

# BEDFORD & SOMERSET COUNTIES

## SUPPORT GROUPS ~ 2016

The following is a list of regularly scheduled Support Group meetings in Bedford & Somerset Counties. If you do not attend meetings regularly, please check with the contact person for the group that you want to attend to verify the scheduled time and location. Occasionally meetings are moved for special activities or speakers.

Bedford Groups	Dates & Locations	Somerset Groups	Dates & Locations
Mental Health Support Groups -Peer Support Group -Family Support Group	3 <sup>rd</sup> Monday of each month Bedford Presbyterian Church 145 S. Julianna Street Bedford, PA 15522 4:00 – 6:00 pm Community Room Jessica Peacock 814-421-5104; Toll free (888)733-7781	Mental Health Support Groups -Peer Support Group -Family Support Group	3 <sup>rd</sup> Tuesday of each month; 3:00 pm Community Connections Room #264 Somerset Hospital 225 S. Center Avenue Somerset, PA 15501 Jessica Peacock 814-421-5105 or Toll free (888)733-7781
Smoking Cessation Program	Bedford UPMC Dawn Housel @ Personal Solutions Inc. 814-623-5009 or Sandy Boyd @ 814-623-6161, Ext. 1105	Living in Balance	Every Thursday; 6:00 pm Friedens Lutheran Church 131 S. Main Street Friedens, PA 15541 (around back, lower level) Beal Counseling & Consulting 814-444-9696
Overeaters Anonymous Support Group	Every Tuesday 7:00 p.m. Bedford UPMC Vreeland Conference Room Sally 814-623-1557 or or Sandy Boyd @ 814-623-6161, Ext. 1105	Down Syndrome Parent Support Group	3 <sup>rd</sup> Sunday of each month; 6-8:00 pm St. Paul's UCC 202 West Union Street Somerset, PA 15501 Call Tami Waggle before attending; they only meet if enough attendance 814-445-4329 or 814-233-1580
Care Support Group (Suicide Prevention) Bringing awareness to suicide, provide a caring & safe atmosphere for those affected by suicide	Wolfsburg United Methodist 182 Wolfsburg Road Bedford, PA 15522 1 <sup>st</sup> Wed of month at 1:30 p.m. 3 <sup>rd</sup> Wed of month at 6:30 p.m. Cathy Krusberg 240-678-2002 Beth Pyles at 301-233-2429	Somerset Brain Injury Support Group	2 <sup>nd</sup> Tuesday of each month; 1-2:00 pm Community Action Partnership For Somerset County 535 E. Main Street Somerset, PA 15501 Jody Kris - jodykris@gmail.com (800) 237-9009 or 814-479-8639
Alzheimer's Support Group	Bedford United Methodist 132 E. John Street Bedford, PA 15522 3 <sup>rd</sup> Thursday each month; 3:00 pm Karen Everhart 814-623-7772	Arthritis Foundation Exercise Program "Take Control with Exercise"	Every Tuesday & Thursday; 11:00 am 7/7/15 – Mid September 2015 Somerset Alliance Church 708 Stoystown Road Somerset, PA 15501 814-445-8949

<b>Bedford Groups</b>	<b>Dates &amp; Locations</b>	<b>Somerset Groups</b>	<b>Dates &amp; Locations</b>
Brain Injury Support Group	3 <sup>rd</sup> Wednesday each month; 1pm Bedford County Library Asa D. May Meeting Room 240 South Wood Street Bedford, Pa 15522 Brandee Riggelman 1-800-237-9009	Celebrate Recovery	Every Friday - 6 pm Food & Fellowship 7 pm Large Group 8 pm Small Groups  Somerset Alliance Church 708 Stoystown Road Somerset, PA 15501 814-445-4949; <a href="http://www.somersetalliance.org">www.somersetalliance.org</a>
Post-Traumatic Stress Disorder (PTSD) Family Support Group	Last Thursday each month; 6 pm James E. Van Zandt VA Medical Center, Altoona. Behavioral Health Conf. Room  Mary Elaine Sheehan, Recovery Coordinator 814-943-8164 Ext. 8112	Prevention Program for Children & Parents	Last Saturday of each month; 10:00 am  Twin Lakes Center 224 Twin Lakes Road Somerset, PA 15501  Alyssa Peters or Paul Moreau 814-443-3639 ext. 247 or 241
Community Support Program (CSP) Mental health support for consumers and families	2 <sup>nd</sup> Friday each month; 3:00 pm H.O.P.E.S. Center 127 W. Penn Street Bedford, PA 15522 814-310-2313	Somerset Military Family Support Group	Every Monday; 7:00 pm  Somerset Senior Center 1338 South Edgewood Avenue Somerset, PA 15501  <a href="http://somersetmilitaryfamilysupportgroup.org">somersetmilitaryfamilysupportgroup.org</a>
Comforting Friends Open to parents and grandparents who have lost a child or grandchild of any age.	3 <sup>rd</sup> Tuesday each month; 7 pm Trinity Reformed Church 722 Main Street Osterburg, PA 16667 Kelly: 814-239-5410 Delores: 814-239-5870	Vision Corps Sight Loss Support Groups: Transportation provided to Vision Corps clients. Non-clients experiencing some vision issues are welcome to attend.	All monthly meetings begin at 1 p.m. -2 <sup>nd</sup> Tuesday, Quemahoning Towers in Windber -3 <sup>rd</sup> Tuesday: Laurel View Village in Davidsville -4 <sup>th</sup> Tuesday: Somerset Senior Center
Bereavement Support	Offered periodically by Home Nursing Agency  Bedford UPMC Memorial Joyce Gray 814-949-6784  Rev. Curtis Bryant is available at 814-735-2788 for questions or discussion relating to the loss of a family member or relative.	Alzheimer's Support Group	3 <sup>rd</sup> Thursday each month - 6:00 pm Laurel View Village 2000 Cambridge Drive Davidsville, PA 15928 D'Arcy Yearch; 814-288-2724 ----- 2 <sup>nd</sup> Thursday each month – 1:00 pm Somerset Hospital Community Connection Room #264 225 S. Center Avenue Somerset, Pa 15501 Sarah Deist; 814-443-5735
		Caregiver Support Group	2 <sup>nd</sup> Saturday of each month; 10:00 am  Friedens Lutheran Church 131 S. Main Street Friedens, PA 15541 814-445-4627

