



2017 Healthcare Resource Guide

– Support Groups –

Prepared by United Appeal for Athens County 2-1-1

Call 2-1-1 or visit www.211athenscounty.org for updates and additional resources!

It is the intent of this document to list only non-profit or government agencies that provide information or support group services.

Adult Diabetes Support Group

740-566-4877 or 740-566-4872

Athens Community Center, 701 East State Street, Athens, Ohio

Meetings: First Tue 6 pm-7 pm

Description: UMA's Endocrine & Diabetes Center provides a support group for adults with diabetes. Call for information.

Al-Anon/AlaTeen

www.al-anon.alateen.org

888-425-2666

Description: Al-Anon provides a support group for friends and family members of individuals with alcohol dependency issues. Call or visit the website for more information and meeting locations/times.

Alcoholics Anonymous

www.aacentralohio.org

614-253-8501

Description: Provides supportive services for people with alcohol dependency issues. Call or visit the website for more information and meeting locations/times.

Alzheimer's Association

www.alz.org/wv

800-272-3900

Description: Provides current information and research for coping with and managing Alzheimer's. Meetings are held at the Athens Community Center on Tuesdays at 5:30 pm. Call 740-797-3528 for information on Athens support meetings.

Athens County Suicide Prevention Coalition Suicide Bereavement Support Group

(Athens-Hocking-Vinton 317 Board)

<http://www.317board.org/suicide-prevention>

740-593-3177

Description: Provides a bereavement support group for individuals who have lost someone to suicide. Call or visit the website for more information and meeting locations/times.

The Birth Circle

www.athensbirthcircle.com

740-652-6262

Description: Offers pregnancy, childbirth, and parenting support, along with play groups for children. Call or visit the website for information.

Caregivers of the Elderly Support Group

Athens Community Center, 701 East State Street, Athens, Ohio

740-797-3528

Description: Provides support in understanding, coping with and managing Alzheimer's disease; help in locating and using community resources; and current information and research.

Hours: Second Tue 5:30 pm-6:30 pm

Celebrate Recovery

www.athenscommunitychurch.org

740-592-0060

Athens Community Church, 217 Columbus Road Suite 101, Athens, Ohio

Description: Celebrate Recovery is a 12-step Christian-based support group for individuals with addictions, coping with grief, or facing difficult life situations. Call or visit the website for more information.

Hours: Fri 6:30 pm-9 pm

Citizen Circle

The Work Station / Ohio Means Jobs – Athens County: 877-351-0405 / 740-797-1405

Description: Provides an ex-offender reentry support group meeting at the Job and Family Services office in Millfield. Includes community members and people who wish to share resource information. Call for details and meeting times.

Equitas Health (formerly AIDS Resource Center)

18 North College Street, Athens, Ohio

www.equitashealth.com

740-331-0407

Description: Provides support services as a primary resource for HIV/AIDS information, testing, and education. Offers financial assistance for low-income individuals with HIV/AIDS. Call for more information.

Office Hours: Hours vary

The Gathering Place

7 North Congress Street, Athens, Ohio

www.thegpathens.org

740-594-7337

Description: The Gathering Place provides a drop-in center that offers mental health support services to adults coping with mental illness. Must be an adult, 18 years or older, and must have a mental illness in order to utilize these services. Call or walk-in for more information or to begin the enrollment process.

Hours: Mon-Sat 10 am-8 pm Sun 10 am-6 pm



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- HAVAR** www.havar.org **740-594-3533**
Description: Offers day habilitation services for individuals with disabilities. Call for more information.
- NAMI** www.namiathensohio.org **740-593-7424**
Description: Offers Family Support Group meeting for parents, guardians, and family members of individuals with brain disorders and/or mental health issues. Call for more information and meeting times/locations.
- Narcotics Anonymous** <http://www.naws.org/meetingsearch/> **800-587-4232**
Description: Provides supportive services for people with narcotics dependency issues. Call or visit the website for more information and meeting locations/times.
- National Cancer Information Center** www.cancer.org/aboutus/howwehelpyou/contactus/index **800-227-2345**
Description: Trained Cancer Information Specialists can answer questions 24 hours a day, every day to empower people with accurate, up to date information to help make educated health decisions. Connects patients, caregivers, and family with valuable services and resources or provides information on how to get involved and support the fight against cancer.
- National Parkinson Foundation- Central and Southeast Ohio** **740-592-5025**
55 Hospital Drive, Athens, Ohio www.centralohioparkinson.org Hours: Second Tue 2 pm
Description: Mutual support group for people with Parkinson's disease and caregivers meets at OhioHealth O'Bleness Hospital. An exercise group also meets every Tue and Thu at 3:30 pm in OU Grover Center room E216. Call for details.
- Overeaters Anonymous** www.centralohiooa.org **614-253-2492**
Description: Provides supportive meetings for people with eating-related problems including anorexia, bulimia, obesity and compulsive eating. Call or visit the website for more information and meeting locations/times.
- Pregnancy and Infant Loss Support Group** **740-541-2041 or 740-808-2448**
Central Avenue Church, 73 Central Avenue, Athens, Ohio Hours: First Thu 6:30 pm-8 pm
Description: Support group for people who have recently experience miscarriage, stillbirth, and infant loss. These meetings are free and facilitated by a professional social worker. All family members and friends are welcome. Childcare is provided.
- Respite Volunteer Program** www.ohio.edu/chsp/rcs/csd/communityengagement/respites-program.cfm
Ohio University College of Health Sciences and Professions **740-593-1356**
Communication Sciences and Disorders, Grover Center W218, Ohio University, Athens, Ohio
Description: Free respite services for caregivers of adults with disabilities, with a focus on communication and socialization. Call or visit the website for more information or to set up a meeting.
- Sex Addicts Anonymous** www.saa-recovery.org **800-477-8191**
Description: Provides supportive meetings for people who have a desire to recover from sexually compulsive or addictive behavior. Call or visit the website for more information and meeting locations, times, and formats.
- SMART Recovery**
Athen-Hocking-Vinton 317 Board, 7990 Dairy Lane, Athens Meeting: Wed 5 pm-6:30 pm **740-517-8647**
OU Campus Involvement Center, Health Promotion, Baker Center 321, Athens Meeting: Wed 12 Noon-1 pm **740-593-4749**
Description: SMART Recovery addiction recovery program is founded on a four-point system that offers tools/ techniques for building/maintaining motivation, coping with urges, managing thoughts, feelings/behaviors, and living a balanced life. The program has a scientific foundation and teaches increasing self-reliance. Call for information.
- Southeast Ohio Breast Cancer Survivors Network** **740-698-8571**
Meetings at The Plains United Methodist Church, 3 North Plains Road, The Plains Ohio Meeting: Second Thu 6 pm
Description: Cancer support group for individuals who have been diagnosed with, or are survivors, of cancer.