

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

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: www.addictiontreatmentservices.org/services/the-porch.php 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 rd 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

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

<u>DAY & TIME</u>	<u>MEETING NAME/TYPE</u>	<u>MEETING LOCATION</u>	<u>CONTACT PERSON #</u>
<i>The 1ST 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 nd to last door on left	MARTI W. 409-6417
MONDAY – 5:00 PM	Lake Ann AFG	{Meeting held at the Methodist Church Oct. 15 th – April 15 th - winter months} {Meeting held at the Community Center April 16 – Oct 14 th - 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
3 separate meetings	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
{The 5TH Tues of each month there is an Open Al-Anon/AA Meeting}			
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
{Men's group is held the 3rd Thurs. of each month}			
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
2 separate meetings	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

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 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

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: alzdialin@seniorhelpers.com	1st Tuesday, Noon – 1 p.m.	248-865-1000
	Evening Dial-In Support Group, Registration required prior to calling-in	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

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>“Come Together” Cancer Support Group A general support group for patients dealing with cancer, and their families and friends</p>	1 st and 3 rd Mondays, 5 - 6:30 pm	Cowell Family Cancer Center 217 S. Madison St. 1 st 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>Metastatic Breast Cancer Support Group</p>	2 nd Tuesday of the month 4 – 5:30pm	Cowell Family Cancer Center 217 S. Madison St. 3 rd floor REMEC Room 3002 Traverse City	Not required	Rebecca Gallegos RN, Oncology Nurse Navigator for Breast Cancer (231) 392-8400 rgallegos@mhc.net
<p>Young Survival Coalition For Breast cancer patients & survivors diagnosed age 40 and younger</p>	3 rd Thursday of the month 5:30-7:00pm	Cowell Family Cancer Center 217 S. Madison St. 1 st floor Biederman Radiation Oncology Suite Traverse City	Not required	Rebecca Gallegos RN, Oncology Nurse Navigator for Breast Cancer (231) 392-8400 rgallegos@mhc.net Katie Horvath JD, Support Services Manager, Oncology Services (231) 392-8400 khovath@mhc.net

Breast Cancer Support Group	1 st Thursday of each month 5:00 - 6:30pm	Cowell Family Cancer Center 217 S. Madison St. 3 rd Floor REMEC 3002 Traverse City	Not required	Rebecca Gallegos RN, Oncology Nurse Navigator for Breast Cancer (231) 392-8400 rgallegos@mhc.net
Ovarian Cancer Support Group	3 rd Thursday of each month 4:00 - 5:30pm	Cowell Family Cancer Center 217 S. Madison St. 3 rd 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 Frick.debra@gmail.com
Us, Too 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
“Caring & Connecting” 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
“Connect” 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

Breast Cancer Support Group	Last Monday of the month 6pm	Friends Together Center 105 Prentiss Center Alpena		Judy Burns (989) 356-3231 <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>
Tuesday Night Live – general For anyone touched by cancer	Every Tuesday 6pm			
Guys Like Us Men with cancer or Caregivers to someone with cancer	Every Wednesday 10am			
Caregivers Connect For caregivers	2 nd & 4 th Tuesdays 6pm			
My Child's Cancer	Call for days and times			
Life After Loss	Every Thursday 6pm			
Touch of Beauty Safe products to use	2 nd Monday of the month 6pm			
Northport Area Cancer Support Group for Individuals with cancer	1 st Monday, 5:15 - 6:45pm	Trinity Church Northport		Terry Gremel (231) 645-2120
Support for Family & Friends of Individuals with Cancer	3 rd Thursday, 1:30 – 3pm	Trinity Church Northport Northport		

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

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

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

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 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