior Center, Main St., Scottville. Call Dianne Longo at 462-3578 or email happyheart719@yahoo.com

Osteoporosis

- **Osteoporosis Support Group--Wexford**

Lynne Anderson (231) 775-6521 oldbones@hotmail.com

Not meeting at present time, but contact Lynne so she can let individual know when there will be a group.

Parenting Group

- **Parent Education and Support Guide--Grand Traverse**

Jennifer Berkey/Kay Roush (MSU Ext.)

(231) 922-4821 & (231) 922-4621

Guide to many programs and support groups dealing with pregnancy, infants, toddlers, siblings, twins, breastfeeding, dads and working moms.

Parkinson's Disease www.gtaparkinsonsgroup.org

- **Grand Traverse Area Parkinson's Support**

Maxine Meach (231) 947-1946 mmeacht@aol.com

To enable as many individuals as possible through support group meetings, speakers, publications, lending library, videotape library, and media publicity. Meets at TC Senior Center, 801 E. Front St., 10:00 a.m. the fourth Wednesday of the month. Young-Onset Group meets 10:30 a.m. the third Saturday of the month at the Traverse Area District Library and 2:00 p.m. the third Thursday of the month at Paul Oliver Memorial Hospital, Frankfort.

- **Manistee, Mason, Lake Parkinson Support Group.** Contact Jeannie Lewis at 723-8684, Harv and Carolyn Buter at 757-0221, Carol Krantz at 723-2904, Bob and Ann Bennett at 757-3173.

Prostate Cancer

- **US, TOO**

For patients and spouses.

Meets the third Thursday of every month from 7:00 pm to 8:30 pm. Contact Donna Hollister at (231) 263-5350 (after 3:00 pm) for location and additional information.

Scleroderma

- **Traverse City Scleroderma Support Group** meets 1:30 - 3:30 p.m. the second Sunday of each month at Munson Community Health Center, 550 Munson Ave., TC. Call chairman Gerrie Frank at 929-0682 or email cefpurvis@hotmail.com
- **Michigan Chapter:** (800) 716-6554 or go to www.scleroderma.org/chapter/michigan

Sleep Disorders

AWAKE of Traverse City, part of the American Sleep Apnea Association, meets quarterly. For meetings and events, call 935-9288.

Smoking Cessation

- **Quit Smart Smoking Cessation Support Group**
Nicotine addiction therapy. No charge one-hour orientation held the first week of each month. Call Dr. Gary Vann at 947-2990.

Stress

- **Knitting for Stress Therapy** meets 6:30 - 8:30 p.m. the second and fourth Tuesday of each month at the Dublin Room, McAuley Center, Mercy Hospital, Cadillac. Call 775-9276.

Stroke

- **Grand Traverse Bay Stroke Club--GT** meets at 1:00 p.m. the third Thursday of the month at Bethlehem Lutheran Church, 1050 Peninsula Drive, TC. Call 935-6380.
- **Kalkaska Stroke Support Club** Holly Forton-Smith (231) 258-7772
This group meets 3rd Thursday from 1-2pm to share information and strategies for living with, and rehabilitation from, a stroke.
- **"Life After Stroke" Gaylord**, a community-wide stroke support group, meets at 2:00 p.m. the last Friday of each month at Otsego Memorial Hospital, Professional Medical Building Conference Room, 829 N. Center Ave. Call (989) 731-2472

Substance Abuse

- **After-Care Support-Benzie**
Donna LaCross (877) 398-2013
Group meets to offer support, information, and techniques to maintain and improve an individual's recovery from substance abuse.
- **Grand Traverse AA Groups**
(231) 946-6716 Hotline (231) 946-8823
Call for meeting time and location (7 days a week Twelve Step programs).
- **Drug and Alcohol Network--Wexford**
Behavioral Health 1-800-662-6766
Behavioral Health can direct individuals to closest AA, A-Anon or other drug support group.

Suicide

- **Yellow Ribbon Chapter of Gaylord/Otsego**
Linda Hoffman (231) 584-3503
Group is committed to working with teens and families to prevent teen suicide. Meetings open both to teens and their families.

Weight Control

- **Overeaters Support Group--Grand Traverse**

Sue (231) 943-8176

Uses Twelve Step program to confront struggles with bulimia or any eating disorder.

Nonmedical facilitated.

Please report mistakes and omissions to ak797@tcnet.org

This is a community effort.

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