

THE MENTAL HEALTH ASSOCIATION



OF GREATER ST. LOUIS

The Mental Health Association of Greater St. Louis (MHA) is a not-for-profit, non-governmental, charitable corporation founded in 1945 for the purpose of giving form and structure to the growing community concerns for the needs of people with mental illness. As an affiliate of Mental Health America (formerly National Mental Health Association), our agency's mission is to represent the public's interest in matters relating to the entire spectrum of mental illness and mental health. This mission is translated into a set of clearly defined goals.

- Promote positive mental health;
- Assure that each citizen with mental health problems is accorded appropriate and timely treatment and rehabilitation;
- Improve the quality of life for persons with mental illness; and
- Serve as a voice in shaping public policy with respect to mental health issues.

With more than 300 volunteers, the Mental Health Association of Greater St. Louis uses its limited resources in the most effective way to lead the local mental health movement, addressing the needs of the community at large on all issues of mental health and mental illness.

In 1909, the National Mental Health Association, now known as Mental Health America, was founded by Clifford Beers, a mental health consumer/advocate. Since that time, the national network has grown to over 300 chapters encompassing almost 2,000,000 volunteers throughout the United States. Mental Health America is the oldest and largest volunteer movement in the country concerned with all aspects of mental health and mental illness.

In summary, Mental Health America and its affiliates strive to be a voice in shaping public policy with respect to mental health issues.

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WHAT IS A SELF-HELP GROUP?

Self-help/mutual aid groups are small voluntary groups of persons who share a common problem, condition, or life situation. Although drawn together by a shared problem, they learn that by helping one another, they help themselves. Groups not only support individuals who have specific concerns, but quite often assist family members and significant others who are seeking support and education.

In self-help groups, members find a unique understanding and guidance that comes from others who have experienced the same problem. Participants provide one another with emotional support and share information about effective ways to cope with their mutual problems.

The Mental Health Association of Greater St. Louis is the official clearinghouse for self-help groups in the metropolitan area. For more information, please call 314-773-1399.

Resources to Help You Start A Group

- ***Effective Support Groups: How to Plan, Design, Facilitate and Enjoy Them*** by James E. Miller, 1998, 64 pg., Willowgreen Publishing, 10351 Dawson's Creek Blvd., Suite B, Fort Wayne, IN. 46825 (260-490-2222). \$6.95 plus S&H

This book provides a simple and succinct overview of basic information about groups, including what support groups are, how they're created, the ways in which they function, what's expected of the members and what's to be required of facilitators. It includes various models of developing a group and invites the reader to use flexibility and creativity when developing a support group. Each section of the book begins with a question followed by a response giving a range of options including useful discussions on should a support group be open or closed, why start or join a support group, what are ground rules and various ways facilitators put into practice skills such as attending, gatekeeping, focusing, mediating and more. This book is a valuable resource for people who want to start a group as well as a helpful review for experienced group facilitators. The book also includes additional resources for use with support groups dealing with the topics of bereavement, caregiving and life transitions. A useful bibliography of self-help literature is also included.

Want to order this book and support the Mental Health Association of Greater St. Louis? Visit our web site at www.mhagstl.org and use the Amazon link on the homepage to place your order.

- The Mental Health Association of Greater St. Louis can provide a free start-up kit of materials. The information is taken from the 5th edition of the *Self-Help SourceBook: The comprehensive reference of self-help group resources*, published by the American Self-Help Clearinghouse in Denville, New Jersey. Topics include:
 - Leadership
 - How to build shared leadership
 - Communication and handling difficult behaviors
 - How to cope with distress or crisis in a group
 - Publicity strategies

If you would like these materials, call the Mental Health Association at 314-773-1399.

HOW TO USE THE DIRECTORY

This directory provides the most current listings possible for self-help/mutual aid groups in the metropolitan St. Louis area. Listings include contact information and a brief description of the group's goal/purpose. No attempt was made to evaluate these groups; inclusion in this directory is not intended as an endorsement.

This directory will assist potential group members, helping professionals and others who are interested in learning about groups that may meet their needs. Potential group members are encouraged to contact groups for more information before attending. Because self-help groups can provide a valuable component in the recovery process, we hope you find this book useful as a resource manual.

The listings are arranged in alphabetical order according to the name of the group.

There are two indices – Alphabetical and Categorical. The Alphabetical index contains all groups in alphabetical order, along with page number. The Categorical index contains an alphabetical listing of all groups which pertain to a specific topic or issue to be addressed. For example, a group for Sudden Infant Death Syndrome will be listed in the Bereavement category, along with its corresponding page number. Groups may be listed in more than one category when appropriate.

When a group is sponsored by or meets at a hospital, the hospital name and appropriate contact information, not the address, is listed. Please refer to the next page for addresses of hospitals in which groups meet. This has been done in an effort to streamline the volume of text contained in this document.

Although self-help group information expands and changes constantly, this directory represents the most comprehensive, up-to-date information available to us at the time of our update. Throughout the year, the Mental Health Association makes every attempt possible to track changes that occur with the groups listed in the directory. If you know of any changes, deletions or additions that would allow us to give the most up-to-date information to callers and other users of the directory, please contact us at:

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SPECIAL THANKS

As a volunteer during summer break, Michelle Waddell conducted the research to update this directory for 2008. Michelle is an undergraduate senior at Washington University in St. Louis, majoring in Psychology and Religious Studies and minoring in the Humanities. Active in campus life, Michelle serves as the Director of a Peer Counseling Group, is an on-campus Residential Advisor, is a student representative on the school's Committee on Sexual Assault, and is a member of the Psychology Honor Society, Psi Chi. The Mental Health Association greatly appreciates her hard work to help make this publication possible.

HOSPITAL SYSTEMS and HOSPITALS
which offer or provide meeting space for support groups.

BJC Health System

Alton Memorial Hospital #1 Memorial Drive Alton, IL 62002
Barnes-Jewish Hospital/St. Louis #1 Barnes-Jewish Hospital Plaza St. Louis, MO 63110
Barnes-Jewish Hospital/St. Peters 10 Hospital Drive St. Peters, MO 63376
Barnes-Jewish Hospital/St. Peters HealthWise Center #6 Jungerman Circle St. Peters, MO 63376
Barnes-Jewish Hospital/West County 12634 Olive Boulevard St. Louis, MO 63141
Christian Hospital 11133 Dunn Road St. Louis, MO 63136
Missouri Baptist Medical Center 3015 North Ballas Road St. Louis, MO 63131
Northwest HealthCare 1225 Graham Road Florissant, MO 63031
Progress West HealthCare Center #2 Progress Point Parkway O'Fallon, MO 63336
St. Louis Children's Hospital One Children's Place St. Louis, MO 63110
Siteman Cancer Center 4921 Parkview Place St. Louis, MO 63110
Siteman Cancer Center 150 Entrance Way St. Peters, MO 63376

Doctors Community Healthcare

Forest Park Hospital 6150 Oakland Avenue St. Louis, MO 63139
St. Alexius Hospital – Broadway campus 3933 South Broadway St. Louis, MO 63118

Hospital Sisters Health System – Springfield, IL

St. Elizabeth's Hospital 211 South 3rd St. Belleville, IL 62222
St. Joseph's Hospital/Breese 9515 Holy Cross Lane Breese, IL 62230

SSM Health Care

DePaul Health Center 12303 DePaul Drive Bridgeton, MO 63044
DePaul Health Center/St. Vincent's 12377 DePaul Drive Bridgeton, MO 63044
St. Joseph Health Center/St. Charles 300 First Capitol Drive St. Charles, MO 63301
St. Joseph Hospital/Kirkwood 525 Couch Ave., St. Louis, MO 63122
St. Joseph Hospital West 100 Medical Plaza Lake St. Louis, MO 63367
St. Mary's Health Center 6420 Clayton Road St. Louis, MO 63117

