

## Northwest Michigan Support Group Directory

(as of 11/2017, based on organizations who responded to inquiries)

### Addiction

#### AA (Alcoholics Anonymous)

Meetings every day of the week across five surrounding counties.

24/7 HELPLINE: 231-946-8823

For more information, about meeting dates/locations also visit local District 11 AA's website:

[www.district11-aa.org](http://www.district11-aa.org)

### WEEKLY SUPPORT GROUP MEETINGS OF THE P.O.R.C.H\*

A project of Addiction Treatment Services located at 747 E 8th Street, Traverse City (site of LAB ONE drug testing) <i>*Providing Opportunities for Recovery and Community Health</i> Visit: <a href="http://www.addictiontreatmentservices.org/services/the-porch.php">www.addictiontreatmentservices.org/services/the-porch.php</a> for more information						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AA 8-9a.m. room 3	AA 8-9a.m. room 3	AA 8-9a.m. Room 3	AA 8-9a.m. room 3	AA 8-9a.m. room 3	AA 8-9a.m. room 3	AA 8-9a.m. room 3
AA 5:30-6:30pm room 5	AA 5:30-6:30pm room 5	Smart Recovery 5:30-7pm room 3	Smart Recovery noon-1pm room 3	Buprenorphine Anonymous noon-1pm room 4	AA 5:30-6:30pm room 5	AA 5:30-6:30pm room 5
		AA 5:30-6:30pm room 5	AA 5:30-6:30pm room 5	Smart Recovery noon-1pm room 3		
			NAMI 3 <sup>rd</sup> week of the month 6-7:30pm room 3 (National Alliance of Mental Health)	AA 5:30-6:30pm room 5		
			<u>WEDNESDAY</u> Phoenix House Group 8-9pm room 5			

## AA — Benzie Country

Hosted at Lake Ann United Methodist Church, 6583 First St., Lake Ann (in the village) every Friday evening at 7 p.m. For more information, call 231-275-7236.

## Al-Anon & Alateen

Groups for friends and family, or young people ages 12-18 yrs., affected by someone else's drinking. Traverse City Area Al-Anon Information Service Hotline: (231) 938-7399

[www.alanon-d3.org](http://www.alanon-d3.org)

### Local Al-Anon & Alateen Meeting Schedule Service Phone # 231-938-7399 Updated 2/8/2017

<u>DAY &amp; TIME</u>	<u>MEETING NAME/TYPE</u>	<u>MEETING LOCATION</u>	<u>CONTACT PERSON #</u>
<i>The 1<sup>ST</sup> Monday of Each month @ 7:00PM</i>	<i>Traverse City – Open Speaker Meeting **Public is Welcome**</i>	Presbyterian Church, (Enter East doors, in Youth Room) 701 Westminster Dr at Airport Access Rd.	KATHY N. 342-1697
MONDAY – 10:00AM	Traverse City Open Door Group Step Study	Bethlehem Lutheran Church 1050 Peninsula Dr – downstairs – 2 <sup>nd</sup> to last door on left	MARTI W. 409-6417
MONDAY – 5:00 PM	Lake Ann AFG	{Meeting held at the Methodist Church Oct. 15 <sup>th</sup> – April 15 <sup>th</sup> - winter months} {Meeting held at the Community Center April 16 – Oct 14 <sup>th</sup> - summer months}	
	1/2 mi East of church off Benzie Co Hwy 610	Corner of Lake Ann & First St. Any questions call	BILL H. 421-3706
MONDAY - 7:00 PM	Leland Serenity AFG	Leland Community Methodist Church 106 N. 4th St. meets on first floor - youth room	JOAN 668-2817
MONDAY – 8:00PM	Cadillac AFG Al-Anon & Alateen	First Presbyterian Church, Cadillac 221 Harris St – use Harris St entrance	KATHY K. 775-9310
TUESDAY – 10:00 AM	Lake City AFG	St Stephens Catholic Church 506 E. Union St. Lake City	JAN M. 328-4330
TUESDAY – 7:00PM	Traverse City East Bay AFG	East Bay Unity Church	KATHY N. 342-1697
<b>3 separate meetings</b>	Al-Anon, Alateen & AA (Alateen - AGES 12-18 YRS.)	3600 Five Mile Rd – drive on left Questions regarding Alateen please call	PAT B. 938-1079 PALMA R. 947-0319
TUESDAY – 7:00PM	Suttons Bay AFG	Immanuel Lutheran Church Lincoln & Madison – use back door	MELANIE C. 271-0311
TUESDAY – 8:00PM	Kalkaska AFG	Kalkaska Senior Center 313 S. Coral St	LINDA 384-3227
<b>{The 5<sup>TH</sup> Tues of each month there is an Open Al-Anon/AA Meeting}</b>			
TUESDAY – 8:00PM	Frankfort AFG	St. Ann Catholic Church 508 Crystal Ave., Frankfort	SHEILA M. 651-0139
WEDNESDAY – 12:00 PM	Traverse City Paths to Recovery	St. Michael Lutheran Church (Covered Wagon) 912 S. Garfield (across from Centre St.)	ANNE W. 313-7406 GAY A. 313-0959
THURSDAY – 7:00PM	Traverse City Friendship AFG	Munson Hospital – 1105 Sixth St Dining Room in the Cafeteria	MAX S. 632-0930 FRANK 933-6356
<b>{Men's group is held the 3rd Thurs. of each month}</b>			
FRIDAY – 10:00AM	Traverse City How It Works In Al-Anon	Bethlehem Lutheran Church 1050 Peninsula Dr – downstairs – last door on left	PALMA R. 947-0319 SUE W. 709-5065
FRIDAY – 11:00 AM	Cadillac AFG	First Presbyterian Church, Cadillac 221 Harris St – use Harris St entrance	KATHY K. 775-9310
SUNDAY – 6:30PM	Traverse City Long Lake AFG	6880 Secor Rd	KARL K. 342-0893
<b>2 separate meetings</b>	Al-Anon & AA	(Please use west entrance)	MAX 632-0930
SUNDAY – 7:00PM	Kingsley AFG	Kingsley United Methodist Church – Blair St	TIM W. 633-1780 MARTI 409-6417

