

SUPPORT GROUPS

ALCOHOL ABUSE SUPPORT GROUPS

Pocono Mountains Area Alcoholics Anonymous – Call (570) 424-8532 for more information.

Allentown, Easton, and Bethlehem Intergroup of Alcoholics Anonymous - Call (610) 882-0558 for more information.

Alcoholics Anonymous –Call 629-1992. Meetings at St. Paul's Lutheran Church, Tannersville: Tuesdays at 7:00 P.M., Fridays at 7:00 P.M. (Men and Women all meetings).

Pocono Mountain Area AA (Serenity House) – Meets Thursdays at Noon and 5:30 P.M. at East Stroudsburg Presbyterian Church, 55 Smith Street in Stroudsburg. Monday thru Thursdays at noon, Monday thru Friday at 5:30. Call 421-5821 or 424-8532

Alcoholics Anonymous: Answering service for times, locations, and assistance. 570-424-8532

(ALS) AMYOTROPHIC LATERAL SCLEROSIS

Greater Philadelphia Chapter. 321 Norristown Rd., Suite 260. Ambler, PA 19002.
Phone: 215-643-5434. Fax: 215-643-9307. alsassoc@alsphiladelphia.org.

ALZHEIMER'S / DEMENTIA DISEASE SUPPORT GROUPS

Alzheimer's Caregiver Support Group – Meets the first Wednesday of each month at 6:30 to 8:00 P.M. at the Loder Senior Center in East Stroudsburg. Call Kate (570) 420-3746 for more information.

Alzheimer's Hotline – (800) 272-3900 24 hours a day

Alzheimer's Support Group- Pocono Medical Center, 206 East Brown Street, East Stroudsburg, PA 18301, Tuesdays, 3:00 p.m. - 4:00 p.m. 570-422-3475

ALZHEIMERS SUPPORT GROUP **POCONO TRANQUIL GARDENS**

Pocono Tranquil Gardens- Meets 1st Thursday of the month from 6:30 pm to 7:30 pm.
329 East Brown Street, East Stroudsburg, PA 18301.
RSVP to Jennifer Bayer, 570-426-4019

AMPUTEE SUPPORT GROUPS

Lehigh Valley Amputee Support Group, Cedar Crest Blvd. & I-78
Allentown, PA 18105, (610) 402-8760

ARTHRITIS SUPPORT GROUPS

Arthritis Club of Monroe County – Exercise class from 9:00 A.M. to 10:00 A.M on Mondays, Wednesdays and Fridays at the Pocono Family Y.M.C.A. in Stroudsburg. Call (570) 421-2525 ext. 139 for more information.

AUTISM

Autism Society of America, Lehigh Valley Chapter- P.O. Box 90448 Allentown, PA 18109. For more information call 610-778-9212
www.asalehighvalley.org.

ARHC-Meets every Thursday at 9:30am to 11:00am at 1347 Housman Road, Allentown PA 18104.

Spanish speaking group meets every 3rd Saturday at 10:30am.

ASSAULT SUPPORT GROUPS

Adult Incest Survivors and Adult Rape Survivors Crime Victims Council

801 Hamilton St. Allentown, PA 18101

610-437-6610 (Allentown), 610-250- 6313 (Easton)

Email: info@cvclv.org

Support for survivors of adult incest and rape. Parent Survivors Support Group please call for schedule and information.

SAFE HAVEN INC. Domestic and Sexual Abuse Crises Intervention Center

This is strictly confidential. Call Crisis Line (570) 296-4357 or office (570) 296-2827 for more information. safehavenofpikecounty.com

Women's Sexual Assault Support Groups – Call Women's Resources of Monroe County at (570) 421-4200 for more information. **Must call office first.**

BEREAVEMENT SUPPORT GROUPS

Monroe County VNA Hospice Bereavement Support Group – Meets first & third Wednesday at 12:00 P.M. at the Monroe County Office of the VNA Hospice, Route 447, East Stroudsburg. Call (570) 421-5390 for more information.

Good Grief Support Group – Meets at St. Paul's Lutheran Church, Fish Hill Road, Tannersville. Meets the second and fourth Thursday of each month at 7:00 P.M. Call (570) 629-1992 for more information.

