



# **SUPPORT GROUP**

## **DIRECTORY**

**July 2005 Edition**

**Produced by  
Information and Referral Network, Inc.**

**With support from  
Anthem Blue Cross and Blue Shield**



**Copyright © 2005 by Information and Referral Network, Inc.**

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, incorporated into another work, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written consent of Information and Referral Network, Inc.

This directory may be copied and distributed as long as it is kept intact and the copyright notice appears.

This book is intended only as a listing of many support groups that are available to individuals in central Indiana. These listings are not intended to be a complete index of community resources. Information printed in the *Support Group Directory* is provided voluntarily by the organizations that are listed. Inclusion of a program in the book does not in any way represent or imply a determination or approval of the quality of those services. Exclusion does not reflect on any organization's contribution to the community.

Information and Referral Network, Inc. neither guarantees nor makes any representation as to the accuracy or completeness of the information contained in this book. Information and Referral Network, Inc. disclaims any and all responsibility and liability which may be asserted or claimed resulting from or arising out of reliance upon the information and procedures presented herein.



## About Information & Referral Network

Information & Referral Network (IRN) is a nonprofit agency governed by a volunteer board of directors. IRN is dedicated to facilitating connections between people who need human services and those who provide them. Major funding is provided by United Way of Central Indiana.

IRN is accredited by the Alliance of Information & Referral Systems and has received certification from the American Association of Suicidology.

## IRN provides many important services for the people of central Indiana

- HELPLINE 2-1-1, staffed 24 hours a day and 7 days a week by highly trained I&R Specialists, connects callers with needed resources. It can be reached by dialing 2-1-1 or (317) 926-4357. In addition, HELPLINE 2-1-1 includes *Spanish Language I&R and Outreach* and the *Domestic Violence Navigation Hub*.
- IRN publishes *The Rainbow Book*<sup>TM</sup> – a directory of thousands of community services and programs available to persons in central Indiana – as well as other essential resource publications for both helping professionals and the general public.
- IRN’s complete listing of community resources – over 4,000 program records – is available for free public access on the Internet. This is made possible through an arrangement with the Indianapolis-Marion County Public Library.
- As an added service to the community, IRN collects data and publishes information on needs, resources and gaps in services to inform community funders and planners.

To learn more about Information & Referral Network and its complete range of services, visit the agency’s website at [www.IRNi.org](http://www.IRNi.org).

Information & Referral Network  
P.O. Box 30530  
Indianapolis, IN 46230  
[www.IRNi.org](http://www.IRNi.org)

### About this Directory

IRN recognizes the value of support groups and has produced this directory with generous sponsorship from Anthem Blue Cross and Blue Shield. The most recent version in printable format is available for free download from IRN's website ([www.IRNi.org/publications.html](http://www.IRNi.org/publications.html)).

### Support Groups

Support groups are an important source of help and assistance for many people. There are many different types of support groups in the community and they address a wide range of needs. The following is quoted from Wikipedia, the free on-line encyclopedia:

*Support groups exist to combat or legitimize conditions or behaviors.*

*In the case of disease, an identity or a pre-disposition...a support group can provide information, act as a clearing-house for experiences, and serve as a public relations voice for sufferers, other members, and their families.*

*Compare Mensa International and gay pride, for example.*

*In the case of alleged ex-cult members or personal addictions...a support group may veer more towards helping those involved to overcome or move "beyond" their condition/ experience. In this category one can place Alcoholics Anonymous and other twelve-step programs.*

*Overtly or otherwise, such groups provide social networks and extended help for their members....*

*Two types of support groups are: self-help support groups, which are run by their members; and professionally run support groups, which are run by professionals.*

*Formal support groups may appear as a modern phenomenon, but they supplement traditional fraternal organizations...and may build on certain supportive functions (formerly) carried out in (extended) families.*

While we have attempted to make this directory as comprehensive and accurate as possible, we also realize that there are other support groups in central Indiana that are not known to us. We update our database as we learn about changes and publish a new version of this directory several times a year.

If you are unable to reach an organization listed here, call HELPLINE 2-1-1 at 2-1-1 or (317) 926-HELP for more information.

If you have comments about the directory or if your organization offers a support group that you think should be included in future editions, please submit the information on the IRN website ([www.IRNi.org](http://www.IRNi.org)) or call (317) 920-4850, ext. 225.

## TABLE OF CONTENTS

<b>ADDICTION-RELATED SUPPORT GROUPS .....</b>	<b>7</b>
Alcohol addiction support groups.....	7
Co-dependents support groups .....	7
Drug addiction support groups .....	7
Gambling addiction support groups.....	8
Sex addiction support groups .....	8
<b>BEREAVEMENT SUPPORT GROUPS.....</b>	<b>8</b>
Child/youth bereavement.....	9
support groups .....	9
General bereavement .....	10
support groups .....	10
Loss of a child support groups.....	12
Loss of a pet support groups.....	13
Survivors of homicide support groups.....	13
Survivors of suicide support groups .....	13
<b>DOMESTIC ABUSE SUPPORT GROUPS.....</b>	<b>14</b>
<b>EX-OFFENDER SUPPORT GROUPS .....</b>	<b>15</b>
<b>HEALTH-RELATED SUPPORT GROUPS .....</b>	<b>16</b>
Alopecia areata support groups .....	16
ALS support groups.....	16
Alzheimer's support groups .....	16
Autism-related support groups .....	17
Cancer support groups.....	17
Caregiver support groups .....	19
Cerebral palsy support groups .....	20
Children with special needs support groups .....	20
Chronic pain support groups.....	21
Craniofacial-related support groups .....	21
Crohn's and Colitis support groups.....	21
Deaf/Hearing loss support groups .....	21
Diabetes support groups .....	21
Eating disorders support groups .....	22
Epilepsy support groups .....	22
Fibromyalgia/chronic fatigue syndrome support groups .....	22
Heart-related support groups .....	23
Hemophilia support groups .....	23
HIV/AIDS support groups.....	23
Huntington's disease support groups .....	23
Leukemia and Lymphoma support groups .....	23
Lung health-related support groups .....	24
Lupus support groups .....	24
Multiple sclerosis support groups.....	24
Muscular dystrophy support groups .....	25
Myasthenia gravis support groups .....	25
Ostomy support groups.....	25
Parkinsons support groups.....	25
Post-polio support groups.....	25
Sarcoidosis support groups.....	25
Scoliosis support groups.....	25

## Support Group Directory

Sleep disorders support groups .....	25
Spina bifida support groups .....	26
Spinal cord injury support groups .....	26
Stroke victims support groups .....	26
Tourette syndrome support groups .....	26
Von Hippel-Lindau (VHL) support groups .....	26
<b>MENTAL HEALTH-RELATED SUPPORT GROUPS.....</b>	<b>27</b>
Agoraphobia/anxiety/panic disorders support groups .....	27
Attention deficit disorder support groups .....	28
Dissociative identity disorder (DID) support groups.....	28
Depression/bi-polar support groups.....	28
Eating disorders support groups .....	29
Emotions anonymous support groups.....	29
General mental health related support groups .....	29
<b>PARENTING SUPPORT GROUPS.....</b>	<b>31</b>
Breastfeeding support groups .....	31
Divorce/separation support groups .....	32
Grandparents as parents support groups .....	32
Parents of multiples support groups .....	32
Parents of troubled youth support groups .....	33
Pregnancy-related support groups .....	33

**ADDICTION-RELATED SUPPORT GROUPS**

**Alcohol addiction support groups**

**Alcoholics Anonymous**

**Program:** AA Support Groups

**632-7864**

**Spanish: 416-5780**

**Days/Hours:** 24-hour answering service  
Offers support groups for alcoholics. Members help each other maintain sobriety and share their recovery experiences. Over 370 weekly meetings are held in Marion and adjacent counties. Call the Indianapolis office for information on locations and times or the Spanish line for information concerning meetings conducted in Spanish. Also provides referrals to meeting sites statewide. If a person calls AA and expresses that they use other drugs besides alcohol, they will not be given information on AA meetings and should contact either Cocaine Anonymous or Narcotics Anonymous.

**Westside Way Out Club**

**Program:** Westside Way Out Club  
4510 W. Washington St.  
Indianapolis, IN 46241

**244-0981**

**Days/Hours:** Vary  
Offers over 25 support groups for those wanting to stop personal alcohol addiction. Members help each other maintain sobriety and share their recovery experiences. Based on the 12-step program by AA.

**Co-dependents support groups**

**CoDependents Anonymous**

**Program:** IndyCoda Support Groups  
Call for location

**971-6541**

**Days/Hours:** Vary  
Offers a support group for persons who are unable to maintain functional relationships; based on the 12-step program of Alcoholics Anonymous. Call for a list of meeting times and places.

**Sex Addicts Anonymous**

**Program:** Codependents Support Group  
PO Box 20834  
Indianapolis, IN 46220

**545-9783**

**(866) 205-8564**

**Days/Hours:** Vary  
Offers 12-step support groups for family members or significant others of persons suffering from sexual addiction or dependency.  
**WEBSITE:** <http://www.cosa-recovery.org>

**Drug addiction support groups**

**Cocaine Anonymous**

**Program:** Support Groups  
PO Box 20689  
Indianapolis, IN 46220

**767-1300**

**Days/Hours:** Daily 24 hours  
Offers self-help support groups in which members help each other stay drug-free and share recovery experiences. Call for locations and times of meetings in Marion and surrounding Counties.

**WEBSITE:** <http://www.caindiana.org/>

**Marion County Health Department**

**Program:** Tobacco Support Group  
3838 N. Rural St.  
First Floor Conference Room  
Indianapolis, IN 46205

**221-2084**

**Days/Hours:** 2nd and 4th Tuesday per month  
5:30pm-6:30pm  
Offers a support group for persons who want to stop using tobacco.

**WEBSITE:** <http://www.mchd.com>

**Narcotics Anonymous**

**Program:** Support Groups  
Call for locations

**875-5459**

**Days/Hours:** Meetings daily; 24-hour telephone service  
Offers self-help support groups in which members help each other stay drug-free and share recovery experiences. Call the Indianapolis office for locations and times of meetings in Marion and adjacent Counties.

**Nicotine Anonymous**

**Program:** Nicotine Anonymous Support Group  
Little Flower Catholic Church  
4720 E. 13th St.  
Indianapolis, IN 46201

**351-9336**

**Days/Hours:** Fri. 6:30pm  
Provides a faith-based support group for persons who want to stop using nicotine.

**Overcomers Ministries**

**Program:** Addiction Support Groups  
7790 N. Fish Rd.  
Bloomington, IN 47408

**(812) 332-2452**

**Days/Hours:** Mon. and Thurs. 7pm  
Offers a ministry-based support group designed to help those recovering from addictions. Discusses stages of addictions, defense mechanisms and how to overcome the addictions.

## Support Group Directory

### Pathway to Recovery

**Program:** Cool Dual Support Group  
2135 N. Alabama St. **926-8557**

Indianapolis, IN 46202  
**Days/Hours:** Wed. 8pm

Offers support group for substance-abusers and dually diagnosed persons. Group is facilitated by residents of Pathway to Recovery who are also dealing with the same issues.

### Gambling addiction support groups

### Overcomers Ministries

**Program:** Addiction Support Groups  
7790 N. Fish Rd. **(812) 332-2452**

Bloomington, IN 47408  
**Days/Hours:** Mon. and Thurs. 7pm

Offers a ministry-based support group designed to help those recovering from addictions. Discusses stages of addictions, defense mechanisms and how to overcome the addictions.

### Sex addiction support groups

### Sex Addicts Anonymous

**Program:** Sex Addicts Support  
PO Box 20834 **545-9783**  
Indianapolis, IN 46220 **(866) 205-8564**

**Days/Hours:** Vary  
Offers a 12-Step support group for persons suffering from sexual addiction or dependency.  
**WEBSITE:** <http://www.indiana-saa.org>

## BEREAVEMENT SUPPORT GROUPS

### Community Health Network

**Program:** Bereavement Support Group  
Community Hospital East **355-5130**

1500 N. Ritter Ave., Rm. 192  
Indianapolis, IN 46219  
**Days/Hours:** Monthly 2nd and 4th Thurs. 2pm-3:30pm

Offers a support group for any adult who has lost a loved one. Call for information and registration.

**WEBSITE:** <http://www.ehealthindiana.com>

### Community Health Network

**Program:** Open Arms  
Community Hospital North **621-5275**

7150 Clearvista Dr.  
Indianapolis, IN 46256  
**Days/Hours:** Monthly 3rd Thurs. 7pm-9pm

Offers a support group for families who have experienced stillbirth, miscarriage or newborn death. Call for information and location.

**WEBSITE:** <http://www.ehealthindiana.com>

### Hancock Memorial Hospital and Health Services

**Program:** Grief Support Group  
Pastoral Care **468-4500**

801 N. State St.  
Greenfield, IN 46140  
**Days/Hours:** Vary, call for meeting times

Offers a support group for person's coping with the death of a family member or friend.  
**WEBSITE:** <http://www.hmhs.org>

### Hancock Memorial Hospital and Health Services

**Program:** Infant Loss Support Group  
Andis Womens Unit **468-4485**

801 N. State St.  
Greenfield, IN 46140  
**Days/Hours:** Vary, call for meeting times

Offers support group for families who have experienced the loss of a baby through miscarriage, ectopic pregnancy, stillbirth or newborn death.

**WEBSITE:** <http://www.hmhs.org>

### Hendricks Regional Health

**Program:** Bereavement Support Groups  
1000 E. Main St. **745-3417**  
Danville, IN 46122 **718-4360**

**Days/Hours:** Vary  
Offers both family and individual support groups for those grieving the loss of a loved one or friend. Call the hospital chaplain for specific meeting times.