Privately Owned Hospitals

Anderson Hospital 6800 State Route #162 Maryville, IL 62062
CenterPointe Hospital 5391 Highway 94 St. Charles, MO 63303
Hyland Behavioral Health @ St. Anthony's 10018 Kennerly Road St. Louis, MO 63128
Memorial Hospital/Belleville 4500 Memorial Drive Belleville, IL 62223
St. Anthony's Medical Center 10010 Kennerly Rd. St. Louis, MO 63128
St. John's Mercy Medical Center 615 South New Ballas Road St. Louis, MO 63141
St. John's Mercy Medical Center/Washington 901 East Fifth Street Washington, MO 63090
St. Louis ConnectCare Medical Center 5535 Delmar St. Louis, MO 63112
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SELF-HELP GROUPS

“A Way With Words” (AWWW) Grief Support Group

P.O. Box 443
Florissant, MO 63032

Contact: Ms. Ford
314-838-8603

Meets: 4th Saturday, 12:30 p.m. (No meetings in November and December)
Location: 8011 Ellerton Street
St. Louis, MO 63114

This group is designed to help individuals and families through the grief process, by offering support and encouragement through monthly meetings, phone contact, home visits, workshops and newsletters. Individuals can learn what to expect during the grief process, discover effective methods for dealing with loss and share experiences with those who have suffered similar losses. This group is part of the GriefShare network; see GriefShare listing.

Aching Arms (Grief)

Heartlinks Grief Center and Compassionate Friends
5110 West Main Street
Belleville, IL 62226

Contact: Kris or Diana
618-277-1800
Email: heartlinks@familyhospice.org

Meets: 3rd Wednesday, 6:30 – 8:00 p.m.
Location: Heartlinks Grief Center at Family Hospice

Aching Arms is available for anyone grieving the death of a child of any age. This support group is designed to provide a safe place for grieving parents to support each other on their journey with the help of trained professionals.

Acoustic Neuroma Support Group

Acoustic Neuroma Association
600 Peachtree Parkway #108
Cumming, GA 30041

Contact: Dona Anderson 618-288-9936
Peggy Landgrove 636-227-7673
770-205-8211
Web site: www.anausa.org

Meets: Meets four times a year. (January, April, July and October)
Location: St. John’s Mercy Medical Center, Gillis Boardroom

The Acoustic Neuroma Association provides information and support to patients, both pre- and post-operation, who have been diagnosed with or experienced an Acoustic Neuroma or other benign problem affecting the cranial nerves.

Adult Children of Alcoholics

See listing for Al-Anon Info Center. Support groups for adult children of alcoholics meet at various locations and times throughout the Missouri and Illinois metropolitan area.

“Aiding a Mother and Father Experiencing Neonatal Death” Support Group (AMEND)

4324 Berrywick Terrace
St. Louis, MO 63128

Contact: Maureen Connelly 314-487-7582
Martha Eise 314-291-0892
Web site: www.amendgroup.com

Call or visit web site for meeting dates and locations.

This group provides one-on-one contact, mostly by phone, which provides support to parents who have experienced the loss of an infant through miscarriage, stillbirth or neonatal death.

AIDS/HIV Support Group

Bethany Place
821 West A Street
Belleville, IL 62220

Phone: 618-234-0291
Web site: www.bethanyplace.org

Meets: 1st Tuesday - closed meeting for HIV+ clients of Bethany Place
2nd Tuesday – open meetings for persons who are HIV+ and for family members
3rd Tuesday – for persons who are HIV+ and for HIV- family and friends
All meetings are from 6:00 – 7:00 p.m.

Bethany Place is a full service center for persons with AIDS. Provides support groups, HIV testing, counseling, housing, education and referrals. Bethany Place is also open to partners and family members of those with HIV and AIDS.

AIDS Support Group Referral Organizations

St. Louis Metropolitan AIDS Program (Metro AIDS)	314-612-5188
National AIDS Hotline	800-342-2437
St. Louis Effort for AIDS Hotline	314-645-6451
Community Health in Partnership	314-652-9231

Air Force

St. Luke’s Hospital

Phone: 314-542-4888

Meets: 4th Wednesday, 1:00 – 3:00 p.m.
Location: West Medical Office Building, Room 120, Main Floor

A support group for those with breathing difficulties.

Al-Anon and Alateen Groups and Information Center (MO Chapter)

2683 South Big Bend, Room 17
St. Louis, MO 63143

Phone: 314-645-1572
Toll free: 800-344-2666
Web site: www.missouri-al-anon.org

Call above number for information about meeting dates and locations in St. Louis.

Call numbers listed below or visit web site for information about meeting dates and locations in:

Independence, MO 816-373-8566
St. Charles County, MO 636-240-1722
Springfield, MO 417-885-9114
O'Fallon, IL 618-398-9470

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy, neither endorses nor opposes any cause. Groups are held at various locations throughout the Missouri/Illinois metropolitan area. Groups include Al-Anon, Adult Children of Alcoholics, Young Alateen (8 to 12 years old) and Alateen (12 years and older).

Alcoholics Anonymous (AA)

2683 South Big Bend, Room 4 Phone: 314-647-3677
St. Louis, MO 63143 Web site: www.aastl.org
Call or visit web site for more information on meeting dates and locations.

AA support groups are offered at various locations throughout the Missouri/Illinois metropolitan area for specific segments of the population.

“Alcoholics For Christ” Support Group

Cornerstone Evangelical Free Church Contact: Jan Eriksen
442 East Glendale Road 314-258-1680
St. Louis, MO 63119

Meets: Wednesdays, 7:00 p.m.
Location: Cornerstone Evangelical Free Church

“Alcoholics for Christ” is an inter-denominational, non-profit, Christian fellowship that ministers to three groups: Alcoholics or substance abusers, family members (those who relate regularly with an alcoholic or substance abuser), and adult children (individuals who were raised in alcoholic, substance abuse or dysfunctional families).

Alert, Well, And Keeping Energetic (AWAKE) Sleep Apnea Support Group

Anderson Hospital Sleep Lab Contact: James “Andy” Davis
6800 State Route 162 618-391-5823
Maryville, IL 62062 Web site: www.andersonhospital.org

Meets: 2nd Thursday, 6:00 – 8:00 p.m. in March, June, September and December

AWAKE is a support group that aims to educate and encourage those affected by sleep apnea. Provides information on care and testing.

ALS & ALS Caregiver Support Group

Muscular Dystrophy Association
345 Marshall Avenue Suite 101
St. Louis, MO 63119

Contact: Debbie King
314-683-2041
Call before attending

Meets: 1st Wednesday, 7:00 - 8:30 p.m.
Location: Salem in Ladue United Methodist Church, 1200 South Lindbergh Boulevard

This adult support group is for family members, spouses, and those dealing with ALS or a related motor neuron disease. An ALS caregivers support group meets at the same time and location. Participants must be registered with MDA to attend. ALS stands for Amyotrophic Lateral Sclerosis. Also supports persons who deal with other Neuromuscular Diseases.

Alternatives to Living in Violent Environments (ALIVE)

P.O. Box 11201
St. Louis, MO 63105

Business Line: 314-993-7080
Crisis Line: 314-993-2777

Meets: Tuesdays, 10:00 - 11:30 a.m. and Tuesdays, 6:00 - 7:30 p.m.
Location: Call for meeting location information.

ALIVE provides support groups, counseling, court advocacy and emergency services for battered women and their children. 24-hour crisis assistance is available.