\*AFG = Al-Anon Family Group

## Narcotics Anonymous

### Northwestern Michigan Area Narcotics Anonymous

Area schedules are printed quarterly February, May, August & November.

Traverse City open groups: Freedom, Women in Recovery and Just for Today.

Michigan Information Line for latest meetings/availability: 1 (800) 230-4085

[www.michigan-na.org/northwest-michigan-area/meetings](http://www.michigan-na.org/northwest-michigan-area/meetings)

## ALS — Lou Gehrig's Disease

### The ALS Association Michigan Chapter Community Resource Group

A support network which provides a caring, supportive, open environment for people to gather, connect, and talk. Open to people living with ALS, their families, caregivers and friends; opportunities exist to learn more about living with the disease and its challenges. Care Services Coordinator facilitates. Includes guest speakers and time for attendees to share information and support. Takes place at: Traverse City Area Chamber of Commerce, 2020 East Grandview Parkway, Traverse City. Contact Melissa Jekel: [melissa@alsa-michigan.org](mailto:melissa@alsa-michigan.org) or 616-459-1900

## Alzheimer's Disease, Dementia

### North/West Michigan Chapter Regional Office

1-800-272-3900. The association provides support group meetings, education, and care consultations throughout Northwestern Michigan.

Web site: [www.alz.org/gmc](http://www.alz.org/gmc)

### ALZHEIMER'S AND DEMENTIA SUPPORT GROUPS

City	Location	Day & Time	Contact
Traverse City	Grand Traverse Pavilions, Hawthorne Cottage, 1000 Pavilions Circle	Caregiver Support 1st & 3rd Wednesdays, 1–2:30 p.m.	Bonita Schoonover, 231-645-2341 *Free respite available
	Tendercare Traverse City, 2585 LaFranier Dr.	2nd Tuesday, 1–2:30p.m.	Anne Bodnar, 231-360-3307
Frankfort	Paul Oliver Memorial Hospital, Remec Room, 224 Park Ave.	Caregiver Support Group 1st Wednesday every month, 2–3:30 p.m.	Jeanette McNinch, 312-352-2208
Charlevoix	Charlevoix Munson Hospital, Classroom A, 14700 Lake Shore Dr.	2nd Thursday, 1–2:30 p.m.	Kris Hoeksema, 231-547-8569
Petoskey	Friendship Center of Petoskey, 1322 Anderson Rd.	2nd Wednesday, 2–3:30 p.m.	Suzanne Holguin, 231.347.3211, ext. 15