**WEBSITE:** <http://www.hendricksregional.org>

### Mental Health Association in Hendricks County

**Program:** Westside Widowed Group  
6845 E. US 36, Ste. 880 **272-0027**  
Avon, IN 46123

**Days/Hours:** Vary  
Offers a support group for those who have lost a spouse. Call for meeting location.

### Riverview Hospital

**Program:** Adult Grief  
395 Westfield Blvd. **(800) 480-9408**  
Noblesville, IN 46060

**Days/Hours:** Monthly 2nd Mon. 6:30pm-8pm  
Offers a bereavement support group for adults who have lost a loved one.

**WEBSITE:** <http://www.riverview.org>

### **SIDS Center of Indiana**

**Program:** Loss of a Child Support Group  
1810 Broad Ripple Ave., Ste. 13      **254-9255**  
Indianapolis, IN 46220      **(877) 507-4737**  
**Days/Hours:** Monthly 3rd Thurs.; call for times  
Provides emotional support and information to  
families who have lost a child through  
SIDS/Sudden Infant Death Syndrome (Crib  
Death). Call for more information.  
**WEBSITE:** <http://www.sids.org>

### **St. Vincent Hospitals and Health Services**

**Program:** Bereavement Support Groups  
2142 W. 86th St.      **338-4040**  
Indianapolis, IN 46260  
**Days/Hours:** Vary  
Provides support groups for adults who have  
experienced the death of a loved one. Group  
education and support on the grieving process  
offered 4 times a year in 6-week sessions. Also  
offers bereavement support groups for children  
5-12, teens 12 and older, and daughter's grief  
support for those who have lost their mothers.  
**WEBSITE:** <http://www.stvincent.org>

<p><b>Child/youth bereavement support groups</b></p>
--

### **Brooke's Place for Grieving Young People**

**Program:** Brooke's Place Peer Support Group  
St. Luke's United Methodist Church      **705-9650**  
100 W. 86th St.  
Indianapolis, IN 46260  
**Days/Hours:** Thurs. 6:30pm-8:15pm  
Offers support groups for young people ages  
three-college age (20+) who are grieving the  
loss of a family member or friend. Groups allow  
and encourage expression of feelings through  
various activities and interactions, such as art,  
music, acting, writing, play, conversation and  
physical release in the "Volcano Room."  
Participants meet in age-appropriate groups  
twice a month for 75 minutes with trained staff  
and volunteer facilitators; adult groups run  
concurrently with the children's program.  
**WEBSITE:** <http://www.brookesplace.org>

### **Brooke's Place for Grieving Young People**

**Program:** Support Services  
50 E. 91st St., Ste. 103      **706-9650**  
Indianapolis, IN 46240  
**Days/Hours:** Office: Mon.-Fri. 8:30am-5pm;  
Program: vary  
Offers additional bereavement support services  
for children, teens, young adults (3-20+) and  
their parents/guardians. Services include  
distance support through the website, Grief and  
the Holidays Program (1st Wednesday in  
November), Children's National Memorial Service  
(December), Lending Library, A.B.C.s of Grief

and Pen Pal Program, Speaker's Bureau and  
Community Resource Series Programs.  
**WEBSITE:** <http://www.brookesplace.org>

### **Legacy House**

**Program:** Survivors of Violent Death Support  
Groups  
2505 N Arlington Ave., LL      **554-5272**  
Indianapolis, IN 46218  
**Days/Hours:** Monthly 1st and 3rd Wed. 5pm  
Offers a support group for families, close friends  
and other survivors of a loved one who died as a  
result of violence.  
**WEBSITE:** [http://www.hhcorp.org/legacyhouse  
.htm](http://www.hhcorp.org/legacyhouse.htm)

### **Morgan Hospital and Medical Center**

**Program:** Grief Support Group  
Cafeteria      **(765) 349-9566**  
2209 John R. Wooden Dr.  
Martinsville, IN 46151  
**Days/Hours:** Monthly 2nd Tues. 6pm  
Provides a supportive atmosphere for persons  
experiencing grief. Offers a separate support  
group for teens and youth.

### **St. Francis Hospital and Health Centers**

**Program:** Caterpillar Kids  
Christ United Methodist Church      **865-2092**  
8540 US 31S  
Indianapolis, IN 46227  
**Days/Hours:** Wed. 4pm-5:30pm  
Offers an educational and supportive group that  
meets for six weekly sessions to learn about  
grief and share experiences with others. Parents'  
group meets simultaneously. Topics addressed  
include the basics of grief (what does it mean to  
be alive/dead), feelings, memories, rituals and  
saying goodbye (funerals, cremation, burial),  
coping and feeling better, and a family  
celebration and "letting-go" ritual.  
**WEBSITE:** <http://www.stfrancishospitals.org>

### **St. Vincent Hospitals and Health Services**

**Program:** Bereavement Support Groups  
2142 W. 86th St.      **338-4040**  
Indianapolis, IN 46260  
**Days/Hours:** Vary  
Provides support groups for adults who have  
experienced the death of a loved one. Group  
education and support on the grieving process  
offered 4 times a year in 6-week sessions. Also  
offers bereavement support groups for children  
5-12, teens 12 and older, and daughter's grief  
support for those who have lost their mothers.  
**WEBSITE:** <http://happenings.stvincent.org>

## Support Group Directory

### General bereavement support groups

#### Bethesda Baptist Church

**Program:** Grief Support Group  
7950 N. CR 650 E **852-3101**  
Brownsburg, IN 46112  
**Days/Hours:** Office: Mon.-Fri. 9am-5pm;  
support group: seasonal  
Offers a support group for the widow or widower to help them deal with their loss. Workshop is offered each spring and fall. Cost is \$25 for materials. Call the church office for more information.  
**WEBSITE:** <http://www.bethesda-baptist.com>

#### Brooke's Place for Grieving Young People

**Program:** Brooke's Place Peer Support Group  
St. Luke's United Methodist Church  
100 W. 86th St. **705-9650**  
Indianapolis, IN 46260  
**Days/Hours:** Thurs. 6:30pm-8:15pm  
Offers support groups for young people ages three-college age (20+) who are grieving the loss of a family member or friend. Groups allow and encourage expression of feelings through various activities and interactions, such as art, music, acting, writing, play, conversation and physical release in the "Volcano Room." Participants meet in age-appropriate groups twice a month for 75 minutes with trained staff and volunteer facilitators; adult groups run concurrently with the children's program.  
**WEBSITE:** <http://www.brookesplace.org>

#### Brooke's Place for Grieving Young People

**Program:** Support Services  
50 E. 91st St., Ste. 103 **706-9650**  
Indianapolis, IN 46240  
**Days/Hours:** Office: Mon.-Fri. 8:30am-5pm;  
Program: vary  
Offers additional bereavement support services for children, teens, young adults (3-20+) and their parents/guardians. Services include distance support through the website, Grief and the Holidays Program (1st Wednesday in November), Children's National Memorial Service (December), Lending Library, A.B.C.s of Grief and Pen Pal Program, Speaker's Bureau and Community Resource Series Programs.  
**WEBSITE:** <http://www.brookesplace.org>

#### Cicero Christian Church

**Program:** GriefShare  
1715 Stringtown Pike **984-4653**  
Cicero, IN 46034  
**Days/Hours:** Monthly 2nd and 4th Mon.  
6:30pm  
Offers support group for those who have lost a loved one, friend or someone special.  
**WEBSITE:** <http://www.griefshare.org>

#### Clarian Women's Health Programs and Services

**Program:** Parent Grief Support Group  
Methodist Maternity Center **962-8153**  
1701 N. Senate Blvd., Rm. A3050A  
Indianapolis, IN 46202  
**Days/Hours:** Monthly 4th Wed. 7pm-8:30pm  
Offers support group for families grieving the loss of a baby through miscarriage, stillbirth or newborn death. Trained professionals in helping grieving parents will facilitate meetings.

#### Community Health Network

**Program:** Bereavement Support Group  
Community Hospital East **355-5130**  
1500 N. Ritter Ave., Rm. 192  
Indianapolis, IN 46219  
**Days/Hours:** Monthly 2nd and 4th Thurs. 2pm-3:30pm  
Offers a support group for any adult who has lost a loved one. Call for information and registration.  
**WEBSITE:** <http://www.ehealthindiana.com>

#### Community Health Network

**Program:** Community VNA Hospice  
Bereavement Office  
9894 East 121st St. **621-4762**  
Fishers, IN 46038 **(800) 404-4852**  
**Days/Hours:** Vary, groups usually meet in the evenings  
Provides bereavement support groups several times a year. Also offers educational workshops. Seasonal workshops on "Coping with the Holidays" are offered in October and November. Call for dates and locations. Support groups are free and open to adults who have experienced the death of a loved one.  
**WEBSITE:** <http://www.ehealthindiana.com>

#### Community Health Network

**Program:** Open Arms  
Community Hospital North **621-5275**  
7150 Clearvista Dr.  
Indianapolis, IN 46256  
**Days/Hours:** Monthly 3rd Thurs. 7pm-9pm  
Offers a support group for families who have experienced stillbirth, miscarriage or newborn death. Call for information and location.  
**WEBSITE:** <http://www.ehealthindiana.com>

#### Heartbeat - Columbus

**Program:** Heartbeat - Columbus  
16210 E. Main St. **(812) 546-5820**  
Columbus, IN 47203  
**Days/Hours:** Meets once per month. Call for times.  
Provides a peer-led support group of suicide survivors.

### Hendricks Regional Health

**Program:** Bereavement Support Groups

1000 E. Main St. **745-3417**  
Danville, IN 46122 **718-4360**

**Days/Hours:** Vary

Offers both family and individual support groups for those grieving the loss of a loved one or friend. Call the hospital chaplain for specific meeting times.

**WEBSITE:** <http://www.hendricksregional.org>

### Legacy House

**Program:** Survivors of Violent Death Support Groups

2505 N Arlington Ave., LL **554-5272**  
Indianapolis, IN 46218

**Days/Hours:** Monthly 1st and 3rd Wed. 5pm

Offers a support group for families, close friends and other survivors of a loved one who died as a result of violence.

**WEBSITE:** <http://www.hhcorp.org/legacyhouse.htm>

### Mental Health Association in Hendricks County

**Program:** Westside Widowed Group

6845 E. US 36, Ste. 880 **272-0027**  
Avon, IN 46123

**Days/Hours:** Vary

Offers a support group for those who have lost a spouse. Call for meeting location.

### Methodist Hospital

**Program:** Family Support Group

I-65 at 21st St. **962-8611**  
Indianapolis, IN 46202

**Days/Hours:** Mon.-Fri. 8am-4:30pm; Chaplain on call daily 24 hours

Offers a support group for anyone who has an extremely sick, terminally ill or deceased family member.

**WEBSITE:** <http://www.clarian.org>

### Morgan Hospital and Medical Center

**Program:** Grief Support Group

Cafeteria **(765) 349-9566**  
2209 John R. Wooden Dr.  
Martinsville, IN 46151

**Days/Hours:** Monthly 2nd Tues. 6pm

Provides a supportive atmosphere for persons experiencing grief. Offers a separate support group for teens and youth.

### Parents of Murdered Children

**Program:** Survivors of Violence Support Group

Rosedale Hills United Methodist Ch. **787-6705**  
4450 S. Keystone Ave.  
Indianapolis, IN 46227

**Days/Hours:** Monthly 3rd Thurs. 7pm

Provides information and a support network for survivors of homicide victims.

**WEBSITE:** <http://www.pomc.com>

### Riverview Hospital

**Program:** Adult Grief

395 Westfield Blvd. **(800) 480-9408**  
Noblesville, IN 46060

**Days/Hours:** Monthly 2nd Mon. 6:30pm-8pm

Offers a bereavement support group for adults who have lost a loved one.

**WEBSITE:** <http://www.riverview.org>

### SOS/Heartbeat - Bloomington

**Program:** SOS/Heartbeat - Bloomington

2341 Winding Brook Circle **(812) 336-0649**  
Bloomington, IN 47401

**Days/Hours:** Call for dates and times.

Provides a professionally led support group concerning suicide.

### St. Francis Hospital and Health Centers

**Program:** Adult Bereavement Support Group

438 S. Emerson Ave. **865-2092**  
Greenwood, IN 46143

**Days/Hours:** Tues. 3pm-4:30pm and 6:30pm-8pm

Offers an educational and supportive group that meets for six weekly sessions to learn about grief and share with others who have experienced the death of a loved one. Topics addressed include: physical effects of grief, emotional impact, sleep difficulty, utilizing available support, loneliness, depression, anger, holiday coping and hope for the future. Groups are offered quarterly.

**WEBSITE:** <http://www.stfranchishospitals.org>

### St. Vincent Hospitals and Health Services

**Program:** Bereavement Support Groups

2142 W. 86th St. **338-4040**  
Indianapolis, IN 46260

**Days/Hours:** Vary

Provides support groups for adults who have experienced the death of a loved one. Group education and support on the grieving process offered 4 times a year in 6-week sessions. Also offers bereavement support groups for children 5-12, teens 12 and older, and daughter's grief support for those who have lost their mothers.

**WEBSITE:** <http://happenings.stvincent.org>

### St. Vincent Hospitals and Health Services

**Program:** RTS Parent Support Group

8450 Payne Rd. **338-4040**  
Indianapolis, IN 46260 **338-2273**

**Days/Hours:** Monthly 1st Thurs. 7pm-9pm

Offers a support program for parents who are coping with a miscarriage, ectopic pregnancy, stillbirth or newborn death. The program provides an opportunity to discuss feelings and share experiences.