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		Divorce Care For people who are separated or divorced.	Each Monday; 6:30 – 8:30 pm Fireside Room  Somerset Alliance Church 708 Stoystown Road Somerset, PA 15501  814-445-8949; www.somersetalliance.org
		Caregiver Support Group	2 <sup>nd</sup> Thursday of each month; 7:00 pm Somerset Alliance Church (Board Room) 708 Stoystown Road Somerset, PA 15501  814-445-8949; www.somersetalliance.org
		AA	<ul style="list-style-type: none"> <li>• Every Monday; 8:00 pm St. Paul's United Church of Christ 202 W. Union Street Somerset, PA 15501</li> <li>• Every Tuesday, 7:30 pm Twin Lakes Center 224 Twin Lakes Road Somerset, PA 15501 814-443-3639</li> <li>• Every Wednesday; 8:00 pm St. Francis in the Fields Church Husband Road Somerset, PA 15501</li> <li>• Every Thursday; 8:00 pm St. Paul's United Church of Christ 202 W. Union Street Somerset, PA 15501</li> <li>• Every Saturday; 6:00 pm Friedens Lutheran Church 131 S. Main Street Friedens, PA 15541</li> </ul> <p>For all meetings; 814-445-4627</p>
		In Touch Hospice Bereavement Support Group	2 <sup>nd</sup> Tuesday of each month; 7:00 pm  In Touch Hospice 1474 N. Center Avenue Somerset, PA 15501  Jessie Pringle; 814-443-5047
		Transplant Support Group	Last Tuesday every other month 6:30 p.m. – Wheeler Family Med. Ctr. Meet in Jan., Mar., May, July, Sep., Nov. Jill Fox; 814-443-5153  Somerset Hospital 225 S. Center Avenue Somerset, PA 15501

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		Compassionate Friends Loss of a child.	2 <sup>nd</sup> Tuesday of each month; 7:00 pm Community Connection Room #264 Somerset Hospital 225 S. Center Avenue Somerset, PA 15501 Pam Beabes; 814-442-3534
		Grief & Loss of a Loved One	3 <sup>rd</sup> Tues. of each month; 7:00 pm Library Friedens Lutheran Church 131 S. Main Street Friedens, PA 15541 Pam Ream; 814-445-4627
		Grief Share	Tues.6:00 pm or Thurs.11:00 am North Ridge Baptist Church 651 Blackburn Road Friedens, PA 15541 Tammy Armstrong; 814-443-1417
		Grief Share	Every Wednesday; 6:45 pm Somerset Alliance Church 708 Stoystown Road Somerset, PA 15501 Beck Henry; 814-445-8949
		Arthritis Support Group	1 <sup>st</sup> Monday of each month 12:00 p.m. No meetings in Jan., Feb., Mar., Sept. Community Connection Room #264 Somerset Hospital 225 S. Center Avenue Somerset, PA 15501 Ann Cober; 814-443-5141
		Parkinson's Disease Support Group	4 <sup>th</sup> Thursday of every other month; 1 pm Community Connection Room #264 Somerset Hospital 225 S. Center Avenue Somerset, PA 15501 David Von Hofen; 412-387-2542
		Sleep Apnea Support Group	2 <sup>nd</sup> Tuesday of each month; 7:00 p.m. Meets in Cafeteria April, May, Sept., Oct. Somerset Hospital 225 S. Center Avenue Somerset, PA 15501 Tanya Zehner, 814-443-5716
		NAR-ANON Family Groups	Every Monday; 6:00 – 7:30 pm Freedom in Christ Community Church 117 W. 1 <sup>st</sup> Street Somerset, PA 15501 Kris Kreger, StillWatersNAFSG@gmail.com

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		Banding Together for Baby  For moms-to-be and new parents	1 <sup>st</sup> Thursday of each month; 11:00 am  Community Action Partnership 535 E. Main Street Somerset, PA 15501  814-445-9628 x 220, or x 249
		Narcotics Anonymous	Every Sunday 7:30 pm  Grace United Methodist Church 320 Felgar Road Somerset, PA 15501
		LBGTQ Support Group	Group meets in Somerset as needed  Please call or email for specifics: Champion Comprehensive Evolution 724-812-1101; Dr.KDFerrari@gmail.com