Alzheimer's Association – St. Louis Chapter

9374 Olive
St. Louis, MO 63132

Contact: Debra Bryer
314-432-3422
800-980-9080
Web site: www.alzstl.org
Email: helpline@alzstl.org

Call or visit web site for information on the following groups in the metropolitan area:

- Early Stage Memory Loss Group/Dementia
- Adult Children of Persons w/Alzheimer's Disease
- Late Stage Alzheimer's Disease
- Caregivers and Family Group
- Spouse of Younger Persons with Alzheimer's

The group serves 38 counties in Eastern Missouri and Western Illinois. Services include family guidance, a resource library, bi-monthly newsletter, speaker's bureau, professional education, information, 85 support groups, respite, education, legal, and financial assistance for respite to patients and their families. Also offers "Safe Return ID Program."

Alzheimer's Caregiver's Support Group

Southwest Illinois College Senior Program

Contact: Jodi
618-234-4410 x 7031

Meets: 2nd Wednesday, 6:30 – 8:30 p.m.
Location: St. Elizabeth's Hospital Staff Conference Room, Belleville

Alzheimer's Support Group

Memorial Hospital/Belleville

Contact: Maria Koesterer
618-520-8862

Meets: Last Wednesday of month, 7:00 p.m.
Location: Memorial Health Education Center
706 East Highway 50
O'Fallon, IL

Amputee Support Group

Forest Park Hospital

Contact: Emily Durbin
314-768-3874

Meets: 1st Friday, Noon – 1:00 p.m.
Location: Centennial Pavilion Meeting Room A

This support group is open to all persons with amputation, their families and friends. Lunch is provided.

Amputees Getting Into Life Energetically (AGILE)

4119 Chatham Place
St. Charles, MO 63304

Hotline: 314-658-3946
Contact: Bill Brannon
636-244-0675

Call for information on meetings and activities.

This group provides periodic support/education meetings and frequent social outings for persons coping with limb loss.

Anorexia Nervosa & Associated Disorders Support Group (ANAD)

Contact: Ina Hughes
314-749-4142
314-965-0102
Web site: www.anad.org

Meets: Wednesdays, 6:00 – 7:30 p.m.
Location: Edgewood Recovery Center, 970 Executive Parkway
Creve Coeur, MO

ANAD is a mutual support group that addresses eating disorders. Use Internet or phone contact to get the most up-to-date information on meetings.

(Managing) Anxiety Support Group

Self Help Center
8301 Crest Industrial Drive
St. Louis, MO 63123

Contact: Robin
314-781-0199
Web site: www.selfhelpcenter.org

Meets: Fridays, 10:30 – 11:30 a.m.

In this safe and confidential peer-run support group, members learn techniques for living with and managing symptoms of anxiety. Meetings include group discussion and review of handouts and other helpful resources.

Arthritis Support Group

Arthritis Foundation
9433 Olive Boulevard Suite 100
St. Louis, MO 63132

Phone: 314-991-9333
Web site: www.arthritis.org

Offers support groups in several locations. Call for information regarding meeting dates and locations.

Asthma Support Group

Progress West HealthCare Center/BJC

Phone: 636-344-1722
636-344-1714

Meets: 3rd Thursday, 6:00 – 7:00 p.m.

Location: Education Room, Lower level

Attention Deficit Disorder Support Group

Attention Deficit Association of Missouri (ADDAM)
P.O. Box 20036
St. Louis, MO 63144

Phone: 314-963-4655

Call for information regarding meeting dates and locations.

This organization provides information, support and education to parents, teachers and adults about Attention Deficit/Hyperactivity Disorder. Monthly meetings feature speakers who are experts in the field of ADD and Hyperactivity Disorder.

Autism Support Groups

Judevine Center for Autism
1101 Olivette Executive Parkway
St. Louis, MO 63132

Phone: 314-432-6200
Web site: www.judevine.org

These support groups, which address autism and/or autism spectrum disorders, have an educational component to teach family members about specific methodology to teach their children skills for independence, as well as allowing family members to share their experiences with others. A variety of groups are offered at various locations, dates and times. Specific groups are:

- Parent Support Group – groups to address autism and autism spectrum disorders
- Sibling Support Group – groups for ages 4 to 11 and 12 to 18
- Natural Support Workshop – day-long workshop for immediate and extended family and friends who serve as support persons to an individual with autism. Offered 8 to 10 times a year.
- Third Tuesday Teens – Autism Spectrum Disorders group for persons 12 to 18 or in grades 7 through 12.

“Bear Essentials” Cancer Support Group for Youth

Missouri Baptist Medical Center

Contact: Lindsey
314-996-5517

Call for information on meeting time and room location.

“Bear Essentials” is a support group designed for children, ages 4 to 12, who have a parent with cancer. Activities, group discussions, arts, crafts, music and role-playing help children deal with their feelings.

Bereavement Support Groups for Parents and Siblings

Bereaved Parents of the USA, St. Louis

Phone: 314-878-0890

P.O. Box 410350

Web site: www.bpusastl.org

St. Louis, MO 63141

Several meeting locations throughout St. Louis. Call or visit their web site for information regarding meeting dates and locations.

Bereaved Parents, USA provides mutual help and support for bereaved parents and siblings.

Bereavement Support Groups for Youth and Adults

Annie’s Hope/Bereavement Center for Kids

Contact: Becky Byrne

1333 West Lockwood #104

314-965-5015

St. Louis, MO 63122

314-368-1818 (Cell)

Web site: www.annieshope.org

Meets: Weekly for 8-week sessions, 6:30 - 8:00 p.m.

Location: Call for information regarding meeting locations

This group provides separate support groups for children, teens and adults (parents or guardians), teen weekend retreats, social gatherings, resource library and referral, on-site student and school support groups and “Hope and Healing” Holiday gathering, “Camp Courage,” a one-week overnight and the Horizons Program for impending loss.

“Better Breathers” Support Group

American Lung Association

Contact: Dena Roland
636-933-1681

Meets: 2nd Tuesday, 12:00 - 1:00 p.m.

Location: Jefferson Memorial Hospital’s Rehabilitation Center
Highway 61, Crystal City, MO

Meets: 1st Monday, 12:00 p.m.

Location: St. Joseph Health Center, 300 First Capitol Drive, St. Charles
Call 636-947-5682 or 636-625-5386

Meets: 2nd Tuesday, Call 314-344-7277 for meeting time and to register

Location: DePaul Health Center, in the gym

“Better Breathers” combines education, exercise and personalized counseling for patients diagnosed with lung disease. Family members are welcome.

“Beyond Breast Cancer” Support Group

Northwest HealthCare

Contact: Donna Bryant
314-653-4395
314-355-6354

Meets: 2nd Monday, 7:00 - 9:00 p.m.
Location: 1224 Graham Road, Florissant, MO
Room 1, downstairs

This is a support group for women and spouse or significant other who are coping with breast cancer.

“BILY” (Because I Love You) Parent Support Group

Gateway Parents Support Group

Phone: 314-993-7550

Meets: Mondays, 7:30 – 9:30 p.m.
Location: Church of Christ Annex, 444 Karen Drive, St. Charles

This is a self-help group based on the “Tough Love” philosophy to assist parents troubled by their children’s behavior. Adults only.

Bipolar Illness Support Group – See Depression & Bipolar Support Alliance

Blind and Visually Impaired Persons Support Group

St. Louis Society for the Blind and Visually Impaired
8770 Manchester Road
St. Louis, MO 63144

Contact: Brenda Dunn
314-968-9000
Web site: www.slsbvi.org

Call for information regarding meeting dates and locations.

Offers support groups for blind persons and newly visually impaired persons. Provides adaptive living services and training, orientation and mobility training, low vision clinic, volunteer program and recreation programs.