Grief Share – Meets Tuesdays from 6:30P.M. to 8:30 PM at Mt. Eaton Church in Saylorsburg. Call (570) 992-7050. Allentown, Easton, and Lehighton Areas Compassionate Friends (for Death of Children) – Call Dawn De Long at (610) 837-7924 for more information for the Allentown site, Call John Sabo (610-866-5468 for the Easton site, Call Patty Bisel (610-826-2938 for the Lehighton Site.

BIPOLAR DISORDER SUPPORT GROUPS

Bipolar Disorder & Depression Support Group – Meets the first and third Wednesdays of each month from 7:00-9:00 P.M. Stroud Conference Room at Pocono Medical Center 206 East Brown Street, Lisa, (570) 476-3422 East Stroudsburg, PA 18309

BLIND AND VISUALLY IMPAIRED SUPPORT GROUPS

Bureau of Blindness and Visual Services Support Group – Located at 300 G Laird Street in Wilkes Barre on the 3rd Monday of each month from 5:00 P.M. to 7:00 P.M. Call (570) 826-2361 (**TDD** (570) 826-2361) for more information.

Center for Vision Loss of Lehigh County Support Group– Meets first Thursday of the month from 10:00 A.M. to 11:30 A.M. at 845 West Wyoming Street, Allentown. Call (610) 433-6018 for more information.

BRAIN TUMOR SUPPORT GROUPS

American Brain Tumor Association- Toll-free Phone: 800-886-2282
E-mail: info@abta.org Website www.abta.org

CANCER SUPPORT GROUPS

Breast Cancer Support Group of the American Cancer Society –Meets the first Thursday of each month at 7:00 P.M. American Cancer Society, Stroudsburg, PA
Contact Honi Gruenberg (570)620-0336 ACS# 1-888-227-5445

Breast Cancer Support Group – Meets 4th Tuesday of each month. In the Rehab Conference Room at Easton Hospital, 20th Street entrance. Call (610) 250-4027 for more information and time.

US TOO Prostate Cancer Support Group- Meets third Thursday of every month at 7:00 P.M. at the Hughes Cancer Center in East Stroudsburg. Contact Amanda Sullivan at (570) 422-1700 for more information.

Prostate Cancer Support Group – Meets the first Tuesday of each month 7:00-8:30 P.M. at St. Luke's Radiation Oncology Waiting Room. Call (610) 954-3580 for more information.

Cancer Survivor Support Group – Meets 2nd Tuesday of the month 1:30-2:30 p.m. 3W Solarium at Easton Hospital. Call (610) 250-4027 for more information.

Hughes Cancer Support Group Expressive Arts Group- For patients and family members/caregivers, Hughs Cancer Center, East Stroudsburg, PA
Contact Lynn Steele, LSW,OSW-C for day & time (570)422-1700

Hughes Cancer Stress and Relaxation Support Group - Please call (570) 422-1700 for schedule and information.

Lymphoma/Leukemia/Blood related Caner Patient & Family Support Group
At the Hughes Cancer Center, East Stroudsburg, PA. Meets the 3rd Tuesday of the month at 6:00pm. Contact Lynn Steele, LSW,OSW-C for day & time (570)422-1700

PA Breast Friends Support Group- Contact Kelli Mercurio 321-236-3721

CARDIAC DIEASE SUPPORT GROUP

Cardiac Disease Support Group is the 2nd Tuesday of each month, 5:30pm to 7:00pm in Kroner Auditorium. RSVP one week in advance to reserve a spot. Contact Jennifer Bottcher at (610)-250-4673.

Pulmonary Disease Support Group is the 4th Tuesday of each month, 5:50 to 7:00pm in Kroner Auditorium. RSVP one week in advance to reserve a spot. Contact Jennifer Bottcher at (610)-250-4673. Anyone attending any group is encouraged to bring a loved one or family member with them. Light snacks are served at both groups.