## ALZHEIMER'S AND DEMENTIA SUPPORT GROUPS

City	Location	Day & Time	Contact
Manistee	West Shore Education Center, Classroom #3, 1465 E. Parkdale Ave.	Caregiver Support Group 1st Tuesday, 10–11:30 a.m.	Mike Senters, 231-723-2543
All Cities	Dial-In Support Group, for more information email: <a href="mailto:alzdialin@seniorhelpers.com">alzdialin@seniorhelpers.com</a>	1st Tuesday, Noon – 1 p.m.	248-865-1000
	Evening Dial-In Support Group, <b>Registration required prior to calling-in</b>	4th Wednesday, 6–7 p.m.	For registration call 800-272-3900

Other Northern Michigan listings filed by Alzheimer's Association:

[https://alz.org/gmc/documents/SupportGroupListing\\_Northern\\_rvsd10.23.pdf](https://alz.org/gmc/documents/SupportGroupListing_Northern_rvsd10.23.pdf)

### Music Therapy

**Harp for Hope Music Therapy Support Group**, a support group of the Munson Healthcare Regional Cancer Network. Group uses the gifts of music, poetry, writing, and one another's presence to create a safe space for expression and support through the participant's treatment. For more information, call Amy Colombo, MA, LPC, at (231) 935-5070

### Surgery Support

#### Grand Traverse Surgery Anytime Support Group

6 - 7:30 pm at Munson Medical Center Conference Rooms 1-3, Lower Level, Traverse City. For more information, contact Grand Traverse Surgery at (231) 346-4014 \*Days vary, so please call.

#### Post-Surgery Support (Bariatric)

Monthly support group available 6- 7:30 pm at Munson Community Health Center, Conference Room A. \*Days vary, so please call.

For anyone more than one year out from having bariatric surgery. Candid discussions and tips on how to continue living well. For more information, contact Mandy Remail at (231) 357-9301

### Brain Injury Support

#### Brain Injury Support Group

2nd Tuesday of the month, 5 - 6:30 pm at Munson Community Health Center (use South Entrance) 550 Munson Ave, Traverse City, MI 49686. For more information: Carol Bliss (231) 935-0388

## Cancer Support

### Support groups of the Munson Healthcare Regional Cancer Network

<http://www.munsonhealthcare.org/support-groups>

Support Groups are FREE and Open to Everyone. All are located at the Cowell Family Cancer Center, unless otherwise noted. For more information call 231-392-8400

SUPPORT GROUPS – Program	Date and Time	Location	Registration	Contacts
<p><b>“Come Together” Cancer Support Group</b> A general support group for patients dealing with cancer, and their families and friends</p>	1 <sup>st</sup> and 3 <sup>rd</sup> Mondays, 5 - 6:30 pm	Cowell Family Cancer Center 217 S. Madison St. 1 <sup>st</sup> floor Biederman Radiation Oncology Suite Traverse City	Not required	Laurie Patrick (231) 935-6921  Jacalyn Lasich LMSW, CTP, OSW-C, Oncology Social Worker @ CFCC (231) 392-8494
<p><b>Metastatic Breast Cancer Support Group</b></p>	2 <sup>nd</sup> Tuesday of the month 4 – 5:30pm	Cowell Family Cancer Center 217 S. Madison St. 3 <sup>rd</sup> floor REMEC Room 3002 Traverse City	Not required	Rebecca Gallegos RN, Oncology Nurse Navigator for Breast Cancer (231) 392-8400 <a href="mailto:rgallegos@mhc.net">rgallegos@mhc.net</a>
<p><b>Young Survival Coalition</b> For Breast cancer patients &amp; survivors diagnosed age 40 and younger</p>	3 <sup>rd</sup> Thursday of the month 5:30-7:00pm	Cowell Family Cancer Center 217 S. Madison St. 1 <sup>st</sup> floor Biederman Radiation Oncology Suite Traverse City	Not required	Rebecca Gallegos RN, Oncology Nurse Navigator for Breast Cancer (231) 392-8400 <a href="mailto:rgallegos@mhc.net">rgallegos@mhc.net</a>  <a href="#">Katie Horvath JD, Support Services Manager, Oncology Services</a> (231) 392-8400 <a href="mailto:khovath@mhc.net">khovath@mhc.net</a>