Brain Injury Support Groups

Brain Injury Association of MO - St. Louis Chapter
10270 Page, Suite 200
St. Louis, MO 63132

Phone: 314-423-6442
Web site: www.biamo.org

Call or visit web site for more information.

The group provides information, referral, emotional support and advocacy services for head-injured persons and their families in the greater St. Louis metropolitan area, outstate Missouri and in Illinois. Support groups for caregivers also available. Visit web site for meetings outside the metropolitan St. Louis area.

Jefferson County/South St. Louis County

Meets: 3rd Wednesday, 10:00 a.m.
Location: DRA Office, 420-B South Truman Blvd., Crystal City
Contact: Suzan Weller 636-931-7696 ext. 126

St. Charles County

Family & Survivor Support Group

Meets: 2nd Thursday, 7:00 – 9:00 p.m.

Location: St. Joseph Health Center, 300 First Capitol Dr., St. Charles

Contact: 314-426-4024

St. Louis

Brain Tumor Support Group

Meets: 3rd Thursday, 6:30 - 8:30 p.m.

Location: Wellness Community, 10425 Old Olive Rd., Creve Coeur

Contact: 314-238-2000

Hydrocephalus Support Group

Contact: Debby Buffa 636-532-8228

St. Louis Family & Survivor Support Group

Meets: 3rd Wednesday, 7:00 – 9:00 p.m.

Location: Brain Injury Association, 10270 Page Ave.

Contact: 314-426-4024

Stroke Support Group

Meets: SSM Rehab

Contact: 314-344-6460

Belleville

Brain Injury Support System for Southern Illinois

Meets: 3rd Friday, 10:00 a.m.

Location: LINC, Inc., 120 East A Street, Belleville, IL.

Contact: Barbara Lea 618-616-1700

Breakfast Club, Inc. (health and cancer)

P.O. Box 2768

St. Louis, MO 63032

The Breakfast Club, Inc. offers two programs:

- Sister-to-Sister, Caring & Sharing Contact: Sherril Jackson
314-972-8883

Meets: 3rd Saturday, 9:00 - Noon except June and November (1st Saturday)

Location: Centennial Christian Church, 4950 Fountain, St. Louis, MO 63113

This support group is for African American women who meet to have breakfast and discuss cancer and other health issues concerning African American women.

- Breakfast Club Brothers Contact: Ronald Jackson
314-972-8883

Call for more information.

This support group is for African American men whose significant other has cancer. Also participates in some Sister-to-Sister activities.

Breast Cancer Support Group

DePaul Health Center

Contact: Pat Turnbough
314-344-7460

Email: patriciaturnbough@ssmhc.com

Meets: 2nd Tuesday, 5:00 – 6:30 p.m.

Location: Waiting Room, DePaul Cancer Center

Breast Cancer Support Group

St. Joseph Health Center/St. Charles

Phone: 636-947-5009

Call for meeting times and location.

This support group is for women diagnosed with breast cancer. Family and friends welcome.

Breast Cancer Support Group

Siteman Cancer Center at BJC/St. Peters

Phone: 636-928-WELL

Meets: 4th Thursday, 6:30 – 8:00 p.m.

Location: Call for room location

This is a support group for women and spouse or significant other who are coping with breast cancer.

Breastfeeding Support Group

Anderson Hospital

Contact: Alisa Williams
618-391-5485

Meets: 3rd Thursday, 1:00 – 2:00 p.m.

Location: Call for location at hospital

This support group is open to families dealing with issues of breastfeeding. Being a patient of Anderson Hospital is not a requirement for participation.

BRIDGES (Building Recovery of Individual Dreams and Goals through Education and Support)

Mental Health Association of Greater St. Louis
1905 South Grand Boulevard
St. Louis, MO 63104

Contact: Anita Morrison
314-773-1399
800-359-5695
outside St. Louis

BRIDGES, a peer-to-peer support group, is led by a trained facilitator and serves persons with mental illness. Meetings are held in various locations in the metropolitan St. Louis area and throughout Missouri. Call for more information about a location near you or to indicate interest in getting a group started in your area. A 10-week educational course is also available. There is no fee for either program.

“Bridges to Recovery” Stroke Support Group

St. Luke’s Hospital/Chesterfield

Contact: Lisa Parnell
314-205-6465
314-205-6901

Meets: 2nd Tuesday, 6:30 - 8:00 p.m.

Location: 232 South Woods Mill Road, Hospital Coffee Shop, 3rd Floor

This support group is for those who have had a stroke, and for family and friends.

“Burns Recovered” Support Group

Burns Recovered Support Group, Inc.
11710 Administration Drive Suite 2B
St. Louis, MO 63146

Contact: Gary and Linda Hansen
314-981-0362
314-997-2757

Web site: www.burnsrecovered.org

Meets: 1st Thursday, 6:00 p.m.

Location: St. Johns Mercy Medical Center, Burn Center Lobby, 4th Floor

“Burns Recovered” offers monthly meetings for burn patients and their families for educational and social programs, sharing and mutual support.

“Businesspersons Between Jobs” Support Group

601 E. Claymont Dr.
Ballwin, MO 63011

Phone: 636-394-1440

Web site: www.bbj.org

Meets: Mondays, 9:00 a.m.

Location: St. Mark Presbyterian Church, 601 E Claymont Drive, Ballwin MO

This group uses self-help approach to prepare members’ resume and to practice interviewing skills for the job market. Also provides an opportunity for networking, etc. Coded resources directory distributed every six weeks to prospective employers and recruiters. Brown bag lunches held throughout the week.

Caduceus Support Group for Nurses with Addictions

Contact: Diana Phares, APRN
636-357-2050
dphares@charter.net

Meets: Call for information.

Location: CenterPointe Hospital

This group is for nurses who experience substance abuse and addictions. There is no fee to attend.

Cancer Support Groups

The Wellness Community
1058 Old Des Peres Road
St. Louis, MO 63131

Phone: 314-238-2000
www.thewellnesscommunitystl.org

Call for more information regarding meeting dates and locations.

Provides free weekly support groups, educational workshops and stress reducing activities for people with cancer, and for family members, friends and cancer survivors. Separate groups for patients and family.

John Krey Cancer Information Center

St. John's Mercy Medical Center

Phone: 314-251-6400
8:00 a.m. to 4:30 p.m.

Provides up-to-date information on cancer and other health related topics. Brochures, videos, computer database of support groups and health professionals (at St. John's) and other information are available to persons with illnesses, and to family members, friends and other interested persons.

Additional Cancer Information

Cancer Hotline

American Cancer Society

Phone: 314-286-8100
Web site: www.cancer.org

Cancer Information

St. Louis Cancer and Breast Institute

Phone: 314-989-1300
877-CARE-345
Web site: www.stlcancer.com

Provides 24-hour telephone support for people facing cancer.

Cancer Information Center

Siteman Cancer Center
BJC HealthCare/Washington University
660 South Euclid Box 8100
St. Louis, MO 63110

Phone: 314-747-7222
800-600-3606
Web site: www.siteman.wustl.edu

Virtual Support Groups for Cancer and Rare Illnesses

Can't find a group you're looking for? Try a virtual support group that allows you to talk with patients around the world who share your experiences.

Cancer Support Groups offered by The National Wellness Community

Visit www.thewellnesscommunity.org for more info about the following:

Caregiver Support	Pancreatic Cancer
Breast Cancer	Lung Cancer
Lymphoma	Colorectal Cancer
Ovarian Cancer	Starting your own group

Cancer Survivors Network (CSN) offered by the American Cancer Society

Visit www.cancer.org to connect to the network.

Created by and for cancer survivors and their families, this “virtual” community is a welcoming, safe place for people to find hope and inspiration from others who have “been there.” Services include pre-recorded discussions and personal stories of people with cancer and their loved ones, discussion boards, chat rooms, private and secure CSN email, personal web pages, and Expression Gallery, and more.