DEAFNESS AND HARD OF HEARING SUPPORT GROUPS

PENNSYLVANIA SOCIETY FOR THE ADVANCEMENT OF THE DEAF, INC
3028 W Liberty Street, Allentown, PA 18104-4713
WWW.PSADWEB.ORG

Pennsylvania Office of Deaf & Hard of Hearing (ODHH) – Allentown office-484-866-9929, 45 North Fourth Street, Allentown PA, 18102
Harrisburg office-1-717-783-4912 / TDD phone-1-800-233-3008

DIABETES SUPPORT GROUPS

Monroe County Diabetes Society – Meets the fourth Monday of the month at 7 p.m. at the VNA/Hospice on Rt. 447 in East Stroudsburg. Call (570) 476-6237 for more information.

Diabetes Support Group – Meets the first Wednesday of each month 6:00-7:30 p.m. in the Easton Hospital Education classroom A&B. Call (610) 250-4000 for more information.

Diabetes Self-Management Course (ABC Diabetes) - Call (215) 283-2833 for more information.

DEPRESSION SUPPORT GROUP

Depression Support Group- Meets twice a year at the Mt. Eaton Church in Saylorsburg. Time to be determined, call for more info. Call (570) 992-7050.

Bipolar Disorder & Depression Support Group – Meets the first and third Wednesdays of each month from 7:00-9:00 P.M. in the Stroud Room at Pocono Medical Center. Call (570) 476-3422 and ask for Behavioral Health Unit.

DIVORCE CARE

Divorce Care- Meets Tuesday evening 6:30 to 8:30 p.m. at the Mt. Eaton Church in Saylorsburg. Call (570) 992-7050.

DOWNS SYNDROME SUPPORT GROUPS

Pocono Parents of Downs Syndrome – Meets the 4th Tuesday of each month at ESU in East Stroudsburg at 6:30pm. Call Betty at (570) 476-1269 for more information.

EPILEPSY SUPPORT GROUP

Lehigh Valley Hospital, Kasych Family Pavilion, Cedar Crest Blvd., Allentown, PA
Meeting in Room 3, every 2nd Tuesday of the month starting at 6: pm.
Call Ellen Baca at (610)737-0613

FAMILY AND COUNSELING SERVICES

Family Answers– Call (610) 435-9651 for more information.

The Well Spouse Association – Provides emotional support for people married to someone with a chronic illness. National number 1-800-838-0879.

FIBROMYALGIA & CHRONIC FATIGUE SUPPORT GROUPS

Date and Time: First Thursday of January, April, July and October at 7pm.
Location: W. H. Farley Education Center
SL Warren Campus, 185 Roseberry Street, Phillipsburg, NJ 08865

For further information call 908-859-8877 or St. Luke's InfoLink 866StLukes(785-8537)

HEAD INJURY SUPPORT GROUP

Head Injury Support Group Pocono Medical Center 206 East Brown Street East Stroudsburg, PA 18301 Cynthia Christman 570-476-3335 on the 3rd Thursday of each month from 12:00 to 1:00 p.m.

HEPATITIS SUPPORT GROUPS

NEPATSG/Hepatitis Division

RD #8, Box 8585M East Stroudsburg, PA 18301, Phone (Local) 570-223-2833.

Meets the 1st Monday of every month at Pocono Medical Center. 7 PM to 9 PM in the Stroud Room.

LUPUS SUPPORT GROUPS

Lupus Foundation of America –Philadelphia Tri-State Chapter - Jenkintown, PA
215-517-5070, Toll Free in PA and NJ 866-517-5070

LYMPHOMA-LEUKEMIA SUPPORT GROUP

Dale & Frances Hughes Cancer Center, East Stroudsburg, PA 18301. 3rd Tuesday of each month, 6:00 p.m. - 7:00 p.m. Please contact Lynn Steele at 570-422-1700 with any questions or information.

MENTAL HEALTH/MENTAL RETARDATION SUPPORT GROUPS

Carbon/Monroe/Pike Mental Health/Mental Retardation Program – Call (570) 421-2901 for more information.

National Alliance for the Mentally Ill (NAMI) – First and Third Wednesday of every month 7:00-9:00 P.M. at Brodhead Rm. at Pocono Medical Center. Call Eileen at 620-1865 for more information.