<b>Breast Cancer Support Group</b>	1 <sup>st</sup> Thursday of each month 5:00 - 6:30pm	Cowell Family Cancer Center 217 S. Madison St. 3 <sup>rd</sup> Floor REMEC 3002 Traverse City	Not required	Rebecca Gallegos RN, Oncology Nurse Navigator for Breast Cancer (231) 392-8400 <a href="mailto:rgallegos@mhc.net">rgallegos@mhc.net</a>
<b>Ovarian Cancer Support Group</b>	3 <sup>rd</sup> Thursday of each month 4:00 - 5:30pm	Cowell Family Cancer Center 217 S. Madison St. 3 <sup>rd</sup> Floor REMEC 3002 Traverse City	Not required	Jacalyn Lasich LMSW, CTP, OSW-C, Oncology Social Worker @ CFCC (231) 392-8494  Deb Frick RN, BSN, OCN (810)618-5923 <a href="mailto:Frick.debra@gmail.com">Frick.debra@gmail.com</a>
<b>Us, Too</b> Prostate Cancer Support Group	Last Tuesday of the month, 6:00 – 7:30 pm	MCHC Room A&B  Traverse City	No meetings June, July, & December.	Donna Hollister (231) 935-3831 or (231) 313-8384
<b>“Caring &amp; Connecting”</b> This is a Caregiver support group	Available upon request. Individual caregiver support is also available. (some insurances accepted)	Traverse City		Tara Carroll, LPC/Art Therapist (231) 421-5963
<b>“Connect”</b> A support group for local teens coping with cancer or illness	Available upon request. Individual caregiver support is also available. (some insurances accepted)	Traverse City		Tara Carroll, LPC/Art Therapist (231) 421-5963

<b>Breast Cancer Support Group</b>	Last Monday of the month 6pm	Friends Together Center 105 Prentiss Center  <b>Alpena</b>	Judy Burns <b>(989) 356-3231</b>  <i>There are also many more groups available. Please call to find one for your needs. They also provide transportation in the Alpena area or if you require treatment outside the area, they can assist with lodging.</i>
<b>Tuesday Night Live</b> – general For anyone touched by cancer	Every Tuesday 6pm		
<b>Guys Like Us</b> Men with cancer or Caregivers to someone with cancer	Every Wednesday 10am		
<b>Caregivers Connect</b> For caregivers	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays 6pm		
<b>My Child's Cancer</b>	Call for days and times		
<b>Life After Loss</b>	Every Thursday 6pm		
<b>Touch of Beauty</b> Safe products to use	2 <sup>nd</sup> Monday of the month 6pm		
<b>Northport Area Cancer Support Group</b> for Individuals with cancer	1 <sup>st</sup> Monday, 5:15 - 6:45pm	Trinity Church Northport	Terry Gremel <b>(231) 645-2120</b>
<b>Support for Family &amp; Friends of</b> Individuals with Cancer	3 <sup>rd</sup> Thursday, 1:30 – 3pm	Trinity Church Northport <b>Northport</b>	

SUPPORT GROUPS – Program	Date and Time	Location	Registration	Contacts
<b>Gilda's Cancer Support Group</b> For patients and caregivers	3 <sup>rd</sup> Monday 3 – 4:30pm	Susan P. Wheatlake Regional Cancer Center 499 220 <sup>th</sup> Ave Reed City		Marissa (231) 832-8486
<b>Friends Together North</b>	Every other Monday 6pm	Presquille Library  Roger City		Judy Burns (989) 356-3231
<b>Learning Lunches</b>	3 <sup>rd</sup> Thursdays of the month, 12noon			
<b>Womens' Cancer Support Group</b> Intended for women in Roscommon, Higgins Lake, Prudenville, Houghton Lake, & St. Helen areas	1 <sup>st</sup> Thursday of the month 3:30pm	Fred's of Roscommon		Judy Layton (989) 821-6123
<b>Breast Friends of Cadillac</b> A group to offer support through diagnosis, treatment, and survivorship. "Be a thriver".	2 <sup>nd</sup> Tuesday of the month 5:30pm	Lakeshore Community Counseling Center  Cadillac		Robin Mosher <a href="mailto:Rmoseh03@baker.edu">Rmoseh03@baker.edu</a> (231) 429-7717

### Camp Kesem at Michigan State University

Camp Kesem is a nationwide community led by college students who employ a free camp for kids who have lost a parent to cancer, have a parent who is in treatment for cancer, or who have a parent who has survived cancer. For more information, contact Michael's Place by *email or phone*: [Melissa@MyMichaelsPlace.net](mailto:Melissa@MyMichaelsPlace.net) or 231-947-6453.