<u>CHARGE Syndrome Virtual Support Group</u>	800-442-7604	573-499-4694
2004 Parkdale Boulevard	www.chargesyndrome.org	
Columbia, MO 65202		

<u>Costello Syndrome Virtual Support Group</u>	www.costellokids.co.uk
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Cardiopulmonary Support Group

St. Anthony's Medical Center

Contact: 314-525-4091

Meets: 3rd Wednesday, 1:00 – 3:00 p.m., except June, July and August

Location: Hyland Education & Training Center
10020 Kennerly Road, on the hospital campus
8th Floor Conference Room A and B

Care and Share (separated, divorced or widowed)

Arise Ministry

www.divorceandwidowedofstlouis.com

Open to persons of all faiths, Arise Ministry is a peer support ministry sponsored by the Catholic Church to serve separated, divorced and widowed persons. Each chapter offers a support group called Care and Share. Meetings sometimes include a guest speaker. Some chapters offer additional programs, such as Steps to Wholeness (a 7-week course), DASK (a weekend retreat), Beginning Experience (a weekend retreat) and family, spiritual and social activities. Contact locations listed below for current meeting time of support groups and other activities.

- St. Charles County (Singles Again)

Location: St. Cletus Catholic Church, 2705 Zumbahl Road, St. Charles, MO
Contact: Leo 636-946-7782

- South St. Louis County (South County Divorced Catholics)

Location: St. Catherine Laboure, 9740 Sappington Road
Contact: Jean 314-704-1870

- North St. Louis County (North County Divorced Catholics)

Location: St. Norbert's, 16455 New Halls Ferry Road, Florissant, MO
Contact: Martha 314-831-4041

- West St. Louis County

Location: Incarnate Word Church, 13416 Olive Blvd., Chesterfield, MO
Contact: Nancy 314-638-7912

- Festus-Arnold (Jefferson County Separated, Divorced and Widowed Catholics)

Location: Sacred Heart School Cafeteria, 201 Brierton Lane, Festus, MO
Contact: Steve 636-937-7796

Caregivers Support Group

Oak Hill Presbyterian Church
4111 Connecticut
St. Louis, MO 63116

Contact: Mary Lou Woodward
314-771-6872
314-664-5525

Meets: Fridays, 11:00 a.m. – Noon
Location: Oak Hill Presbyterian Church

Caregivers Support Group

St. Joseph Hospital/Kirkwood

Phone: 314-SSM-DOCS

Meets: 2nd Wednesday, 11:00 – 1:00 p.m.
Location: 525 Couch Avenue

Charcot-Marie-Tooth Disease Support Group

Contact: Carol Haislip
314-644-1664
Email: carol.haislip@sbcglobal.net

Meets: Yearly. Call for more information.
Location: Cafeteria, St. Louis University Medical Health Center, 3635 Vista Avenue

Chemical Dependency Support Group

Northwest HealthCare

Contact: Sandy
314-653-5645

Meets: Tuesdays, 6:30-8:00 p.m.
Location: 1225 Graham Rd., Florissant, Conference Room #15

This support group is open to persons with a chemical dependency, and to family and friends.

Circle of Friends Eating Disorder Support Group

Castlewood Treatment Center
800 Holland Road
Ballwin, MO 63021

Contact: Theresa Chestnut
636-386-6611

Meets: Call for information on meetings dates and times.
Location: Evangelical United Church of Christ – Fireside Room
204 East Lockwood
Webster Groves, MO

This support group is intended and designed to offer guidance and support in a safe environment, allowing exploration of complicated issues facing people in recovery from Anorexia, Bulimia and Binge-Eating Disorders.

Cocaine Anonymous

Cocaine Anonymous, Inc.
3740 Overland Ave., Suite C
Los Angeles, CA 90034

Hotline: 314-361-3500
Web site: www.ca.org

CA offers support groups throughout the metropolitan area. Call or visit web site for up-to-date meeting dates and times.

Co-Dependents Anonymous (CODA)

P.O. Box 9234
St. Louis, MO 63117

Contact: 636-397-8676
Web site: www.codameetings.org

Meting information: Call or visit web site for meeting dates and locations.

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and fulfilling relationships. We rely on the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships. Through applying the Twelve Steps and principles in CoDA to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles and realize a new joy, acceptance and serenity in our lives.

Meetings held in various locations throughout the metropolitan area.

Co-dependents of Sex Addicts (CoSA)

COSA National Service Organization (or COSA NSO)
P.O. Box 14537
Minneapolis, MN 55414

Contact: 314-963-4670
Web site: www.cosa-recovery.org

Call for information about meeting dates and locations.

This is a 12-step recovery group for spouses, family or friends of someone else’s sexual addiction. CoSA is an anonymous fellowship that welcomes new members.

Congestive Heart Failure Support Group

Christian Hospital

Contact: Peggy Fischer
314-935-9663
Call to register

Meets: 1st Wednesday, 11:00 a.m. – Noon; no meetings in January or February
Location: Main Building #2, Room 2100

An educational support group for patients, spouses and caregivers of those living with congestive heart failure disease.

Congestive Heart Failure Support Group

St. John’s Mercy/Washington

Contact: Jane or Missy
636-239-8637

Meets: 4th Wednesday, 2:00 – 3:00 p.m.
Location: Mercy Medical Building
851 East 5th Street
Washington, MO

This group provides information and mutual support for patients. Family and friends are welcome.

Conquer (cancer support group)

Siteman Cancer Center at BJC/St. Peters

Contact: Vicki Longfield
636-916-9927
Email: vsl2135@bjc.org

Meets: 1st Thursday, 6:30 – 7:30 p.m.
Location: Call for room location

For adults, caregivers and family members who are experiencing any type of cancer.

“Couple to Couple League” (Natural Family Planning)

Couple to Couple League International
PO Box 111184
Cincinnati, Ohio 45211

Contact: 314-481-1908
618-466-4410
Web site: www.ccli.org.
Click on Find A Teacher; click on Chapter Links;
scroll to name of state; click on name of city.

This organization is for couples interested in natural family planning. Local chapters of the national organization hold several classes throughout the metropolitan area. Each class is four sessions over a period of four months. The fee for the course is \$75.00.

Crohn's and Colitis Support Group

Crohn's and Colitis Foundation (Gateway Chapter)

8420 Delmar, Suite 303

St. Louis, MO 63124

Phone: 314-991-0220

800- 783-8006

Web site: www.cdfa.org

Call or visit web site for information about meeting dates and locations.

CCF offers support groups, referrals, activities for kids, and info for persons and their family affected by Crohn's and colitis illnesses (a digestive disease).

Cystic Fibrosis Support Group

St. Louis Children's Hospital

Contact: Tracy Hartmann

314-454-4805

Meets: 1st Tuesday, 7:00 p.m., Bi-monthly (Sept. – May)

Location: Call for location

This group is for parents and caregivers of children with Cystic Fibrosis. Gatherings provide educational speakers, information and support.

“Day By Day” Grief Support Group

Missouri Baptist Medical Center

Contact: Mary Schrader

314-997-5057

Meets: Tuesdays, 5:30 - 7:30 p.m.; Thursdays, 11:00 a.m. – 12:30 p.m.

Location: President's House at front of hospital grounds, 3031 N. Ballas Road

This is an adult support group to help those mourning the loss of a loved one.

Debtor's Anonymous

Phone: 314-851-0915

Web site: www.debtorsanonymous.org

Meets at various locations and days of the week throughout metropolitan St. Louis, and in St. Charles and Columbia, MO.

Debtors Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive debting. The only requirement for membership is a desire to stop incurring unsecured debt. Our primary purpose is to stop debting one day at a time and to help other compulsive debtors stop incurring unsecured debt.