**WEBSITE:** [www.stvincent.org](http://www.stvincent.org)

## Support Group Directory

### Survivors of Suicide Victims

**Program:** Support Group  
1640 N. Ritter Ave. **621-5269**  
Indianapolis, IN 46219  
**Days/Hours:** Monthly 4th Wed. 7pm-9pm,  
except Nov. and Dec. 3rd Wed.  
Provides a support group for family members  
and others who have lost someone by suicide.

### They Help Each Other Spiritually - THEOS, Northwest

**Program:** Bereavement Support Group  
**298-4297**  
**Days/Hours:** Vary; 24-hour telephone  
answering machine  
Provides a support group for persons who have  
experienced the death of a partner. Call for  
meeting times and sites.

### Vistacare Hospice

**Program:** Grief and Healing Support Programs  
6431 S. East St. **883-2231**  
Indianapolis, IN 46227 **(800) 480-9408**  
**Days/Hours:** Vary  
Offers grief support groups for adults who have  
experienced loss. These groups are provided at  
no cost. Call and ask for a Bereavement  
Coordinator.  
**WEBSITE:** <http://www.vista-care.com>

### Young Widowed Group

**Program:** Young Widowed Group  
Meets at St. Matthews Church **236-1586**  
4100 E. 56th St  
Indianapolis, IN 46220  
**Days/Hours:** Monthly 3rd Mon. 7pm  
Provides support to men and women who have  
experienced the untimely loss of a spouse.  
Offers peer support through the grief experience  
along with opportunities for socializing. Offers  
monthly meetings and several social events.  
Publishes a monthly newsletter for the 100+  
members.

### Loss of a child support groups

### Clarian Women's Health Programs and Services

**Program:** Parent Grief Support Group  
Methodist Maternity Center **962-8153**  
1701 N. Senate Blvd., Rm. A3050A  
Indianapolis, IN 46202  
**Days/Hours:** Monthly 4th Wed. 7pm-8:30pm  
Offers support group for families grieving the  
loss of a baby through miscarriage, stillbirth or  
newborn death. Trained professionals in helping  
grieving parents will facilitate meetings.

### Community Health Network

**Program:** Open Arms  
Community Hospital North **621-5275**  
7150 Clearvista Dr.  
Indianapolis, IN 46256  
**Days/Hours:** Monthly 3rd Thurs. 7pm-9pm  
Offers a support group for families who have  
experienced stillbirth, miscarriage or newborn  
death. Call for information and location.  
**WEBSITE:** <http://www.ehealthindiana.com>

### Compassionate Friends, Central Indiana Chapter

**Program:** Death of a Child Support Group  
Second Presbyterian Church **996-3209**  
7700 N. Meridian St., Rm 413  
Indianapolis, IN 46260  
**Days/Hours:** Monthly 2nd Fri. 7:30pm-9pm  
Offers a support group for parents, grandparents  
and siblings of children who have died. Provides  
support during crisis and later adjustment  
period.  
**WEBSITE:** <http://www.central-in-chapter-tcf.org>

### Compassionate Friends, Central Indiana Chapter

**Program:** Death of a Child Support Group  
First Baptist Church **876-1022**  
99 W. Main St.  
Greenwood, IN 46142  
**Days/Hours:** Monthly 1st Tues. 7:30pm-9pm  
Offers a support group for parents, grandparents  
and siblings of children who have died. Provides  
support during crisis and later adjustment  
period.  
**WEBSITE:** <http://www.central-in-chapter-tcf.org>

### Hancock Memorial Hospital and Health Services

**Program:** Infant Loss Support Group  
Andis Womens Unit **468-4485**  
801 N. State St.  
Greenfield, IN 46140  
**Days/Hours:** Vary, call for meeting times  
Offers support group for families who have  
experienced the loss of a baby through  
miscarriage, ectopic pregnancy, stillbirth or  
newborn death.  
**WEBSITE:** <http://www.hmhs.org>

### Parents of Murdered Children

**Program:** Survivors of Violence Support Group  
Rosedale Hills United Methodist Ch. **787-6705**  
4450 S. Keystone Ave.  
Indianapolis, IN 46227  
**Days/Hours:** Monthly 3rd Thurs. 7pm  
Provides information and a support network for  
survivors of homicide victims.  
**WEBSITE:** <http://www.pomc.com>

### Riverview Hospital

**Program:** RTS Infant Bereavement Support Group

395 Westfield Blvd. **776-7200**  
Noblesville, IN 46060

**Days/Hours:** Vary

Offers a support group for parents and family members who have experienced the death of a baby through ectopic pregnancy, miscarriage, stillbirth or newborn death.

**WEBSITE:** <http://www.riverview.org>

### SIDS Center of Indiana

**Program:** Loss of a Child Support Group

1810 Broad Ripple Ave., Ste. 13 **254-9255**  
Indianapolis, IN 46220 **(877) 507-4737**

**Days/Hours:** Monthly 3rd Thurs.; call for times  
Provides emotional support and information to families who have lost a child through SIDS/Sudden Infant Death Syndrome (Crib Death). Call for more information.

**WEBSITE:** <http://www.sids.org>

### St. Vincent Hospitals and Health Services

**Program:** RTS Parent Support Group

8450 Payne Rd. **338-4040**  
Indianapolis, IN 46260 **338-2273**

**Days/Hours:** Monthly 1st Thurs. 7pm-9pm  
Offers a support program for parents who are coping with a miscarriage, ectopic pregnancy, stillbirth or newborn death. The program provides an opportunity to discuss feelings and share experiences.

**WEBSITE:** [www.stvincent.org](http://www.stvincent.org)

### St. Vincent Hospitals and Health Services

**Program:** Subsequent Pregnancy Following a Pregnancy Loss

8450 Payne Rd. **338-4034**  
Indianapolis, IN 46260 **338-2273**

**Days/Hours:** Monthly 3rd Tues. 7pm-9pm  
Offers a support program for parents who are experiencing a pregnancy following a miscarriage, ectopic pregnancy, stillbirth or neonatal death. The program provides an opportunity to discuss feelings and share experiences.

**WEBSITE:** [www.stvincent.org](http://www.stvincent.org)

## Loss of a pet support groups

### Pet Loss Grief Support Group

**Program:** Pet Loss Support Group

Call for meeting location **898-1051**

**Days/Hours:** Monthly 2nd Sat. 2pm-4pm

Offers a support group for people who are grieving the loss of a pet. Also provides an annual pet memorial observance, a lending library, telephone support and a periodic newsletter. This organization does not place animals.

**WEBSITE:** <http://www.inpetloss.org>

## Survivors of homicide support groups

### Legacy House

**Program:** Survivors of Violent Death Support Groups

2505 N Arlington Ave., LL **554-5272**  
Indianapolis, IN 46218

**Days/Hours:** Monthly 1st and 3rd Wed. 5pm  
Offers a support group for families, close friends and other survivors of a loved one who died as a result of violence.

**WEBSITE:** <http://www.hhcorp.org/legacyhouse.htm>

## Survivors of suicide support groups

### Hospice of St. Joseph County, Inc.

**Program:** Survivors of Suicide

111 Sunnybrook Ct. **(574) 243-3100**  
South Bend, IN 46637

**Days/Hours:** Meets once per month. Call for times.

Provides a professionally led support group for suicide survivors.

### Lafayette Crisis Center

**Program:** Survivors of Suicide

Call for locations **(765) 742-0244**  
Lafayette, IN 47904

**Days/Hours:** Third Monday; 7pm-9pm

Provides a professionally led support group for suicide survivors. Also offers a quarterly newsletter.

### Mental Health Association in Vanderburg County

**Program:** Survivors of Suicide

123 N.W. 4th St., Ste. 707 **(812) 426-2640**  
Evansville, IN 47708

**Days/Hours:** First Mon. of each month. Call for times.

Provides a professionally led support group for suicide survivors.

## Support Group Directory

### Survivors of Suicide

**Program:** Survivors of Suicide - South Bend  
926 S. 20th St. (219) 287-0289

South Bend, IN 46615

**Days/Hours:** Meets as needed. Call first.  
Provides a peer led support group for suicide survivors.

### Survivors of Suicide of Dubois County, Inc.

**Program:** Survivors of Suicide  
104 S. Sycamore St. (812) 683-0680  
Huntingburg, IN 47542

**Days/Hours:** Meets second Mon. of every month. Call for times.  
Provides a list of peer led support groups for suicide survivors, also offers a newsletter.

### Survivors of Suicide Victims

**Program:** Support Group  
1640 N. Ritter Ave. 621-5269  
Indianapolis, IN 46219

**Days/Hours:** Monthly 4th Wed. 7pm-9pm  
except Nov. and Dec. 3rd Wed.  
Provides a support group for family members and others who have lost someone by suicide.

### The Wounded Healers

**Program:** The Wounded Healers  
921 W. 45th St. (219) 924-5577  
Griffith, IN 46319

**Days/Hours:** Meets twice per month. Call for times  
Provides a peer led support group concerning suicide.

### We the Living

**Program:** Survivors of Suicide  
4531 Highwood Dr. (260) 483-4895  
Ft. Wayne, IN 46815 (260) 483-4369

**Days/Hours:** Meets once per month. Call for times.  
Provides a peer led support group concerning suicide survivors.

## DOMESTIC ABUSE SUPPORT GROUPS

### Christians on the Move for God, Inc.

**Program:** Support Groups  
2037 N. Ritter Ave. 352-1870  
Indianapolis, IN 46218 (800) 830-7411

**Days/Hours:** Last Sat. of each month; 4pm-6pm  
Offers two support groups. Men Overcoming Violent Emotions (M.O.V.E.) and Lord Help a Sister Out. Focus is on domestic violence, finances, family, life choices, incarcerated loved ones and anything the attendees would like to discuss.

### Family Service

**Program:** Breaking Free Children's Program  
615 N. Alabama St., Ste. 320  
Indianapolis, IN 46204 634-6341 ext. 137

**Days/Hours:** Vary  
Provides 10-week structured programs dealing with issues facing children 4-17 who have witnessed domestic violence. A victims support group runs concurrently and child care for children 3 and younger is provided.  
**WEBSITE:** <http://www.family-service-inc.org>

### Family Service

**Program:** Domestic Violence Hispanic Outreach  
615 N. Alabama St., Ste. 320  
Indianapolis, IN 46204 634-6341 ext. 139

**Days/Hours:** Vary  
Offers support network for Spanish speaking victims of domestic violence, weekly support meetings and referrals to legal and social services. Also provides court support, monitoring and advocacy. Brochures and volunteer opportunities are available.  
**WEBSITE:** <http://www.family-service-inc.org>

### Family Service

**Program:** Domestic Violence Victims Support Network  
615 N. Alabama St., Ste. 320 634-6341  
Indianapolis, IN 46204

**Days/Hours:** Vary  
Offers support network for victims of domestic violence, weekly support meetings and referrals to legal and social services. Also provides court support, monitoring and advocacy. Support groups are offered in 10 different communities. Brochures and volunteer opportunities are available.  
**WEBSITE:** <http://www.family-service-inc.org>

**Julian Center**

**Program:** General and Domestic Violence Counseling

2011 N. Meridian St. **941-2200**  
Indianapolis, IN 46202

**Days/Hours:** Mon.-Thurs. 9am-6pm; Fri. 9am-4pm

Provides individual and group counseling and support groups for women and children. Assists with all types of personal and/or family problems. Special programs for victims of sexual assault, rape, childhood sexual abuse and domestic violence. Clients do not have to be a past or current shelter residents to participate; they only need to fill out an application, submit it and be interviewed. Sliding scale fees; accepts private insurance and Medicaid. Open service area.

**WEBSITE:** <http://www.juliancenter.org>

**Middle Way House**

**Program:** Domestic Violence Housing and Support Programs

**(812) 336-0846**  
**(812) 333-7404**

**Days/Hours:** Daily 24 hours

Provides service-rich emergency and transitional housing, walk-in services and support groups for domestic violence victims and their children. No drug testing is administered. Arranges transportation to shelter for residents in the catchment area. Catchment area includes Greene, Lawrence, Martin, Monroe, Morgan, and Owen Counties. Clients can access services directly.

**WEBSITE:** <http://www.bloomington.in.us/~mwhouse/>

**Prevail**

**Program:** Domestic Violence Support Groups  
1100 S. 9th St., Ste. 100 **773-6942**  
Noblesville, IN 46060 **776-3472**

**Days/Hours:** Vary

Offers a variety of support groups for those who have been victims of domestic violence. Also offers domestic violence support group for non-offending male victims.

**WEBSITE:** <http://www.prevailinc.com>

**Prevail**

**Program:** Male Victims of Domestic Violence Support Group

1100 S. 9th St., Ste. 100 **773-6942**  
Noblesville, IN 46060 **776-3472**

**Days/Hours:** Mon. 5:30pm-7pm

Offers a support group for male survivors of domestic violence.

**WEBSITE:** <http://www.prevailinc.com>

**Salvation Army Social Service Center**

**Program:** Education and Support Groups  
540 N. Alabama St. **637-5551**  
Indianapolis, IN 46204

**Days/Hours:** Mon.-Fri. 8:30am-4:30pm

Offers a domestic violence education and support group for women and children in the greater Indianapolis area. Group is led by a social worker and offers counseling on how to deal with problems.