### Breast Cancer Companion Navigators Program

Those diagnosed with breast cancer are paired with a Navigator Companion —a breast cancer survivor who offers emotional support, shares information, and helps guide patients and their family members from diagnosis through treatment.

Offered by Munson Medical Center Cancer Services. Start-up funding was provided by the Zonta Club of Traverse City. For more information, call (231) 392-8400 or e-mail: [navigator@mhc.net](mailto:navigator@mhc.net)  
[www.munsonhealthcare.org/breast-cancer-navigator](http://www.munsonhealthcare.org/breast-cancer-navigator)

### Breastfeeding Support

#### Munson Breastfeeding Support Group

Munson Community Health Center, Classroom D, Mondays 3 – 4 p.m. Reassurance and answers for pregnant and breastfeeding women from a registered nurse lactation consultant and peers in an informal, friendly, setting. For more information, call Munson's "Warm Line" at 231-935-2591.



### **La Leche League of Traverse City**

Meet Ups are the 2nd Tuesday of the month at 10:30 a.m. at Central United Methodist Church, 222 Cass St., downtown Traverse City (Preschool Room #104).

Breastfeeding answers for pregnant and breastfeeding mothers. Babies and toddlers welcome.

For more information, contact a leader: Kathleen 231-878-3988 \* Dani 231-642-7564 \*

Jessica 231-935-7974

[www.llltraversecity.weebly.com](http://www.llltraversecity.weebly.com)

### **Cardiac Support**

#### **Cardiac Rehab Support Group (Traverse City)**

Monthly meetings facilitated by Jim Batsakis, LMSW and targeted for current (and former) cardiac rehab participants. Meetings the fourth Tuesday of each month from 2 to 3 pm at Munson Community Health Center - Classroom A, 550 Munson Ave., Traverse City.

Group provides opportunity to connect with those living with the effects of cardiovascular disease. Participants share experiences, give/receive emotional support, and learn. Guest speakers also are incorporated.

For more information, call Jodi Radtke, BSN, RN-C, in Cardiac Rehab at 231-935-8560.

### **COPD Support**

#### **The Harmonica Program**

Current participants of the Cardiac Pulmonary Rehabilitation program at Otsego Memorial Hospital in Gaylord meet one Tuesday per month to exercise lung function via group harmonics. Meeting room located in Cardiac Pulmonary Rehab. For more information, call (989) 731- 7842

### **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.

## **Diabetes Support**

### **Type 1 Diabetes Support Group – Traverse City Area**

Type 1 Diabetes meetings held once per month, location varies each month. Traverse City, usually around 6 p.m. Call 231-342-0393 for details and location.

(Affiliated with the Ryan Dobry Diabetes Charity) [www.therddc.com](http://www.therddc.com)

## **Domestic Violence**

### **Empowerment groups of the Women’s Resource Center — Grand Traverse & Kalkaska counties**

Area Empowerment groups available for adult female survivors of domestic violence. These groups are facilitated, and participants also receive peer support. Sessions target building self-esteem, managing healthy relationships, avoiding codependency and honing related life skills.

### **For the safety and confidentiality of group participants, those interested must first receive a referral from a Women's Resource Intake Advocate before connecting with a meeting group.**

Regular meetings available Mondays and Wednesdays at the Women’s Resource Center office in Traverse City, and on Mondays at the Kalkaska office.

For more information, call the Women's Resource Center Line at 231-941-1210 (answered 24/7).

Leelanau and Benzie counties do not currently have regular groups, but calls to inquire are welcome.

### **Women’s Resource Center Hotline: 1-800-554-4972**

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

## **Grandparent Support**

### **MSU Extension provides a guide to programs and support for Grandparents raising grandchildren**

Features fact sheets, book lists for children of loss, legal direction, kinship opportunities and more. [http://msue.anr.msu.edu/news/grandparents\\_raising\\_grandchildren\\_part\\_ten](http://msue.anr.msu.edu/news/grandparents_raising_grandchildren_part_ten)

## **Hospice**

## Munson Hospice Grief Support Groups and Activities - 2017 Schedule

*Join a friendly environment where grief and loss is understood. Share your story and learn from others.*