Depression & Bipolar Support Group

Depression & Bipolar Support Alliance of St. Louis (DBSA)

St. Louis Empowerment Center

Phone: 314-652-6100

3024 Locust Street

St. Louis, MO 63103

Groups are offered at a variety of locations, dates and times throughout the metropolitan area. DBSA provides self-help groups for individuals and for families and friends who are coping with

depression or bipolar illness (manic depression). Includes groups for individuals, couples, youth and support persons.

Depression and Bipolar Support Group

Depression and Bipolar Support Alliance of Southeast MO (DBSA)

1202 South Sprigg

Phone: 573-334-8170

Cape Girardeau, MO 63701

This local chapter of the National DBSA offers support groups in Perryville, Sikeston and Cape Girardeau. Groups are also open to family members and friends of persons diagnosed with depression or bipolar illness.

Depression Support Group for Women

Sponsored by City Hope Bible Church and Christ Community Bible Church

Contact: Jewell

314-503-2696

Contact: Brenda

314-479-4505

Meets: 2nd and 4th Monday, 6:00 – 7:30 p.m.

Location: City Hope Bible Church

5868 West Florissant Avenue

The purpose of this group is to provide educational information and support to women who suffer from depression. Two licensed professional counselors facilitate the sessions.

Diabetes Association, American (Gateway Chapter)

10820 Sunset Office Drive, Suite 220

Contact: Ed Clay

St. Louis, MO 63127

314-822-5490

Web site: www.diabetes.org

Call or visit web site for information about meeting dates and locations.

Provides services and support to individuals with diabetes and their families. Also offers patient and public education programs and a summer camp for children with diabetes.

Diabetes Support Group

Alton Memorial Hospital

Contact: Judy Mayhew

618-463-7526

jam8718@bjc.org

Bonnie Hemann

618-463-7392

bsh5945@bjc.org

Meets: 3rd Thursday, 1:00 – 2:00 p.m.

Location: 3rd Floor, Education Department

This is a support group for adult diabetes patients and their families.

Diabetes Support Group

Anderson Hospital

Contact: Sonnie Stalker
618-288-5711 x386

Meets: 1st Monday, 6:30 – 8:00 p.m.
Location: Call for information

This group provides information, education and support to those with diabetes. Meetings often feature a speaker and are open and free to the public.

Diabetes Support Group

BJC HealthCare/St. Peters

Contact: Karen McLaughlin
636-916-9653
kam3711@bjc.org

Meets: 2nd Monday, 7:00 – 8:30 p.m., April - November
Location: Physicians Office Building, Room 117

Provides information and an opportunity to share relating to both insulin and non-insulin dependent adult diabetes. Each meeting has a health professional as a guest speaker.

Diabetes Support Group

Christian Hospital Diabetes Institute

Contact: Kerri Goldstein
314-653-4536
ket9708@bjc.org

Meets: 3rd Wednesday, 7:00 – 8:30 p.m. (No meeting in Jan.)
Location: 11155 Dunn Rd., Atrium

This group offers education and support for adults with diabetes. Family and friends welcome.

Diabetes Support Group

Christian Hospital Diabetes Institute

Phone: 618-659-8592

Meets: 4th Wednesday of odd-numbered months; 1:00 p.m. and 6:30 p.m.
Location: #8 Sunset Hills Professional Centre
Edwardsville, IL

A support group for adults with diabetes.

Diabetes Support Group

Memorial Hospital/Belleville

Contact: Marilyn Cron
618-257-5861

Meets: 4th Monday, 9:00-11:00 a.m.
Location: Hospital Auditorium

This is a mutual support group comprised of people with diabetes, family members and friends whose lives have been affected by diabetes.

Diabetes Support Group

St. Anthony's Medical Center

Contact: Diabetes Education
314-525-4506
314-525-4002

Meets: 3rd Thursday; alternates between months at 1:00 p.m. and 7:00 p.m.
Location: Hyland Education and Training Center Dining Room

Diabetes Support Group

St. John's Mercy Medical Center

Contact: Katie Stewart
314-251-4958

Call for more information regarding meeting dates and locations.

This group provides adults with diabetes and their family members the opportunity to discuss education as it relates to treatment, share common concerns and deal with the emotional and physical aspects of diabetes.

Diabetes Support Group

St. Joseph Health Center/St. Charles

Contact: Patti Shelton
636-947-5573

Meets: 2nd Tuesday, 6:30 – 8:00 p.m.
Location: St. Peters Room

Light refreshments served. No need to RSVP.

Diabetes Support Group

St. Joseph Hospital West

Contact: Durane Lewis
636-625-5447

Meets: 3rd Tuesday, 6:30 – 7:30 p.m.
Location: Cafeteria

This is an educational support group for persons with diabetes.

Diabetes Support Group

St. Joseph's Hospital/Breese

Phone: 618-526-5743

Meets: 1st Monday, 6:00 p.m. in odd-numbered months. If 1st Monday is a holiday, group meets on the 2nd Monday
Location: HealthPlex Facility

Diabetes Support Group

St. Luke's Hospital

Phone: 314-205-6446

Meets: 1st Thursday, 7:30 p.m. – February, April, June, September
1st Thursday, 6:00 p.m. - November

Location: North-South Medical Building next to hospital
Lower Level, Rooms 4 & 5

Adults with diabetes and their family and friends are invited to attend these educational meetings. St. Luke's also offers an insulin pump group.

Diabetes Support Group

St. Mary's Health Center

Contact: Theresa Rehg
314-768-8000 x3355

Meets: 2nd Wednesday, 6:00 – 7:30 p.m.

Location: Senior Center, 1st Floor, Bellevue Avenue entrance

This group is for those coping with diabetes. Family members are welcome.

Diabetes Support Group for Parents

St. Louis Children's Hospital

Contact: Irene Korlin
314-454-2622

Meets: Last Monday, 7:00 – 8:30 in January, March, May, September and November

Location: Edison Dining Hall, Lower Level

For parents raising children with diabetes. Includes lecture, panel and discussion format.

Dissociative Disorders Support Group

Self Help Center
8301 Crest Industrial Drive
St. Louis, MO 63123

Contact: Robin Gambrell
Phone: 314-781-0199

Meets: Wednesdays, 2:30 – 3:30 p.m.

This is a confidential, peer-run group for people who have a dissociative disorder. People who are coping with Dissociative Identity Disorder or those who are struggling with any type of magnitude of dissociative symptoms are welcome.

Divorce Support Group

OWL (The Voice of Mid-Life and Older Women)
2165 Hampton Avenue
St. Louis, MO 63139

Phone: 314-725-5862
National: www.owl-national.org
Local: www.owlstlouis.com

Meets: Sundays 5:00 - 7:00 p.m.

Location: Salem in Ladue Methodist United Church, 1200 South Lindbergh Blvd.

This group is for women contemplating or experiencing divorce after 20 or more years of marriage. Also offers an annual divorce seminar. See listing under OWL for additional services.

DivorceCare

Website: www.divorcecare.org
Click on "Find A Group" to search by geographic area

While DivorceCare is not, in the strictest sense, a support group, it provides an opportunity for any separated or divorced person to participate in a structured, educational and supportive series of seminars led by trained facilitators. The multi-week program includes a workbook, weekly video presentation and open discussion. A fee is charged; contact individual group for more details. Typically offered at churches, this Christian-based program is non-denominational. Numerous programs are offered throughout the metropolitan area and across the country.

Domestic Violence Support Group

Comtrea, Inc.
227 Main Street
Festus, MO 63028

Contact: Barb Tenholder
636-931-2700 x195
Web site: www.comtrea.org

Meets: Call for more information about group and location.
Location: Arnold office, 21 Municipal Drive

This group is for women who are currently in or who have left an abusive relationship.