MULTIPLE SCLEROSIS SUPPORT GROUPS

Greater Delaware Valley Multiple Sclerosis Chapter
1 Reed Street, Suite 200, Philadelphia, PA 19147
Phone: (215) 271-1500
E-mail: pae@nmss.org
Web: <http://www.nationalmssociety.org/pae/home/>

Good Shepherd Rehabilitation Hospital MS Wellness Prog. and MS Day Hospital
850S. Fifth Street, Allentown PA 18103 Call 610-778-9303
www.Goodshepherdrehab.org

MUSCULAR DYSTROPHY SUPPORT GROUPS

Muscular Dystrophy Association 5940 Hamilton Boulevard #F, Allentown, PA 18106
Primary: (610)391-1977 Primary Fax: (610)391-0416
Email: allentowndistrict@mdausa.org

MDA clinic Good Shepherd Rehabilitation Hospital
850 South 5th Street, Allentown, PA 18103
610-776-3278

NICOTINE SUPPORT GROUP

Nicotine Anonymous Support Group- Mt. Zion Church of Christ, 14 N. 8th Street, in Stroudsburg on Wednesdays from 6:00pm to 7:pm. 570-421-8670.

NARCOTICS ANONYMOUS

Narcotics Anonymous- Helpline (570) 421-6618. Call for more information and support group meetings

PARKINSON'S DISEASE SUPPORT GROUPS

Pocono Support Group – Meets at the Loder Senior Center, 62 Analomink Street, East Stroudsburg at 2:00 P.M – 3rd Wednesday of each month. Contact Kate Koehler at (570) 420-3746.

PARKINSONS OF THE LEHIGH VALLEY- Contact Geraldine Haines at 610-868-3510

SJOGREN'S SYNDROME SUPPORT GROUPS

Support Group Contact: Lupus Foundation/ Resource Center for Autoimmune Diseases Contact Information: (800) 800-5776

STROKE SUPPORT GROUPS

Good Shepherd Health & Technology Center
850 S. Fifth Street Allentown, PA 18103 WWW.GSRH.org
Call for dates and times of meetings. For more information, call 610-776-3299.

Good Shepherd Rehabilitation at Easton Hospital
250 South 21st Street Easton, PA 18042
Meetings of the stroke support group are held on the 3rd Monday of every month at 6:45 p.m. For more information, call 610-250-4240.

SUICIDE SUPPORT GROUPS

Survivors of Suicide-Family Answers
411 West Walnut Street, Allentown, PA 18102
First and Third Mondays of each month from 7PM to 8PM
Contact: Nancy Marshall, 610-435-9651, nmarshall@familyanswers.org

Pocono Medical Center Suicide Survivor's Group
206 East Brown Street, East Stroudsburg, PA 18301
, 570-476-3422
Meeting Place: Pocono Medical Center, (same address as above)
Doctors' Lounge/Cafeteria
4th Tuesday of the month from 7:00pm to 8:30pm

NATIONAL SUICIDE PREVENTION HOTLINE 1-800-273-8255

TRANSPLANT SUPPORT GROUPS

NEPATSG/Northeastern Pennsylvania Transplant Support Group Inc.
115 Marshalls Creek Road, East Stroudsburg, PA 18302
Phone (Local) 570-223-2833.

Transplant Support Group - Meets the first Thursday of each month at 7:00-9:00 P.M. in the Stroud Room at Pocono Medical Center. Call (570) 223-2833 for more information.

VISION LOSS AND SUPPORT GROUP

Center for Vision Loss Monthly support groups meets first Monday of each month at Burley Workshop Cramer Room 4215 Manor Drive, Stroudsburg, PA at 10 to 11:30 AM. 570-992-7787 for more information

Services provided by The Monroe County Council of the Blind Call the support line, leave a message and receive a call back within 24 hours. (570) 421-4118.

WOMEN'S ISSUES SUPPORT GROUPS

Women's Issues Support Groups – Call Women's Resources of Monroe County at (570) 421-4200 for more information. Domestic violence **must call office first.**

POCONO HEALTH SYSTEM

Visit Pocono Health System on the internet to find additional support groups available

<http://www.poconohealthsystem.org/?id=296&sid=1>

<https://www.poconohealthsystem.org/creg/default.aspx?id=272&sid=1&sslRedirect=true>

GOOD SHEPHERD REHABILITATION HOSPITAL WELLNESS PROGRAMS

www.Goodshepherdrehab.org