Location	Day of Month	Time	Place	Event Type
Acme	2 <sup>nd</sup> Tuesday	3pm	Samaritas (formerly Hope Village) 4354 Mt Hope Rd.	Support Group
Bellaire	2 <sup>nd</sup> Friday	11am	Meadowbrook Nursing Home 4543 S. M-88	Support Group
Cadillac	Every Monday	10am	Munson Home Health 618 S. Mitchell St., Suite A	Support Group
Cadillac	Every Tuesday	9am	Big Boy Restaurant, 1310 S Mitchell St.	Social Group
Charlevoix	1 <sup>st</sup> Thursday	Noon	Munson Healthcare Charlevoix Hospital 14700 Lake Shore Dr., Conference Rm B	Support Group
Frankfort	Every Friday (except 1 <sup>st</sup> Friday of the month)	11am	Paul Oliver Memorial Hospital 224 Park Ave., 2 <sup>nd</sup> Floor Conference Rm	Support Group
Gaylord	4 <sup>th</sup> Friday (STARTS 3/24/17)	3pm	Alpine Haus 504 Random Lane	Support Group
Grayling	4 <sup>th</sup> Monday (STARTS 6/26/17)	11am	Munson Home Health, 324 Meadows Drive	Support Group
Houghton Lake	4 <sup>th</sup> Thursday (STARTS 6/22/17)	3:30pm	Commission on Aging-Houghton Lake Center 2625 S. Townline Rd.	Support Group
Kalkaska	1 <sup>st</sup> Friday	11am	Kalkaska Memorial Health Center 419 S Coral St., Conference Rm.	Support Group
Manistee	3 <sup>rd</sup> Wednesday	11 am	West Shore Medical Center-Education Center 1465 E Parkdale Ave.	Support Group
Suttons Bay	2 <sup>nd</sup> & 4 <sup>th</sup> Monday	11am	Leelanau Co. Government Ctr. 8525 E Government Center Dr.	Support Group
Traverse City	1 <sup>st</sup> & 3 <sup>rd</sup> Monday	10am	Munson Hospice House, 450 Brook St	Support Group
Traverse City	3 <sup>rd</sup> Monday	2 pm	Pottery Painting @ Handz on Art, 144 Hall St.	Support Activity
Traverse City	Every Tuesday	10am	Senior Center Network, 801 E. Front St.	Social Group
Traverse City	Every Tuesday	11:15am	Senior Center Network, 801 E Front St.	Newly Bereaved Support Group
Traverse City	Every Tuesday	4pm	Quiet Time—Guided Meditation Munson Hospice House, 450 Brook St.	Support Activity
Traverse City	2 <sup>nd</sup> Wednesday	5pm	Senior Center Network, 801 E. Front St.	Support Group
Traverse City	2 <sup>nd</sup> Wednesday	6pm	Senior Center Network, 801 E Front St.	Loss of a Parent Support Group
Traverse City	4th Thursday	11am	Traverse Area District Library Study Room D, 610 Woodmere Ave.	Caregivers Grief Support Group
Traverse City	4th Thursday	12:30pm	Traverse Area District Library Study Room D, 610 Woodmere Ave.	Loss of Spouse Support Group

Groups follow local public school closing schedule for inclement weather. Last Updated 3/21/17.

All are welcome to attend

No registration needed



**MUNSON HOME HEALTH**

MUNSON HEALTHCARE

Munson Home Health

1105 Sixth Street

Traverse City, MI 49684

800-252-2065

For more information on Munson Hospice, bereavement activities, and volunteer opportunities, please call 800-252-2065, visit our website at [munsonhomehealth.org](http://munsonhomehealth.org) or send an email to [hospicebereavement@mhc.net](mailto:hospicebereavement@mhc.net).

## **Scleroderma Support**

### **Virtual Scleroderma Support Group – Michigan Chapter**

Meets the 1st Wednesday of every month starting in January from 6:30 p.m. - 7:30 p.m.

Contact: Nancy Stephens at 586-206-5744 or e-mail: [nastephens67@yahoo.com](mailto:nastephens67@yahoo.com) for detailed info. [2017 Meeting Schedule](#)

[Click here](#) to join at the time of the meeting.

Systemic sclerosis is a chronic connective tissue disease generally classified as one of the autoimmune rheumatic diseases. Hardening of the skin is one of the most visible Scleroderma manifestations.

## **Stroke Support**

### **Grand Traverse Bay Area Stroke Club**

Club offers stroke survivors and their support persons the opportunity to learn, share and connect with one another. Meetings include demonstrations, group discussions and informative speakers

The Stroke Club meetings take place on the second Wednesday of the month from 2:30 - 4:30 pm at The Presbyterian Church, 701 Westminster Rd. in Traverse City.

For more information, contact Melinda Hollands, LMSW, at (231) 935-6380