**WEBSITE:** <http://www.salvationarmyindiana.org>

**Turning Point**

**Program:** Crisis Counseling/Intervention  
Johnson County Outreach **736-8666**  
PO Box 280 **(800) 221-6311**  
Franklin, IN 46131

**Days/Hours:** Mon.-Fri. 8am-5pm; 24-hour crisis line

Contact the office for information on support groups for adults and children. Also offers services in Jefferson County and Jackson County.

**WEBSITE:** <http://www.turningpointshelter.com>

**Turning Point**

**Program:** Domestic Violence Support Group  
Shelby County Outreach **398-5682**  
126 N. Harrison St. **(800) 221-6311**  
Shelbyville, IN 46176

**Days/Hours:** Mon. 6pm-7:30pm

Offers a support group for adult victims of domestic violence and a separate children's support group. Meets at the First Presbyterian Church.

**WEBSITE:** <http://www.turningpointshelter.com>

**EX-OFFENDER SUPPORT GROUPS**

**PACE - Public Action in Correctional Effort**

3214 Hovey St. **283-2406**  
Indianapolis, IN 46218

**Days/Hours:** Vary

Volunteers visit prisoners and aid ex-offenders in a paired support program. Support groups also available.

## HEALTH-RELATED SUPPORT GROUPS

### Community Health Network

**Program:** Brain Tumor Support Group  
1500 N. Ritter Ave. **355-5689**  
Indianapolis, IN 46219

**Days/Hours:** Monthly 3rd Wed. 6:30pm-7:30pm

Offers brain tumor support group for those afflicted by a brain tumor or for family members of a patient.

**WEBSITE:** <http://www.ehealthindiana.com>

### ICA - Interstitial Cystitis Association

**Program:** IC Support  
51 Monroe St., Ste. 1402 **(800) 435-7422**  
Rockville, MD 20850 **(301) 610-5300**

**Days/Hours:** Daily 24 hours

Offers information, telephone support, newsletters and a website to persons afflicted with interstitial cystitis, a bladder disease.

**WEBSITE:** <http://www.ichelp.org>

### Methodist Hospital

**Program:** Aneurysm Support Group  
1701 N. Senate Blvd., Rm. A4230 **396-1254**  
Indianapolis, IN 46202

**Days/Hours:** Wed. 4pm

Provides education and support for those interested in or affected by brain aneurysms.

**WEBSITE:** <http://www.ingmdgroup.com>

### National Osteoporosis Foundation - Indianapolis Chapter

**Program:** Southside Information and Support Group  
Community Hospital South **885-8255**  
1402 E. County Line Rd. **738-8229**  
Indianapolis, IN 46227

**Days/Hours:** Monthly 2nd Thurs. 6:30pm-8pm  
Offers information and support for the prevention, diagnosis and treatment of osteoporosis. Meetings host guest speakers including physicians, surgeons, dieticians and other medical professionals.

### Social Health Association of Indiana

**Program:** H.E.L.P.  
English Foundation Bldg. **638-3628**  
615 N. Alabama St., Room 8  
Indianapolis, IN 46204

**Days/Hours:** Monthly 2nd Thurs. and 4th Tues. 7pm-9pm

Offers information, support and meetings for persons with herpes.

**WEBSITE:** <http://www.indyhelp.com>

### Alopecia areata support groups

#### National Alopecia Areata Foundation

**Program:** Alopecia Areata Support Group  
Methodist Medical Group Plaza **733-3794**  
2620 Kessler Blvd., E. Dr.  
Indianapolis, IN 46205

**Days/Hours:** Thurs. 6:30pm

Provides support groups for people with alopecia areata and their families. Also provides public awareness, educational materials and advocates the concerns of affected persons. Alopecia areata is an autoimmune skin disease whereby an affected person's immune system mistakenly attacks the hair follicles resulting in hair loss. Occurs in all ages, races and both genders. Usually begins in childhood.

### ALS support groups

#### ALS Association of Indiana

**Program:** Support Group  
1980 E. 116th St., Ste. 105 **573-9888**  
Carmel, IN 46032 **(888) 508-3232**

**Days/Hours:** Monthly 1st Thurs. 6:30pm-8pm (no meetings in January)

Offers monthly support group meetings. Topics are a balance of educational/informational and social/emotional issues concerning ALS.

**WEBSITE:** <http://www.alsaindiana.org>

#### Muscular Dystrophy Association

**Program:** Muscular Dystrophy Support Groups  
3901 W. 86th St., Ste. 398 **824-4800**  
Indianapolis, IN 46268

**Days/Hours:** Vary

Sponsors support groups for adults with neuromuscular disorders and their families, and parents of children with neuromuscular disorders. Also offers ALS support groups.

**WEBSITE:** <http://www.mdausa.org>

### Alzheimer's support groups

#### Alzheimer's Association of Central Indiana

**Program:** Alzheimer's Support Groups  
9135 N. Meridian, Ste. B-4 **(800) 272-3900**  
Indianapolis, IN 46260

**Days/Hours:** Vary

Offers support meetings at various locations throughout Marion County and the surrounding counties for families and friends of Alzheimer's patients and separate support groups for persons in the early stages of Alzheimer's disease. Call for meeting times and locations. Maintains a list of Alzheimer's support groups.

**WEBSITE:** <http://www.alzindiana.org>

### Center for Women's Ministries

**Program:** Alzheimer's Support Group  
360 S. Sycamore St. (765) 349-0911  
Martinsville, IN 46151 (765) 342-3305  
**Days/Hours:** Monthly 2nd Tues. 7pm  
Provides a supportive atmosphere for persons with Alzheimer's and their friends and families.

### Franklin Memorial Christian Church

**Program:** Alzheimer's Support Group  
1720 Graham Rd. 443-0625  
Franklin, IN 46131  
**Days/Hours:** Monthly last Mon. 6:30pm  
Offers support group for persons affected by Alzheimer's Disease and their family members.

### Hancock Memorial Hospital and Health Services

**Program:** Alzheimer's Support Group  
Education Resources 468-4506  
801 N. State St.  
Greenfield, IN 46140  
**Days/Hours:** Last Monday of each month at 6:30pm  
Offers support group for spouses and other family members of persons with Alzheimer's Disease.  
**WEBSITE:** <http://www.hmhhs.org>

### Hendricks Regional Health

**Program:** Alzheimer's Support Group  
1000 E. Main St. 839-6577  
Conference Room 3  
Danville, IN 46122  
**Days/Hours:** Monthly 4th Tues. 6pm  
Offers a support group for Alzheimer's patients and their families.  
**WEBSITE:** <http://www.hendricksregional.org>

### Walker House

**Program:** Alzheimer's Support Group  
2216 N. Riley Highway (765) 932-2725  
Shelbyville, IN 46176 (765) 932-5553  
**Days/Hours:** Monthly 2nd Thurs. 7pm  
Offers support group for persons affected by Alzheimer's Disease and their family members.

### Witham Memorial Hospital

**Program:** Alzheimer's Support Group  
Witham Memorial Hospital (765) 485-8112  
2605 N. Lebanon St.  
Lebanon, IN 46052  
**Days/Hours:** Monthly 3rd Wed. 6:30pm  
Offers a free support group for caregivers, family members and friends of persons suffering from Alzheimer's disease. Patients in the early stages of Alzheimer's disease are also welcome to attend.  
**WEBSITE:** <http://www.witham.org>

## Autism-related support groups

### Central Indiana Autism Society

**Program:** Autism Support Group  
PO Box 50534 291-6272  
Indianapolis, IN 46250  
**Days/Hours:** Vary  
Provides support and information for parents of autistic children and parents of children with Pervasive Development Disorder - PDD. Offers informative monthly meetings during the school year that feature speakers. Also offers family social gatherings, an annual sibling party and a newsletter.

## Cancer support groups

### American Cancer Society, Central Indiana Area

**Program:** I Can Cope  
Location Varies 347-6670  
**Days/Hours:** Vary  
Offers an educational program for people facing cancer, either personally or as a friend or family caregiver. Offers help in the form of reliable information, peer support and practical coping skills so that the person can meet the challenge of concurring cancer.  
**WEBSITE:** <http://www.cancer.org>

### Brownsburg Christian Church

**Program:** Together Living with Cancer  
1800 N. Green St. 852-2221  
Brownsburg, IN 46112  
**Days/Hours:** Monthly 2nd and 4th Thurs. 7pm-8:30pm  
Offers support group for those dealing with cancer. Childcare is provided; fee is \$12 to cover the cost of the book. Participants may start at any time by attending a meeting or calling for more information.

### Community Health Network

**Program:** Common Bond Support Group  
Community Hospital East  
1500 N. Ritter Ave. 885-1250 ext. 244  
Indianapolis, IN 46219  
**Days/Hours:** Monthly 3rd Tues. 7pm-8:30pm except July and December  
Offers support for men dealing with prostate cancer. Call for more information and locations.  
**WEBSITE:** <http://www.ehealthindiana.com>

### Community Health Network

**Program:** Uplifters Breast Cancer Support Group  
Comm Hosp East, Bradley Boardroom  
1500 N. Ritter Ave. 355-4848  
Indianapolis, IN 46219  
**Days/Hours:** Monthly 1st Wed. 6:30pm-8pm  
Offers monthly support and education for breast cancer patients.  
**WEBSITE:** <http://www.ehealthindiana.com>

## Support Group Directory

### Hancock Memorial Hospital and Health Services

**Program:** Women's Cancer Circle  
Education Resources **468-4506**  
801 N. State St.  
Greenfield, IN 46140

**Days/Hours:** Monthly 3rd Wed. 7pm  
Offers support group for people with cancer and cancer survivors. Call for location.

**WEBSITE:** <http://www.hmhhs.org>

### Head and Neck Cancer Rehabilitation Institute, IN Chapter

**Program:** Laryngectomy Support Group  
7440 N. Shadeland Ave., Ste. 107 **926-1056**  
Indianapolis, IN 46250 **(800) 305-0117**

**Days/Hours:** Vary  
Offers encouragement, support, information and resource referrals to persons who have undergone Laryngectomy surgery and their families.

### Hendricks Regional Health

**Program:** Cancer Support Group  
Cancer Center **745-3417**  
8244 E. US 36  
Avon, IN 46123

**Days/Hours:** Meets every other Tues. 1pm-2:30pm

Offers a supportive atmosphere for cancer patients and their families by addressing their physical, emotional and spiritual needs and providing some educational content.

**WEBSITE:** <http://www.hendricksregional.org>

### Little Red Door Cancer Agency

**Program:** Information and Referral  
1801 N. Meridian St. **925-5595**  
Indianapolis, IN 46202

**Days/Hours:** Mon.-Fri. 8am-4:30pm  
Offers information, referral and advocacy to cancer patients seeking support groups and needed resources in the community.

**WEBSITE:** <http://www.littlereddoor.org>

### Major Hospital

**Program:** Breast Cancer Support Group  
150 W. Washington St. **398-5300**  
Shelbyville, IN 46176

**Days/Hours:** Third Thurs. of each month 7pm-8:30pm

Offers a supportive network for breast cancer sufferers.

**WEBSITE:** <http://www.majorhospital.com>

### Ovar'coming Together

**Program:** Ovar'coming Together  
3050 N. Meridian St. **250-6827**  
Indianapolis, IN 46208 **592-9991**

**Days/Hours:** Mon.-Fri. 8am-5pm; 24-hour voice mail

Provides resources for support, networking and education for those women diagnosed with ovarian cancer and their caregivers. Attends speaking events and health fairs; provides volunteer opportunities and outreach; produces a quarterly newsletter for distribution; and offers a support group in conjunction with The Wellness Community, 257-1505. Visit the website for further information.

**WEBSITE:** <http://www.ovarian-cancer.org>

### Partners in Wellness

**Program:** Cancer Support Group  
Wishard Hospital **630-2438**  
Meyers Bldg., Main Fl.  
Indianapolis, IN 46202

**Days/Hours:** Wed. 1:30pm-3:30pm  
Offers a support group for cancer patients and their support persons.

### Riley Hospital for Children

**Program:** Cancer Parents Support Group  
702 Barnhill Dr. RI3542 **274-0115**  
Indianapolis, IN 46202

**Days/Hours:** Wed. 2pm  
Offers a support group for parents and families of children with cancer.

**WEBSITE:** <http://www.rileyhospital.org>

### Riverview Hospital

**Program:** Cancer Support Group  
395 Westfield Blvd. **257-1505**  
Noblesville, IN 46060

**Days/Hours:** Monthly 1st and 3rd Wed. 6pm-8pm

Offers a support group for those living with cancer. A licensed therapist will lead the group that offers psychological and social support.

**WEBSITE:** <http://www.riverview.org>

### St. Francis Hospital and Health Centers

**Program:** Breast Cancer Support Group  
Cancer Care Center **782-6704**  
8111 S. Emerson Ave.  
Indianapolis, IN 46237

**Days/Hours:** Monthly 2nd Thurs. 6:30pm  
Offers an informal support group for women experiencing breast cancer. Group provides an open forum to share feelings and gain strength. Facilitated by a registered nurse and a social worker.

**WEBSITE:** <http://www.stfrancishospitals.org>

**St. Vincent Hospitals and Health Services**

**Program:** Cancer Support Groups  
2001 W. 86th St. **347-6670**  
Indianapolis, IN 46260

**Days/Hours:** Vary  
Offers three support groups sponsored by the American Cancer Society for persons living with cancer and their families: "Man to Man" for men with prostate cancer and their partners; "Families Living with Cancer" for family members of cancer patients; and "Reach" for women recently diagnosed with breast cancer and recently recovering from a mastectomy or lumpectomy.