Domestic Violence Support Groups

Safe Connections
(formerly Women's Support & Community Services)
2165 Hampton Avenue
St. Louis, MO 63139

Contact: Marta or Jessica
314-646-7500
Crisis Line: 314-531-2003
Web site: www.womenssupport.org

Organization provides support groups and workshops for female abuse victims. Call or visit web site for more information. Also offers workshops on Building Healthy Relationships, Healing Through Art, Divorce Recovery, Anger Management, Financial, and Assertiveness.

Domestic Violence Support Group

Woman's Place
7372 Marietta Avenue
St. Louis, MO 63143

Contact: Irma
314-645-4848

Woman's Place is a drop-in center for women who are currently in or have been in domestically violent relationships. Various types of groups are offered, including Domestic Violence Support Group. Call for more information on services and meeting times.

are unable to attend a higher level of care. Sessions are facilitated by a mental health professional. A \$10.00 fee is charged at the beginning of each session; no commitment required.

Emotions Anonymous

Emotions Anonymous International Headquarters
P.O. Box 4245
St. Paul, MN 55104

Contact: Joyce Serra
314-638-2844
www.emotionsanonymous.org

Groups offered throughout the St. Louis metropolitan area including several locations in Illinois. Call for more information.

Emotions Anonymous is for individuals having difficulty coping with emotions such as depression, anger, shame, guilt and low self-esteem.

Essential Tremor Support Group

International Essential Tremor Foundation
P.O. Box 14005
Lenexa, Kansas 66285

Contact: Sonia Watkins
314-832-3901
National: 888-387-3667
Web site: www.essentialtremor.org

Call for more information about meeting time and location.

This group is open to anyone interested in or affected by Essential Tremor, a neurological movement disorder.

Fathers' Rap

Fathers' Support Center, St. Louis
4411 North Newstead Avenue
St. Louis, Missouri 63115

Contact: Chester Deanes
314-333-4170

Meets: Tuesdays, 5:00 – 6:30 p.m.
Location: Prince Hall Family Support Center
4411 North Newstead Avenue

Fathers' Rap provides a support component to any father in need of support, advocacy, education and/or skills necessary to becoming a responsible, involved father. Topics include personal responsibility, manhood/fatherhood, parenting skills, child support issues/concerns, custody/visitation issues and communication skills. Requirements include two forms of identification, an intake process, and attendance at a minimum of four sessions.

Fibromyalgia Support Group – Also see Arthritis Support Group

Fibromyalgia Support Group

Memorial Hospital/Belleville

Phone: 618-667-7361

Meets: 3rd Tuesday, 7:00 p.m.
Location: Memorial Hospital Auditorium

“FOCUS” Breast Cancer Support Group

St. Luke’s Hospital

Contact: Mary Ellen Bruenderman, RN
314-205-6055

Meets: 3rd Tuesday, 7:00-9:00 p.m.

Location: Education Health Institute, Conference Room

This support group is for women with breast cancer and for partners, family and friends.

Foster Care and Adoption Support Group

Foster and Adoptive Care Coalition
111 N. 7th Street, Suite 402
St. Louis, MO 63101

Phone: 314-367-8373

This organization provides various support groups and training throughout the metropolitan area for any foster or adoptive parents.

“Freedom From Smoking” Support Group

American Lung Association
1118 Hampton Avenue
St. Louis, MO 63139-3196

Contact: Nicki Bridges
314-645-5505 x1006

Web site: www.lungusa.org

Call for information about meeting dates and locations.

The organization provides a 5 to 7-session program led by experts who understand a smoker’s motivations and rationalizations about continuing to smoke. The program uses a positive behavior change approach that teaches smokers how to quit. Various locations.

Gambling Hotline:	1-800-BETS-OFF
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Gam-Anon Support Group

Gam-Anon International

Web site: www.gam-anon.org

Meets: Wednesdays, 7:00 p.m.

Location: St. Mary’s Health Center, West Pavilion Bldg., Day Meeting Room

Gam-Anon is a 12 Step, self-help program for the family members, friends and loved ones who have been affected by someone else’s compulsive gambling.

Gamblers Anonymous Support Group

Info line: 888-746-9427

Web site: www.gamblersanonymous.org/mtgdirMO.html

Support groups are offered in numerous locations throughout the metropolitan area. Call the Info Line or visit the web site for information on meetings.

The purpose of Gamblers Anonymous is to help compulsive gamblers quit gambling and to help family members cope with the gambler who lives with them.

Grief Support Group (also see Loss Support Group)

Shepherd’s Center of Webster-Kirkwood Phone: 314-961-2669
1333 West Lockwood
St. Louis, MO 63122
Call for more information.

This is a weekly support group for adults facing the death of a loved one or loss of health, relationships, job, home or hope.

Grief Support Groups

Baue Funeral Home Phone: 636-940-1000
608 Jefferson Street Web site: www.baue.com
St. Charles, MO 63301

Baue Funeral Home provides a wide range of grief-related support groups for various circumstances and ages, seminars, lending library, etc. Call for more information about specific groups and services.

Grief Support Groups

Missouri Baptist Medical Center Contact: Mary Schrader
314-997-5057

Meets: Mondays, 6:30 - 8:00 p.m.
Location: Center for Family Grief Support, 3031 New Ballas Road
President’s House at front of hospital grounds

These groups offer support and help in coping with the loss of a loved one through death.

- **Sunsets:** for children ages 4 to 7 and 8 to 12
- **Stages:** for adolescents ages 13 – 18
- **Parents:** for parents of children coping with loss

Grief Support Groups

Southwest Illinois College Senior Program Contact: Jodi
201 North Church 618-234-4410 x7031
Belleville, IL 62220 **Reservations required; limited space**

An eight-week series of grief information and support. Ideally, participants commit to attending all eight weekly sessions. This series is for those who have experienced the death of a loved one, regardless of relation or age.

Grief Support Workshops

Hospice of Madison County
2100 Madison Avenue
Granite City, IL
Call for more information.

Contact: Thomas Nadlin
618-798-3399

The Hospice of Madison County holds five grief workshops throughout the year to address grief for different populations. These sessions are free and open to the public. Topics include:

- Adult children grieving the loss of a parent
- Parents grieving the loss of a child
- Grieving the loss of a spouse
- Adults helping children grieve
- Dealing with the holidays after loss

GriefShare

P.O. Box 1739
Wake Forest, NC 27588

Contact: 800-395-5755
Web site: www.griefshare.org
Email: info@griefshare.org

Visit web site to identify groups in your area. Numerous groups are available throughout the metropolitan area.

Each week the group watches a video seminar featuring experts on grief and recovery. These videos are produced in an interesting and easy to watch format featuring expert interviews, real-life case studies, dramatic reenactments and on-location video. After the video presentation, participants spend time as a support group, discussing what was presented in that week's video and what is going on in their individual lives. GriefShare also includes a workbook component. Each session is "self-contained" so participants do not have to attend sessions in sequence.

Growing American Youth (GAY) Support Group

P.O. Box 11786
St. Louis, MO 63105

Phone: 314-821-3524
Web site: www.growingamericanyouth.org

GAY brings together into a safe zone, St. Louis area youth (age 21 and younger) who are gay, lesbian, bisexual, transgender or who have questions about sexual orientation/identity. We offer a place for youth to meet friends and to give and receive support in a safe environment.

Hard of Hearing Self Help Group

Hearing Loss Association of Greater St. Louis
3328 Town & Country Lane
St. Charles, MO 63301

Contact: Mary Stodden
636-946-2123
marizo491@charter.net
Web site: www.hearingloss.org

Meets: 2nd Saturday, 1:00 p.m. (Does not meet in January and August)
Location: Kirkwood Community Center, 111 South Geyer Road

This group is for the hard of hearing. Its goal is to open the world of communication to people with hearing loss by providing information, education, support and advocacy.