**WEBSITE:** <http://www.stvincent.org>

**Wellness Community - Central Indiana**

**Program:** Cancer Support Groups  
8465 Keystone Crossing, Ste. 145 **257-1505**  
Indianapolis, IN 46240

**Days/Hours:** Mon.-Fri. 8:30am-5pm (office hours)

Offers weekly support groups for adult cancer patients and survivors, and their families and friends. Also offers Kids Connect, a support group for children 5-12 who have a parent or family member with cancer.

**WEBSITE:** <http://www.twc-indy.org>

**Wellness Community - Central Indiana**

**Program:** Cancer Support Groups  
St. Francis Home Health Care **257-1505**  
438 S. Emerson Ave.  
Indianapolis, IN 46237

**Days/Hours:** Office: Mon.-Fri. 8:30am-5pm;  
Support group: Tues. 6pm-8pm

Offers weekly support groups for adult cancer patients and survivors, and their families and friends.

**WEBSITE:** <http://www.twc-indy.org>

**Wellness Community, The - Central Indiana**

**Program:** Cancer Support Services  
8465 Keystone Crossing, Ste. 145 **257-1505**  
Indianapolis, IN 46240

**Days/Hours:** Mon.-Fri. 8:30am-5pm (office hours)

Provides free psychosocial support by licensed psychotherapists as an adjunct to conventional medical treatment for adult cancer patients and their families. Encourages patients to take an active part in their recovery. Offers orientation meetings, patient groups, family groups, relaxation/visualization groups, art workshops, education, nutrition and social events in a homelike setting. No fee for any services. Also offers yoga.

**WEBSITE:** <http://www.twc-indy.org>

**Witham Memorial Hospital**

**Program:** Breast Cancer Survivor's Support Group

Witham Memorial Hospital **(765) 485-8112**  
2605 N. Lebanon St.  
Lebanon, IN 46052

**Days/Hours:** Monthly 2nd Thurs. 7pm  
Offers a free support group for breast cancer survivors.

**WEBSITE:** <http://www.witham.org>

**Caregiver support groups**

**Alzheimer's Association of Central Indiana**

**Program:** Caregiver Consultation  
9135 N. Meridian, Ste. B-4 **(800) 272-3900**  
Indianapolis, IN 46260

**Days/Hours:** Daily 24 hours

Provides assistance for caregivers overwhelmed with care giving issues. Offers assistance in finding and coordinating services for persons with Alzheimer's disease or a related dementia disorder. Call for participation criteria.

**WEBSITE:** <http://www.alzindiana.org>

**Boone County Senior Services**

**Program:** Caregiver Support Groups  
403 N. Lebanon St. **(765) 482-5220**  
Lebanon, IN 46052 **873-8939**

**Days/Hours:** Vary

Offers a support group for caregivers of elderly individuals. Call for meeting times and locations.

**WEBSITE:** <http://www.booneseniors.org>

**Catholic Social Services of Central Indiana**

**Program:** Caregiver Support Group - Capital Ave.

A Caring Place Adult Day Service. **261-3378**  
4609 N. Capital Ave.  
Indianapolis, IN 46208

**Days/Hours:** Meets 4th Thursday at 5:30pm, dinner provided.

Provides support group for family and friends providing assistance to an older adult who is ill, frail or who would not ordinarily require assistance. This group is not for paid/professional caregivers. Dinner is provided. Respite services provided for Caring Place participants.

**WEBSITE:** <http://www.indycss.org>

## Support Group Directory

### Catholic Social Services of Central Indiana

**Program:** Caregiver Support Group - Holmes Ave.

Holy Trinity Place Adult Day Serv. **638-8322**  
907 N. Holmes Ave.  
Indianapolis, IN 46222

**Days/Hours:** Third Tuesday at 5:30pm, dinner provided

Provides support group for family and friends providing assistance to an older adult who is ill, frail or who would not ordinarily require assistance. This group is not for paid/professional caregivers. Dinner is provided. Respite services provided for Holy Trinity Place participants.

**WEBSITE:** <http://indycss.org>

### Hendricks Regional Health

**Program:** Children with Special Needs Support Group

1000 E. Main St. **745-3417**  
Conference Room 3  
Danville, IN 46122

**Days/Hours:** First Tues. of Month at 6:30pm  
Offers both family and individual support groups for parents and caregivers of children with special needs.

**WEBSITE:** <http://www.hendricksregional.org>

### Heritage Place of Indianapolis

**Program:** Caregiver Support Services  
4550 N. Illinois St. **283-6662**  
Indianapolis, IN 46208

**Days/Hours:** Mon.-Fri. 8am-5pm

Provides individual consultation with family members and others responsible for the care of an elderly person. Offers referrals, literature and information about available services.

### Johnson Memorial Hospital

**Program:** Caregivers Support Group  
1125 W. Jefferson St. **736-3535**  
Franklin, IN 46131

**Days/Hours:** Vary

Offers a support group for caregivers of children, the elderly or a spouse. Meetings focus on group discussion and coping with frustration and depression. Call for location.

**WEBSITE:** <http://www.johnsonmemorial.org>

### PrimeLife Enrichment

**Program:** Caregiver Support Groups  
1078 Third Ave. S.W. **815-7000**  
Carmel, IN 46032

**Days/Hours:** 4th Wed. of each month.

Offers support groups for caregivers. Alzheimer's and other dementia focus caregivers support group meets at 10am; general caregiver support group meets at 2pm. Attendant care is provided with prior arrangements.

**WEBSITE:** <http://www.primelifeenrichment.org>

### Rehabilitation Hospital of Indiana

**Program:** Stroke Survivors and Caregiver Support Group

4141 Shore Dr. **329-2000**  
Indianapolis, IN 46254 **329-2210**

**Days/Hours:** Monthly 2nd Wed. 12:15pm-1:15pm

Offers a support group for stroke survivors and their caregivers. Meetings feature different topics and speakers each month.

**WEBSITE:** <http://www.rhin.com>

### Riverwalk Village Senior Living

**Program:** Riverwalk Village Senior Living  
295 Westfield Rd. **773-3760**  
Noblesville, IN 46060

**Days/Hours:** First Thurs of every month; 6:30pm

Offers a support group to relatives and caregivers of persons with Alzheimer's and dementia.

## Cerebral palsy support groups

### Building Bridges

**Program:** Building Bridges Support Group  
United Methodist Church **834-3731**  
Mooresville, IN 46158

**Days/Hours:** Last Thursday of the month; 6pm-7:30pm

Offers an emotional and social support group for families and their special needs children with cerebral palsy.

## Children with special needs support groups

### Hendricks Regional Health

**Program:** Children with Special Needs Support Group

1000 E. Main St. **745-3417**  
Conference Room 3  
Danville, IN 46122

**Days/Hours:** First Tues. of Month at 6:30pm

Offers both family and individual support groups for parents and caregivers of children with special needs.

**WEBSITE:** <http://www.hendricksregional.org>

### The Leukemia & Lymphoma Society

**Program:** Family Support Groups  
941 E. 86th St., Ste. 100 **726-2270**  
Indianapolis, IN 46240 **(800) 846-7764**

**Days/Hours:** Mon.-Fri. 9am-5pm

Offers support group meetings for patients with leukemia, lymphoma, Hodgkin's disease and myeloma and their families.

**WEBSITE:** <http://www.leukemia-lymphoma.org/in>

**Chronic pain support groups**

**Cicero Christian Church**

**Program:** Hopekeepers  
 1715 Stringtown Pike **984-4653**  
 Cicero, IN 46034  
**Days/Hours:** Monthly 1st and 3rd Mon. 6:30pm  
 Offers support group for those suffering with any illness, pain or disability.  
**WEBSITE:** <http://www.rustministries.org>

**Craniofacial-related support groups**

**Craniofacial Program of Riley Hospital**

**Program:** Face to Face  
 7516 Edgewater Dr. **257-9633**  
 Indianapolis, IN 46240 **508-7980 Cell**  
**Days/Hours:** Vary  
 Offers support group for children and their families who have a congenital or acquired craniofacial anomaly such as cleft lip or cleft palate. Provides education, emotional support and some limited emergency financial support.

**Crohn's and Colitis support groups**

**Crohn's and Colitis Foundation of America**

**Program:** Crohn's Disease and Colitis Support Opportunities  
 8555 Cedar Place Drive, Ste. 112 **259-8071**  
 Indianapolis, IN 46240 **(800) 332-6029**  
**Days/Hours:** Mon.-Fri. 8am-4pm  
 Offers support groups at locations throughout Indiana for sufferers of Crohn's disease and ulcerative colitis and their families. Free educational programs and materials offered.  
**WEBSITE:** <http://www.ccf.org>

**Major Hospital**

**Program:** Crohn's and Colitis Support Group  
 150 W. Washington St. **398-5315**  
 Shelbyville, IN 46176  
**Days/Hours:** Quarterly 6:30pm; call for dates.  
 Provides an avenue for sufferers and their families to network and discuss this disease.  
**WEBSITE:** <http://www.majorhospital.com>

**Deaf/Hearing loss support groups**

**HEAR Indiana**

**Program:** Parents Support Group  
 9041 Colgate St. **872-3242**  
 Indianapolis, IN 46268  
**Days/Hours:** Vary  
 Sponsors parent-facilitated groups for parents advocating mainstream education for their deaf and hard-of-hearing children; membership fees. Also publishes a quarterly newsletter for members.  
**WEBSITE:** <http://www.home.lifegrid.com/hearindiana>

**Diabetes support groups**

**American Diabetes Association**

**Program:** Diabetic Support Groups  
 7363 E. 21st St. **352-9226**  
 Indianapolis, IN 46219 **(800) 228-2897**  
**Days/Hours:** Mon.-Fri. 8:30am-5pm  
 Provides referrals to support groups for insulin-dependent and non-insulin-dependent diabetics throughout Indiana.  
**WEBSITE:** <http://diabetes.org>

**Hendricks Regional Health**

**Program:** Diabetic Support Group  
 1411 S. Green St. **745-3683**  
 Brownsburg, IN 46112  
**Days/Hours:** Meets 3rd Mon. of each month at 1pm  
 Offers support groups for adults and youth with diabetes.  
**WEBSITE:** <http://www.hendricksregional.org>

**Johnson Memorial Hospital**

**Program:** Diabetes Support Group  
 1125 W. Jefferson St. **738-9789**  
 Franklin, IN 46131  
**Days/Hours:** Vary  
 Offers a support group for those with diabetes and their family members. Focuses on medication, diet and exercise issues. Call for location.  
**WEBSITE:** <http://www.johnsonmemorial.org>

**Juvenile Diabetes Foundation - Indiana State Chapter**

**Program:** Juvenile Diabetes Support Groups  
 8465 Keystone Crossing, Ste. 235 **202-0352**  
 Indianapolis, IN 46240  
**Days/Hours:** Mon.-Fri. 9am-5pm  
 Provides information on support groups throughout Indiana for children with diabetes and their families. Also can match parents of children with diabetes with other parent mentors.  
**WEBSITE:** <http://www.jdrfindiana.org>

## Support Group Directory

### Major Hospital

**Program:** Diabetes Support Group  
150 W. Washington St. **421-5634**  
Shelbyville, IN 46176

**Days/Hours:** Last Thurs. of the month  
6:30pm-7:30pm, excluding November and  
December

Offers a support discussion group for people  
with diabetes and their families. Education on  
related issues is provided.

**WEBSITE:** <http://www.majorhospital.com>

### Riverview Hospital

**Program:** Diabetes Support Group  
395 Westfield Blvd. **776-7233**  
Noblesville, IN 46060

**Days/Hours:** Vary  
Offers a support group for adults with Type I or  
Type II diabetes.

**WEBSITE:** <http://www.riverview.org>

### St. Francis Hospital and Health Centers

**Program:** Diabetes Center - Diabetes Self-  
Management Educational Program  
8151 S. Emerson Ave., Ste. 340 **782-6600**  
Indianapolis, IN 46237

**Days/Hours:** Mon.-Fri. 7:30am-4pm  
Offers education and training in the  
management of diabetes in small groups and on  
an individual basis for a fee. Provides a quarterly  
diabetes update for free.

**WEBSITE:** <http://www.stfrancishospitals.org>

### Witham Memorial Hospital

**Program:** Diabetes Support Group  
Witham Memorial Hospital Cafeteria  
2605 N. Lebanon St. **(765) 485-8112**  
Lebanon, IN 46052

**Days/Hours:** Monthly 2nd Wed. 7pm  
Offers a free support group for persons with  
diabetes.

**WEBSITE:** <http://www.witham.org>

### Eating disorders support groups

#### ANAD

**Program:** ANAD Eating Disorder Support Group  
Community Hospital North **867-5469**  
7150 Clearvista Dr.  
Indianapolis, IN 46256

**Days/Hours:** Monthly 1st, 3rd and 5th Mon.  
6pm-8pm

Offers support group for those suffering from  
anorexia, bulimia or any type of eating disorder.  
Open to family and friends. Meets at Community  
North Hospital on the 3rd floor, Conference  
Room A.

### Overeaters Anonymous

**Program:** Overeaters Anonymous  
Call for meeting locations **870-9171**  
Indianapolis, IN

**Days/Hours:** Vary  
Offers a support group for people who desire to  
stop eating compulsively; based on the 12-step  
program of Alcoholics Anonymous. Call for  
meeting times and locations; 24 hour telephone  
service. No dues.

**WEBSITE:** <http://www.overeatersanonymous.org>

### Epilepsy support groups

#### Indiana Epilepsy Services

**Program:** Epilepsy Support Groups  
Community Hospital South **355-5824**  
1402 E. County Line Rd. South  
Indianapolis, IN 46227

**Days/Hours:** Vary  
Offers support groups for adults and children  
with epilepsy and their families at various  
locations in central Indiana. Call for schedule.

**WEBSITE:** <http://www.indianaepilepsy.org>

### Fibromyalgia/chronic fatigue syndrome support groups

#### Hendricks Regional Health

**Program:** Fibromyalgia Support Group  
1000 E. Main St. **745-3553**  
Conference Room 6  
Danville, IN 46122

**Days/Hours:** Monthly 2nd Fri. 1pm; 4th Thurs.  
6:30pm

Provides a supportive atmosphere for  
Fibromyalgia or chronic pain sufferers.  
Addresses the physical and emotional aspects of  
the syndrome.

**WEBSITE:** <http://www.hendricksregional.org>

#### Indiana Chronic Fatigue Syndrome Association

**Program:** Chronic Fatigue Syndrome and  
Fibromyalgia Support and Education  
Community North Professional Bldg. **252-9223**  
7250 Clearvista Dr.  
Indianapolis, IN 46256

**Days/Hours:** Monthly 1st Thurs. 7pm-9pm  
Offers emotional support, education and  
information about CFS and FMS through  
statewide monthly meetings and a quarterly  
newsletter. Provides a 24-hour information line  
and physician/attorney referrals. Call for other  
locations.

**Rehabilitation Hospital of Indiana**

**Program:** Fibromyalgia Support Group  
4141 Shore Dr. **887-9816**  
Indianapolis, IN 46254  
**Days/Hours:** Monthly 1st Tues. 7pm  
Offers a facilitated self-help and educational group for persons diagnosed with fibromyalgia and their caregivers. Meetings are a mixture of guest speakers and open discussion.  
**WEBSITE:** <http://www.rhin.com>

**Heart-related support groups**

**American Heart Association, Midwest Affiliate**

**Program:** Mended Hearts  
6100 W. 96th St., Ste. 200 **873-3640**  
Indianapolis, IN 46278  
**Days/Hours:** Vary  
Offers a support group for heart patients and their families, and the "Ticker Tape" newsletter.  
**WEBSITE:** <http://www.americanheart.org>

**St. Francis Hospital and Health Centers**

**Program:** Helping Hearts  
Christ United Methodist Church **881-8253**  
US 31 and Stop 11  
Indianapolis, IN 46227  
**Days/Hours:** Mon. 7:30pm  
Offers a support group for persons with any type of heart condition and their families or supporting friends. Call for more information.  
**WEBSITE:** <http://www.stfrancishospitals.org>

**Witham Memorial Hospital**

**Program:** Cardiac Support Group  
Witham Memorial Hospital Cafeteria  
2605 N. Lebanon St. **(765) 485-8112**  
Lebanon, IN 46052  
**Days/Hours:** Monthly 4th Mon. 7pm  
Offers a free support group for heart patients and their families.  
**WEBSITE:** <http://www.witham.org>

**Hemophilia support groups**

**Hemophilia of Indiana**

**Program:** Hemophilia Support Groups  
4905 E. 56th St. **396-0065**  
Indianapolis, IN 46220 **(800) 241-2873**  
**Days/Hours:** Mon-Fri 8:30am-5pm  
Sponsors support groups for persons with bleeding disorders and their families; focuses on identifying barriers to treatment, the HIV issue, Hepatitis C and empowering consumers to be their own advocates. Educates the public about bleeding disorders.  
**WEBSITE:** <http://www.hemophiliaofindiana.org>

**HIV/AIDS support groups**

**Damien Center**

**Program:** HIV/AIDS Support Groups  
1350 N. Pennsylvania St. **632-0123 ext. 237**  
Indianapolis, IN 46202 **(800) 213-1163**  
**Days/Hours:** Vary  
Offers various support groups for persons affected by HIV/AIDS.  
**WEBSITE:** <http://www.damien.org>

**St. Vincent Hospitals and Health Services**

**Program:** AIDS/HIV Support Groups  
2001 W. 86th St. **338-6714**  
Indianapolis, IN 46260  
**Days/Hours:** Vary  
Offers support groups for persons affected by HIV/AIDS.  
**WEBSITE:** <http://www.stvincent.org>

**Huntington's disease support groups**

**Huntington's Disease Society of America, Indiana Chapter**

**Program:** Huntington's Disease Support Groups  
Christian Fellowship Church **271-0524**  
4751 E. Minnesota St.  
Indianapolis, IN 46203  
**Days/Hours:** 2nd Monday at 7pm  
Offers support groups throughout the state for persons affected by Huntington's disease and their families. Also offers a telephone support network.  
**WEBSITE:** <http://www.hdsaindiana.org>

**Leukemia and Lymphoma support groups**

**The Leukemia & Lymphoma Society**

**Program:** Family Support Groups  
941 E. 86th St., Ste. 100 **726-2270**  
Indianapolis, IN 46240 **(800) 846-7764**  
**Days/Hours:** Mon.-Fri. 9am-5pm  
Offers support group meetings for patients with leukemia, lymphoma, Hodgkin's disease and myeloma and their families.  
**WEBSITE:** <http://www.leukemia-lymphoma.org/in>

## Support Group Directory

### Major Hospital

**Program:** Cancer and Blood Disorder Support Group

150 W. Washington St. **398-5300**  
Shelbyville, IN 46176

**Days/Hours:** First Wed. of the month 7pm-8:30pm

Offers a support group for patients, family and friends of persons with cancer and blood disorders.

**WEBSITE:** <http://www.majorhospital.com>

### Lung health-related support groups

### American Lung Association of Indiana

**Program:** Lung Diseases Support Groups  
9445 Delegates Row **573-3900 ext. 230**  
Indianapolis, IN 46240 **(800) 586-4872**

**Days/Hours:** Mon.-Fri. 8:30am-4:30pm  
Offers support groups for persons with chronic obstructive pulmonary disease and their families. Sponsors a one-day family asthma conference that provides education and activities for children with asthma and their families. Also offers overnight camping programs in July for children 7-14 who have asthma.

**WEBSITE:** <http://www.lungin.org>

### Hancock Memorial Hospital and Health Services

**Program:** Better Breathers  
Education Resources **468-4458**  
801 N. State St.  
Greenfield, IN 46140

**Days/Hours:** Monthly 1st Wed.  
Offers support group for persons with chronic respiratory disorders. Call for times.

**WEBSITE:** <http://www.hmhhs.org>

### Major Hospital

**Program:** Better Breathers  
150 W. Washington St. **421-5689**  
Shelbyville, IN 46176

**Days/Hours:** Monthly 1st Tues., 2pm  
Offers support meetings for anyone affected by lung problems or lung disease.

**WEBSITE:** <http://www.majorhospital.com>

### Riverview Hospital

**Program:** Better Breathers  
395 Westfield Blvd. **776-7377**  
Noblesville, IN 46060

**Days/Hours:** Vary  
Offers a support group for adults suffering from respiratory problems such as asthma, chronic bronchitis, emphysema and lung cancer. Open to spouses and family members.

**WEBSITE:** <http://www.riverview.org>

### Witham Memorial Hospital

**Program:** Better Breathers Club  
Witham Hospital Community Room  
2605 N. Lebanon St. **(765) 485-8112**  
Lebanon, IN 46052

**Days/Hours:** Monthly 2nd Tues. 6pm  
Offers a free support group for persons living with pulmonary disease.

**WEBSITE:** <http://www.witham.org>

### Lupus support groups

### Lupus Foundation

**Program:** Lupus Support Group  
Location varies **(866) 762-6575**

**Days/Hours:** Vary  
Offers a mutual support group for persons with lupus and their families, and medical professionals. Also provides information, literature, speakers and films.

### Multiple sclerosis support groups

### Hendricks Regional Health

**Program:** Multiple Sclerosis Support Group  
1000 E. Main St. **837-0203**  
Conference Room 6  
Danville, IN 46122

**Days/Hours:** Monthly 2nd Tues. 7pm  
Offers a support group for multiple sclerosis patients and their families.

**WEBSITE:** <http://www.hendricksregional.org>

### Multiple Sclerosis Support Group

Goodlife Church **257-3273**  
1500 W. 86th St.  
Indianapolis, IN 46260

**Days/Hours:** Monthly 1st Sat. 10am  
Support group for those afflicted with multiple sclerosis, family members and friends.

### National Multiple Sclerosis Society, IN State Chapter

**Program:** Multiple Sclerosis Support Group  
7301 Georgetown Rd., Ste. 112 **870-2500**  
Indianapolis, IN 46268 **(800) 762-1209**

**Days/Hours:** Call for meeting times; Office: Mon.-Fri. 8am-4:30pm  
Provides information and referral, education and mutual support for persons with MS and their families.

**WEBSITE:** <http://www.nationalmssociety.org/ini>

### Riverview Hospital

**Program:** Multiple Sclerosis Support Group  
Riverview Rehab Svc **776-7225**  
601 Westfield Rd.  
Noblesville, IN 46060

**Days/Hours:** Monthly 2nd Thurs. 6:30pm-8pm  
Offers a support group for adults with Multiple Sclerosis and their family members.

**WEBSITE:** <http://www.riverview.org>

**Muscular dystrophy support groups**

**Muscular Dystrophy Association**

**Program:** Muscular Dystrophy Support Groups  
3901 W. 86th St., Ste. 398 **824-4800**  
Indianapolis, IN 46268

**Days/Hours:** Vary  
Sponsors support groups for adults with neuromuscular disorders and their families, and parents of children with neuromuscular disorders. Also offers ALS support groups.  
**WEBSITE:** <http://www.mdausa.org>

**Myasthenia gravis support groups**

**Myasthenia Gravis Foundation**

**Program:** Myasthenia Gravis Support Groups  
8922 Haverstick Rd. **846-1462**  
Indianapolis, IN 46240 **(800) 541-5454**

**Days/Hours:** Vary  
Provides support groups for persons with myasthenia gravis and their families. Meetings, newsletters and literature available.  
**WEBSITE:** <http://www.myasthenia.org>

**Ostomy support groups**

**Hendricks Regional Health**

**Program:** Ostomy Support Group  
1000 E. Main St. **745-3722**  
Danville, IN 46122

**Days/Hours:** Vary  
Offers a support group for ostomy patients and their family members.  
**WEBSITE:** <http://www.hendricksregional.org>

**Parkinsons support groups**

**Parkinsons Awareness Association of Central Indiana**

**Program:** Parkinson Support and Education  
4755 Kingsway Dr., Ste. 333 **255-1993**  
Indianapolis, IN 46205 **803-6052**

**Days/Hours:** Vary  
Offers monthly educational meetings for persons with Parkinson's disease, their families and the public. Maintains a video lending library. Provides free weekly speech and physical therapy sessions led by trained therapists at five locations; call for times and locations.  
**WEBSITE:** <http://www.paaci.org>

**Post-polio support groups**

**Central Indiana Post-Polio Support Group**

St Matthews United Methodist Church  
1512 N. Madison Ave. **(765) 649-3648**  
Anderson, IN 46012

**Days/Hours:** Monthly 1st Tues. 6:30pm-8:30pm April-December  
Provides monthly meetings that offer education, peer and professional support to persons who are living with the late effects of polio. Call for availability.

**Sarcoidosis support groups**

**Central Indiana Sarcoidosis Support Group**

Kindred Hospital **335-2981**  
1700 W. 10th St.  
Indianapolis, IN 46222

**Days/Hours:** Bi-monthly  
Offers support group for those afflicted with Sarcoidosis. Also opened to families and friends of those afflicted.

**Scoliosis support groups**

**Scoliosis Association, Inc.**

**Program:** Scoliosis Association, Inc.  
Indianapolis, IN 46205 **722-3166**

**Days/Hours:** Monthly 3rd Tues. 7pm -8:30pm  
Offers a monthly meeting for persons with scoliosis and other interested persons. Networking, moral support and information are shared. Meets at the Indianapolis Public Library on the 3rd floor of Glendale Mall at 52nd St. and N. Keystone Ave. Anyone with questions or interested in attending the support group are encouraged to email the Chapter president first to verify a meeting will take place that month.  
**WEBSITE:** <http://www.scoliosis-assoc.org>

**Sleep disorders support groups**

**Columbus Regional Hospital**

**Program:** AWAKE Support Group  
2400 E. 17th St. **(812) 376-5249**  
Classrooms 2 and 3 **(800) 841-4938**  
Columbus, IN 47201

**Days/Hours:** Monthly 2nd Tues. 6pm  
Offers a support group for those suffering from sleep deprivation or other related sleep problems.  
**WEBSITE:** <http://www.crh.org>

## Support Group Directory

### Spina bifida support groups

#### Spina Bifida Association, Central Indiana Chapter

**Program:** Spina Bifida Support and Education  
Call for meeting locations **592-1630**

**Days/Hours:** Vary

Provides literature, speakers and information regarding Spina Bifida. Camp, college and conference scholarships may be available. Also may assist with financial reimbursement not covered by insurance. Offers support groups; call for dates and locations.

**WEBSITE:** <http://www.sbaci.org>

### Spinal cord injury support groups

#### Indy Spinal Cord Injury Support Group

IRCIL **897-4621**  
1426 W. 29th St., Ste. 207 **596-6440**

Indianapolis, IN 46208

**Days/Hours:** Monthly 1st Wed. 6:30pm-8pm

Provides information, support and addresses psychosocial aspects and adjustments for persons with spinal cord injury, their family and friends, and rehabilitation professionals.

### Stroke victims support groups

#### Community Health Network

**Program:** Stroke Support Group  
Community Hospital East **355-5095**  
1500 N. Ritter Ave.  
Indianapolis, IN 46219

**Days/Hours:** Monthly 3rd Tues. 6:30pm-7:30pm

Provides support for recovering stroke patients and their families. Group promotes open discussion in order to educate and increase awareness of problems associated with stroke.

**WEBSITE:** <http://www.ehealthindiana.com>

#### Indianapolis Stroke Club

**Program:** Indianapolis Stroke Club  
Crossroads Rehab. Center **634-1134**  
4740 Kingsway Dr., 5th floor  
Indianapolis, IN 46205

**Days/Hours:** Monthly 4th Sun. 2pm-4pm

Offers a support group for stroke survivors and their family members. Meetings include featured speakers, open-discussion and social interaction. Several meetings separate the stroke survivors and their family members into respective groups to focus on important issues.

#### Rehabilitation Hospital of Indiana

**Program:** Stroke Survivors and Caregiver Support Group

4141 Shore Dr. **329-2000**  
Indianapolis, IN 46254 **329-2210**

**Days/Hours:** Monthly 2nd Wed. 12:15pm-1:15pm

Offers a support group for stroke survivors and their caregivers. Meetings feature different topics and speakers each month.

**WEBSITE:** <http://www.rhin.com>

### Tourette syndrome support groups

#### Tourette Syndrome Support and Information

**Program:** Tourette Syndrome Support and Information

PO Box 7073 **(812) 331-0829**  
Greenwood, IN 46142

**Days/Hours:** 24-hour voicemail

Provides information about Tourette Syndrome and referrals to doctors. Sponsors support groups throughout the state of Indiana and conducts in-service programs to school faculties at the request of parents and/or professionals. Also offers weekend summer camp in September for youth ages 6-17 with Tourette Syndrome. Call for further information.

### Von Hippel-Lindau (VHL) support groups

#### VHL Family Alliance

**Program:** VHL Family Alliance Support Group  
Locations vary **(800) 767-4845**  
Indianapolis, IN

**Days/Hours:** Mon.-Fri. 9am-9pm

Offers support group for those affected by Von Hippel-Lindau (VHL). Due to the rare occurrence of VHL, a set meeting schedule is not available, but information is readily available and meetings may be arranged for support. Volunteer opportunities are also available to interested persons on the local and national level.

**WEBSITE:** <http://www.vhl.org>

**MENTAL HEALTH-RELATED SUPPORT GROUPS**

**Catholic Archdiocese of Indianapolis**

**Program:** Divorced, Separated, Grief & Loss Support Groups

Office of Family Ministries **236-1596**  
1400 N. Meridian St.  
Indianapolis, IN 46202

**Days/Hours:** Vary

Offers several different support groups, workshops and weekend retreats for divorced or separated people as well as for grief-stricken persons or persons suffering from a loss. Call for information and schedules.

**WEBSITE:** <http://www.archindy.org>

**Family Services and Prevention Programs**

**Program:** Youth Programs

2535 Parkway Dr., Ste. 1 **398-0955**  
Shelbyville, IN 46176 **(877) 447-2966**

**Days/Hours:** Mon.-Fri. 8am-5pm; 24-hour telephone service

Offers Banana Splits, a support program for children of divorced parents; Toughlove for Kids, a program for troubled kids; WINGS for Children, a program for children from chemically dependent families; RAP III - Reaching Adolescent Parents, a program that teaches parenting skills; and 3-6 After-school/Summer Program, a drug-free leisure program for children 10-14.

**WEBSITE:** <http://www.fspp.org>

**Key Consumer Organization**

**Program:** Key Consumer Support Club  
2506 Willowbrook Pkwy., Ste. 199 **205-2500**  
Indianapolis, IN 46205 **(800) 933-5397**

**Days/Hours:** Monthly 2nd and 4th Wed. 6pm-7pm

Offers a non-diagnosis specific support group for people with mental illness seeking mutual support, empowerment and advocacy.

**Legacy House**

**Program:** Child Victims Support Group  
2505 N. Arlington Ave., LL **554-5272**  
Indianapolis, IN 46218

**Days/Hours:** Monthly, first and third Wed. 5:30pm-6:30pm

Offers counseling group for any adolescent who has been a victim of incest and/or sexual abuse.

**WEBSITE:** <http://www.hhcorp.org/legacyhouse.htm>

**NAMI Indiana - National Alliance for the Mentally Ill Indiana**

**Program:** Mental Illness Information and Referral Hotline

2601 Coldspring Rd. **925-9399**  
Indianapolis, IN 46222 **(800) 677-6442**

**Days/Hours:** Mon.-Thurs. 9am-1pm

Provides support, education and advocacy for consumers of mental health services and their families. Provides information about support groups and family education at locations throughout Indiana.

**WEBSITE:** <http://www.namiindiana.org>

**Vet Center**

3833 N. Meridian St., Ste. 120 **927-6440**  
Indianapolis, IN 46208

**Days/Hours:** Mon.-Fri. 8am-4:30pm; evening appointments available

Helps all combat veterans and their families cope with stress, gain self-esteem and achieve goals. Also provides counseling for veterans who have been sexually assaulted while serving. Features peer group support, self-help programs, rap groups, job development, VA benefit assistance, drug and alcohol treatment, and family conflict assistance.

**Agoraphobia/anxiety/panic disorders support groups**

**Gallahue Mental Health Services**

**Program:** Agoraphobia/Anxiety/Panic Disorders Support Group

6950 Hillsdale Ct. **621-7740**  
Indianapolis, IN 46250 **621-5719**

**Days/Hours:** Tues. 6pm-7:30pm

Offers a free self-help support group for persons, families and friends to share their experiences, treatment and problems with agoraphobia, anxiety and panic disorders.

**WEBSITE:** <http://www.ecommunity.com>

**Mental Health Association in Hendricks County**

**Program:** Anxiety Support Group  
6845 E. US 36, Ste. 880 **272-0027**  
Avon, IN 46123

**Days/Hours:** Monthly 1st and 3rd Thurs. 7pm-8:30pm

Offers a support group for those suffering from anxiety. Call for meeting location.

## Support Group Directory

### Attention deficit disorder support groups

#### Mental Health Association in Marion County

**Program:** Families Reaching for Rainbows  
1525 N. Ritter Ave. **205-8281**  
Indianapolis, IN 46219

**Days/Hours:** Monthly 3rd Tues. 6:30pm-8:30pm

Provides a support group for parents and other caregivers of children with emotional difficulties, including Attention Deficit Hyperactivity Disorder and much more. Focus is on specific goals related to advocacy and educating the community about mental health issues. Provides time for sharing with other parents and presentations by guest speakers. Offers free on-site child care for children 17 and younger. Dinner is provided for everyone who is registered for the meeting in advance. Call for more information; registration is required no later than the Friday before the meeting. No fees.

**WEBSITE:** <http://www.mcmha.org>

### Dissociative identity disorder (DID) support groups

#### Key Consumer Organization

**Program:** DID Support Group  
2506 Willowbrook Pkwy., Ste. 199 **205-2500**  
Indianapolis, IN 46205 **(800) 933-5397**

**Days/Hours:** Monthly 2nd and 4th Mon. 6pm-7pm

Offers a non-diagnosis specific support group for people with multiple personalities who manifest those personalities as the social occasion warrants.

### Depression/bi-polar support groups

#### Mental Health Association in Hamilton County

**Program:** Peer Support Groups  
942 N. 10th St. **776-3455**  
Noblesville, IN 46050

**Days/Hours:** Vary

Offers peer support groups for persons suffering from a mental illness such as depression, bipolar, and schizophrenia. Call for more information and meeting times. Offers peer support groups free of charge. Support groups held at various locations.

#### Mental Health Association in Hendricks County

**Program:** Depression and Manic Depression Support Group  
6845 E. US 36, Ste. 880 **272-0027**  
Avon, IN 46123

**Days/Hours:** Monthly 2nd and 4th Thurs. 7pm-8:30pm

Offers a support group for those suffering from depression and manic depression. Call for meeting location.

#### Mental Health Association in Indiana

**Program:** Depression and Bi-polar Support Alliance Indiana  
1431 N Delaware St **638-3501 ext. 230**  
Indianapolis, IN 46202 **(800) 555-6424**

**Days/Hours:** Mon.-Fri. 8:30am-5pm

Offers a support group for persons with clinical depression or manic depression and their families; emphasis on support and education. Meetings are held at several locations. Call for information on sites and times. **WEBSITE:** <http://www.mentalhealthassociation.com>

#### St. Vincent Hospitals and Health Services

**Program:** Postpartum Depression Support Groups  
2001 W. 86th St. **338-2351**  
Indianapolis, IN 46260 **338-2418**

**Days/Hours:** Vary

Offers support groups for persons affected by postpartum depression.

**WEBSITE:** <http://www.stvincent.org>

#### St. Vincent Pediatric Rehabilitation Center

**Program:** Indianapolis Parents of Bipolar Children Support Group  
1707 W. 86th St. **888-9060**  
Indianapolis, IN 46260 **849-7930**

**Days/Hours:** Monthly 4th Sun. 3:30pm-5:30pm

Offers support group for parents of children with bipolar disorder. Group for siblings ages 6-20 is also offered at the same time. Provides support information, helpful tips and guest speakers.

**Eating disorders support groups**

**ANAD**

**Program:** ANAD Eating Disorder Support Group  
Community Hospital North **867-5469**  
7150 Clearvista Dr.  
Indianapolis, IN 46256

**Days/Hours:** Monthly 1st, 3rd and 5th Mon.  
6pm-8pm

Offers support group for those suffering from anorexia, bulimia or any type of eating disorder. Open to family and friends. Meets at Community North Hospital on the 3rd floor, Conference Room A.

**Overeaters Anonymous**

**Program:** Overeaters Anonymous  
Call for meeting locations **870-9171**

**Days/Hours:** Vary

Offers a support group for people who desire to stop eating compulsively; based on the 12-step program of Alcoholics Anonymous. Call for meeting times and locations; 24 hour telephone service. No dues.

**WEBSITE:** <http://www.overeatersanonymous.org>

**Emotions anonymous support groups**

**Emotions Anonymous**

**Program:** Emotions Anonymous  
225 Pebble Creek Dr. **859-9569**  
Greenwood, IN 46143

**Days/Hours:** Tues. 7pm-8pm

Offers a 12-step support group that helps individuals deal with emotions, live without fear and effectively confront problems. Provides literature on coping with emotions.

**Key Consumer Organization**

**Program:** Mental/Emotional Health Support  
2506 Willowbrook Pkwy., Ste. 199 **205-2500**  
Indianapolis, IN 46205 **(800) 933-5397**

**Days/Hours:** Mon.-Fri. 8am-5pm

Offers self-help for persons with mental or emotional illness to help each other through emotional support, advocacy and support groups. The goals are to empower and strengthen mental health consumers by working toward better treatment, improved insurance, reduced stigma and greater independence. Offers training for mental health providers and informational presentations about mental illness.

**Marion County Health Department**

**Program:** Anger Management Group  
A.C.T.I.O.N. Center **221-8950**  
3500 Lafayette Rd.  
Indianapolis, IN 46222

**Days/Hours:** Office: Mon.-Fri. 8am-5pm;  
Sessions: Weekly Wed. 6pm-7pm; Eight week sessions.

Offers anger management groups for youth, 12-21 at the A.C.T.I.O.N. Center. Groups are scheduled for eight weeks, one hour a week. Group size is ten to twelve adolescents. A behavioral health professional administers a standardized assessment tool before the youth attends the group to evaluate the youth's view of the problem, how long the youth has had the problem and the severity of the problem. Group members learn anger management and problem-solving skills.

**WEBSITE:** <http://www.mchd.com>

**General mental health related support groups**

**Catholic Archdiocese of Indianapolis**

**Program:** Divorced, Separated, Grief & Loss Support Groups  
Office of Family Ministries **236-1596**  
1400 N. Meridian St.  
Indianapolis, IN 46202

**Days/Hours:** Vary

Offers several different support groups, workshops and weekend retreats for divorced or separated people as well as for grief-stricken persons or persons suffering from a loss. Call for information and schedules.

**WEBSITE:** <http://www.archindy.org>

**Christians on the Move for God, Inc.**

**Program:** Support Groups  
2037 N. Ritter Ave. **352-1870**  
Indianapolis, IN 46218 **(800) 830-7411**

**Days/Hours:** Last Sat. of each month; 4pm-6pm

Offers two support groups. Men Overcoming Violent Emotions (M.O.V.E.) and Lord Help a Sister Out. Focus is on domestic violence, finances, family, life choices, incarcerated loved ones and anything the attendees would like to discuss.

**Cicero Christian Church**

**Program:** Friends Unlimited  
Cicero Christian Church **984-4653**  
1715 Stringtown Pike  
Cicero, IN 46034

**Days/Hours:** Tues. 6:30pm-8pm

Offers a fellowship group serving those with physical and/or mental disabilities. Focus is worship-based. Provides support through Bible study and small group interactions.

## Support Group Directory

### Mental Health Association in Hamilton County

**Program:** Peer Support Groups  
942 N. 10th St. **776-3455**

Noblesville, IN 46050

**Days/Hours:** Vary

Offers peer support groups for persons suffering from a mental illness such as depression, bipolar, and schizophrenia. Call for more information and meeting times. Offers peer support groups free of charge. Support groups held at various locations.

### Mental Health Association in Hendricks County

**Program:** Depression and Manic Depression Support Group

6845 E. US 36, Ste. 880 **272-0027**

Avon, IN 46123

**Days/Hours:** Monthly 2nd and 4th Thurs. 7pm-8:30pm

Offers a support group for those suffering from depression and manic depression. Call for meeting location.

### Mental Health Association in Indiana

**Program:** TLC - Together We Learn to Cope  
1431 N Delaware St **638-3501 ext. 230**

Indianapolis, IN 46202

**Days/Hours:** Mon.-Fri. 8:30am-5pm

Provides administrative support and coordinates TLC support groups for family members and friends of adult children whose lives have been affected by mental or emotional illness.

**WEBSITE:** <http://www.mentalhealthassociation.com>

### Mental Health Association in Marion County

**Program:** TLC - Together We Learn to Cope  
2506 Willowbrook Pkwy., Ste. 100 **251-0005**

Indianapolis, IN 46205

**Days/Hours:** Monthly 1st Mon. 12:30pm or 3rd Tues. 6:30pm

Provides administrative support and coordinates TLC support groups for family members and friends of adult children whose lives have been affected by mental or emotional illness. Call for locations.

**WEBSITE:** <http://www.mcmha.org>

### Mental Health Association in Morgan County

**Program:** Support Groups  
118 E. Morgan St. **(765) 342-1515**

Martinsville, IN 46151

**Days/Hours:** Mon.-Fri. 9am-5pm

Offers a support group for persons with a mental or emotional illness and their families.

### NAMI - National Alliance for the Mentally Ill, Indpls Affiliate

**Program:** Mental Illness Support Group  
St. Peter's United Church of Christ **767-7653**

3106 E. Carmel Dr.

Carmel, IN 46032

**Days/Hours:** First Mon. 1-3pm

Provides support groups for families of the mentally ill.

**WEBSITE:** <http://www.namiindiana.org/>

### NAMI - National Alliance for the Mentally Ill, Indpls Affiliate

**Program:** Mental Illness Support Group  
First United Methodist Church **767-7653**

2051 E. Monument St.

Noblesville, IN 46060

**Days/Hours:** Third Thurs. 7-8:30pm

Provides support groups for families of the mentally ill.

**WEBSITE:** <http://www.namiindiana.org/>

### NAMI - National Alliance for the Mentally Ill, Indpls Affiliate

**Program:** Mental Illness Support Group/Education  
PO Box 40866 **767-7653**

Indianapolis, IN 46240

**Days/Hours:** Vary

Provides support groups, social events and practical information to persons with serious mental illness and their families.

Support group locations:

Indianapolis Hebrew Congregation  
6501 N. Meridian St.  
2nd and 4th Tues. of each month at 7 pm

Gallahue Community Support Center  
1640 N. Ritter Ave.  
4th Thurs. of each month at 7pm

Speedway Christian Church  
5110 W. 14th St., Rm 111  
2nd and 4th Wed. of each month at 7pm

Holy Angels Catholic Center  
2822 Martin Luther King, Jr. St.  
1st and 3rd Sat. of each month at 2pm

Adult and Child Mental Health Center  
8320 Madison Ave.  
2nd Thurs. of each month at 7pm  
**WEBSITE:** <http://www.namiindiana.org/>

## PARENTING SUPPORT GROUPS

### Family Services and Prevention Programs

**Program:** Parenting Support Services  
2535 Parkway Dr., Ste. 1 **398-0955**  
Shelbyville, IN 46176 **(877) 447-2966**  
**Days/Hours:** Vary

Offers parenting classes; Toughlove, a self-help program for parents troubled by teenage behavior; and Parents Anonymous, a self-help group for parents who have abused or are at risk of abusing children.

**WEBSITE:** <http://www.fspp.org>

### Hendricks Regional Health

**Program:** Children with Special Needs Support Group  
1000 E. Main St. **745-3417**

Conference Room 3  
Danville, IN 46122

**Days/Hours:** First Tues. of Month 6:30pm  
Offers both family and individual support groups for parents and caregivers of children with special needs.

**WEBSITE:** <http://www.hendricksregional.org>

### Legacy House

**Program:** Caregiver or Parent Group  
2505 N. Arlington Ave., LL **554-5272**  
Indianapolis, IN 46218

**Days/Hours:** Monthly, first and third Wed.  
5:30pm-6:30pm

Offers support group for the non-offending caregivers or parents of a child who has experienced sexual victimization.

**WEBSITE:** <http://www.hhcorp.org/legacyhouse.htm>

### Legacy House

**Program:** Parenting Support Group  
2505 N. Arlington Ave., LL **554-5272**  
Indianapolis, IN 46218

**Days/Hours:** First and Third Wednesday  
6:30pm

Offers a parenting support group.

**WEBSITE:**  
<http://www.hhcorp.org/legacyhouse.htm>

### Mothers and More

**Program:** Mothers and More  
Meets at various locations **(877) 588-1811**

**Days/Hours:** Monthly meetings, times vary  
Dedicated to improving the lives of mothers through support, education and advocacy. Addresses mothers' needs as individuals and members of society, and promotes the value of all the work mothers do. Also meets for monthly Mom's Nite Out. Meetings are for moms only; however, exceptions are made for nursing moms and babies. Moms and kids have playground

field trips two or three times per month. Members receive the monthly newsletter from the national organization. Interested persons should go to the organization's website to locate their nearest Chapter.

**WEBSITE:** <http://www.mothersandmore.org>

### Prevail

**Program:** Ups N' Downs  
1100 S. 9th St., Ste. 100 **773-6942**  
Noblesville, IN 46060 **776-3472**

**Days/Hours:** Vary  
Offers a parent and child educational support group that deals with various life situations and how both parents and children can face those situations as they arise.

**WEBSITE:** <http://www.prevailinc.com>

### Breastfeeding support groups

### Clarian Women's Health Programs and Services

**Program:** Breastfeeding, Keeping it Easy  
Methodist Hospital **962-6906**  
1701 N. Senate Blvd.  
Indianapolis, IN 46202

**Days/Hours:** Vary  
Offers support group for women to share breastfeeding questions and concerns. Each meeting will provide information on a specific topic followed by informal discussion facilitated by a lactation consultant.

### Community Health Network

**Program:** Breastfeeding Mothers' Support Group  
Community Hospital South **355-2345**  
1402 E. County Line Rd. S.  
Indianapolis, IN 46227

**Days/Hours:** Bi-monthly  
Offers an informal gathering of breastfeeding mothers and their babies with Community Hospitals' Lactation Consultants.

**WEBSITE:** <http://www.ehealthindiana.com>

### Community Health Network

**Program:** Breastfeeding Mothers' Support Group  
Comm Hosp North, Family Ed Center **621-5380**  
7150 Clearvista Dr.  
Indianapolis, IN 46256

**Days/Hours:** Tues. 10:30am-noon  
Offers an informal gathering of breastfeeding mothers and their babies with Community Hospitals' Lactation Consultants.

**WEBSITE:** <http://www.ehealthindiana.com>

## Support Group Directory

### La Leche League of Indiana, Indianapolis Chapter

**Program:** La Leche League of Indiana,  
Indianapolis Chapter

**592-9581**

**Days/Hours:** Vary; 24-hour telephone service  
Offers educational classes on breastfeeding and  
early childhood development, mutual support  
and advice for breastfeeding mothers and  
twenty-four hour telephone counseling. Free  
lending library available. Speakers and films  
available on request. Call for information on  
meeting sites and times.

### Morgan Hospital and Medical Center

**Program:** Breastfeeding Support Group  
Physician's Building, LL **(765) 349-6519**  
2209 John R. Wooden Dr.  
Martinsville, IN 46151

**Days/Hours:** Monthly 2nd and 4th Tues. 1pm-  
2:30pm

Provides a supportive atmosphere for  
breastfeeding mothers.

### Riverview Hospital

**Program:** Breastfeeding Support Group  
395 Westfield Blvd. **776-7200**  
Noblesville, IN 46060

**Days/Hours:** Vary

Offers a support group for mothers who are  
breastfeeding.

**WEBSITE:** <http://www.riverview.org>

### Divorce/separation support groups

#### Brownsburg Christian Church

**Program:** DivorceCare  
1800 N. Green St. **852-2221**  
Brownsburg, IN 46112

**Days/Hours:** Thurs. 7pm-9pm

Offers a weekly seminar and support group for  
any person who is separated or divorced.  
Childcare is provided; fee is \$12 to cover the  
cost of materials. Participants may start at any  
time by attending a meeting or calling for more  
information.

#### Center for Women's Ministries

**Program:** Divorce Care Support Group  
360 S. Sycamore St. **(765) 349-0911**  
Martinsville, IN 46151

**Days/Hours:** Thurs. 7pm-9pm, 13 sessions  
Provides a support group for women who are  
divorced or who are dealing with divorce.

### Grandparents as parents support groups

#### Martin Luther King Multi-Service Center

**Program:** Second Time Around  
40 W. 40th St. **923-4581 ext. 242**  
Indianapolis, IN 46208

**Days/Hours:** Monthly 3rd Thurs. 6:30pm-8pm  
Offers a support group for grandparents or other  
caretakers who are raising a relative's children.  
Provides direction and resources for this growing  
constituency.

### Parents of multiples support groups

#### Mothers of Twins, Northside Chapter

**Program:** Multiple Births Support Group  
Epworth United Methodist Church  
6450 Allisonville Rd. **592-1595**  
Indianapolis, IN 46220

**Days/Hours:** Monthly 4th Mon. 7pm except  
April and December

Provides mutual support, community  
involvement and information to parents who  
have multiple births.

#### Parents of Multiples, Southside Chapter

**Program:** Multiple Births Support Group  
St. John's United Church of Christ  
7031 S. East St. (US 31) **767-5704**  
Indianapolis, IN 46227

**Days/Hours:** Monthly 3rd Thurs. 7pm  
Provides mutual support for mothers of multiple  
births. Group also offers Moms Night Out,  
picnics, play nights for children and children  
holiday parties. Call for group information or  
visit the website.

**WEBSITE:** <http://www.geocities.com/southsidepom>

#### Westside Mothers of Multiples

**Program:** Multiple Births Support Group  
Lutheran Church **858-1233**  
801 S. Green St.  
Brownsburg, IN 46112

**Days/Hours:** Monthly 3rd Wed. 6:30pm  
Provides mutual support, community  
involvement and information to mothers or  
guardians who have multiple births.

**Parents of troubled youth support groups**

**Family Services and Prevention Programs**

**Program:** Parenting Support Services  
2535 Parkway Dr., Ste. 1 **398-0955**  
Shelbyville, IN 46176 **(877) 447-2966**

**Days/Hours:** Vary  
Offers parenting classes; Toughlove, a self-help program for parents troubled by teenage behavior; and Parents Anonymous, a self-help group for parents who have abused or are at risk of abusing children.

**WEBSITE:** <http://www.fspp.org>

**Mental Health Association in Marion County**

**Program:** Families Reaching for Rainbows  
1525 N. Ritter Ave. **205-8281**  
Indianapolis, IN 46219

**Days/Hours:** Monthly 3rd Tues. 6:30pm-8:30pm

Provides a support group for parents and other caregivers of children with emotional difficulties, including Attention Deficit Hyperactivity Disorder and much more. Focus is on specific goals related to advocacy and educating the community about mental health issues. Provides time for sharing with other parents and presentations by guest speakers. Offers free on-site child care for children 17 and younger. Dinner is provided for everyone who is registered for the meeting in advance. Call for more information; registration is required no later than the Friday before the meeting. No fees.

**WEBSITE:** <http://www.mcmha.org>

**Toughlove - Fishers Group**

**Program:** Parenting Support Group  
Fishers United Methodist Church  
9690 E. 116th St. **585-6953**  
Fishers, IN 46038

**Days/Hours:** Tues. 7pm-9pm (except holidays)  
Provides a support group for parents of problem children with behavioral problems. Assists parents with developing parenting skills and setting and enforcing limits. Call Terri, 826-0548; Diane, 849-0860; or Tim, 842-6183 for more information. Affiliated with International Toughlove, (800) 333-1069. Nominal fee of \$5 per family per session. Fee may be waived in certain circumstances. Meets upstairs in church.

**WEBSITE:** <http://www.toughlove.org>

**Pregnancy-related support groups**

**Clarian Women's Health Programs and Services**

**Program:** Postpartum Depression Support Group

St. John's Episcopal Church **962-8191**  
5625 W. 30th St.  
Indianapolis, IN 46224

**Days/Hours:** Vary  
Offers support group for mothers coping with postpartum depression. Mothers will evaluate and talk about feelings, while hearing from other mothers in the same position.

**Neo-Fight**

**Program:** Neo Fight  
4363 Idlewild Ln. **446-3013**  
Carmel, IN 46033

**Days/Hours:** Daily 24 hours  
Offers one-to-one support for families experiencing perinatal crisis including high-risk pregnancy, premature or seriously ill infant, miscarriage or infant death. Listening line staffed on a call-back basis by parents with similar experiences. Speakers, in-services, support group, newsletter and library are available.

**WEBSITE:** <http://www.neofight.org>

**St. Vincent Hospitals and Health Services**

**Program:** Postpartum Depression Support Groups

2001 W. 86th St. **338-2351**  
Indianapolis, IN 46260 **338-2418**

**Days/Hours:** Vary  
Offers support groups for persons affected by postpartum depression.

**WEBSITE:** <http://www.stvincent.org>

**St. Vincent Hospitals and Health Services**

**Program:** Subsequent Pregnancy Following a Pregnancy Loss

8450 Payne Rd. **338-4034**  
Indianapolis, IN 46260 **338-2273**

**Days/Hours:** Monthly 3rd Tues. 7pm-9pm  
Offers a support program for parents who are experiencing a pregnancy following a miscarriage, ectopic pregnancy, stillbirth or neonatal death. The program provides an opportunity to discuss feelings and share experiences.

**WEBSITE:** [www.stvincent.org](http://www.stvincent.org)