Headache and Migraine Support Group

Contact: Deborah Wirtel
314-892-4487

Call for more information.

These meetings are for anyone who suffers from chronic migraine/headache pain. The group provides support and the latest information on headache research.

“Heart to Heart” Support Group

Contact: Tara
314-454-2217
Call before attending

Meets: 1st Wednesday, 7:00 - 8:30 p.m.

Location: One Children’s Place, Edison Room, inside the cafeteria

This support group is designed for parents of children with congenital heart disease or children who have undergone a heart transplant, and their families.

“Heartlinks” Grief Support Group

Family Hospice of Belleville
5110 West Main Street
Belleville, IL 62226

Phone: 618-277-1800

Heartlinks is a monthly grief and bereavement support groups for:

- Preschool children (Little Bears)
- Elementary school age children (Shooting Stars)
- Preteens (Rhapsody Group)
- Teens (Brat Pack Group)
- Adults (Caregiver and Parenting Alone Group)

Also offers supportive counseling to patients, family and friends of patients with a life-threatening illness. Also offers Compass, a group for 14 to 20 year olds experiencing death or serious illness of a loved one. Compass engages participants in activities, outings and service projects to provide meaningful interaction and personal growth. Call for more information about specific meetings.

“Hearts” Cardiac Support Group

Anderson Hospital

Phone: 618-288-5711 x283

Call for meeting times and location.

This support group is for persons with a history of heart disease, congestive heart failure, heart surgery and those at high risk of heart problems.

Hemophilia Support Group

Gateway Hemophilia Association
4144 Lindell Blvd., Suite 207
St. Louis, MO 63108

Phone: 314-361-9500
Web site: www.gatewayhemophilia.org

Meets at various locations; call for more information.

Offers support groups for men, women, new moms, adolescents and those afflicted by the complications of bleeding disorders. Family members and professionals welcome.

Hepatitis Support Group

American Liver Foundation
16 Hampton Village Plaza #215
St. Louis, MO 63109

Contact: Katie @ Foundation
314-352-7377
Meeting location: 314-543-5200 x2931
Web site: www.liverfoundation.org

Meets: 2nd Thursday, 5:00 p.m.
Location: St. Louis Gastroenterology Consultants
10020 Kennerly Road #101, St. Louis

HIV/AIDS Support Group

Southern Illinois Healthcare Foundation
129 North 8th Street
One Center
East St. Louis, IL 62201

Contact: Robin Thornton
618-271-7313
Email: rthornton@sihf.org

Meets: Wednesday evenings

This is a support group for persons with HIV/AIDS. Transportation may be available.

HIV Support Groups

Project ARK and Health & Education for Youth (HEY) and Young Adults

Contact: Jessica Forsyth
314-535-7275

These two organizations provide support groups at numerous locations for various sub-sets of the populations who are either HIV-positive or who are affected by someone else's HIV-positive status.

Youth and Young Adult – These groups meet at #1 Children's Place

- Affected Youth Group
Meets quarterly – Call for dates and times
Open psychosocial group for affected youth ages 12 to 17. Food and transportation provided.
Contact: Stacy Slovacek
314-454-4714
- HEY Infected Youth Group
4th Monday, 6:00 – 8:00 p.m. Call to verify.
Open psychosocial support group for HIV-infected youth and young adults ages 12 to 17.
Transportation, food and childcare are available.
Contact: Kelly Nolan
314-454-6210

Hope for Bereaved Parents

Chapel Hill Mortuary
6300 Highway 30
Cedar Hill, MO 63016

Contact: Sandy May
636-274-4100

Meets: 1st Tuesday, 7:00 p.m.
Location: Northwest Jefferson County Library, Highway 30 and Highway PP
High Ridge, MO

Support group for people who have lost a child. Open to anyone in the community. Also sponsors the Holiday Memorial program and Worldwide Candle Lighting Memorial program. Call for more information.

Hospice Support Group

Jefferson Memorial Hospice

Contact: Barbara Pot
636-933-5779
636-933-1200
Email: bpot@jeffersonmemorial.org

Meets: 2nd Monday, 10:00 – 11:30 a.m.
Location: Home Health and Hospice Building (behind hospital)
5 Industrial Drive, Festus

“Hospital Oncology Patient/Family Education” (HOPE) Adult Support Group

Memorial Hospital/Belleville

Phone: 618-257-5863

Meets: 2nd Thursday, 1:00 p.m.
Location: Auditorium

“HOPE” was formed to assist cancer patients, former cancer patients and people whose life has been affected by cancer.

Huntington’s Disease Support Group

Huntington’s Disease Society of America (St. Louis Chapter)
8039 Watson Road, Suite 132
St. Louis, MO 63119

Contact: Peggy Cibbin
314-961-4372
866-707-4372
Web site: www.hdsa.org

Meets: 3rd Tuesday, 7:00 - 8:30 p.m.
Location: 8001 Dale, Richmond Heights

This support group provides encouragement, education and socialization to individuals with Huntington’s disease, those at risk and to caregivers. Additional groups in Springfield, MO.

Hydrocephalus Support Group

P.O. Box 4236
Chesterfield, MO 63006

Contact: Deby Buffa
636-532-8228
Email: hydrodb@earthlink.net

Call for information regarding meeting dates and locations.

This group provides education and support for individuals with Hydrocephalus and their families. Meetings are held as needed. Group also publishes quarterly newsletters, offers excellent resource library and parent referrals. Sponsors annual day-long conference with medical professionals. Dues: \$10 annually.

ICAN of St. Louis (International Cesarean Awareness Network, Inc.)

721 East Washington Street
Belleville, IL 62220

MO Contact: Ruthie Dicken
314-961-4451
Email: ruthiedicken@charter.net
IL Contact: Julie Herr
618-222-9218

Local chapter web site: <http://health.groups.yahoo.com/group/ICANStLouis/>

National web site: www.ican-online.org

Meets: 2nd Monday, 10:00 a.m.
Location: Kangaroo Kids
10090 Manchester Road, Glendale, MO

ICAN of St. Louis is a local chapter of the International Cesarean Awareness Network, Inc. ICAN provides monthly support meetings to women hoping to prevent an unnecessary cesarean, recovering from a cesarean, or planning a VBAC (vaginal birth after cesarean). This group is also open to family members and others who have direct interest in providing support to birthing women or women recovering from cesareans. The group represents women in the metropolitan St. Louis area, including Illinois.

“I Can Cope” Cancer Support Group

American Cancer Society
4207 Lindell Boulevard
St. Louis, MO 63108

Phone: 314-286-8100
800-227-2345

Adult cancer patients and their loved ones learn ways to navigate the cancer experience while building their knowledge and coping skills. These educational sessions provide information, encouragement and practical tips. Sessions are available online via www.cancer.org or in a classroom style setting at groups which are offered in various locations in the metropolitan St. Louis area.

“In-Hale” Asthma and Allergy Support Group

Asthma and Allergy Foundation of America (AAFA)
St. Louis Chapter
1500 South Big Bend, Suite 1S
St. Louis, MO 63117

Phone: 314-645-2422
Web site: www.aafastl.org

“In-Hale” is an adult asthma support group to educate and encourage healthy lifestyles, while improving the quality of life for people with asthma and allergies, including food allergies.

Infertility and Adoption Support of St. Louis

Infertility and Adoption Support, Inc.
P.O. Box 411072
St. Louis, MO 63141

Phone: 314-567-8788
Web site: www.infertilityandadoption.org

Infertility and Adoption Support of St. Louis is part of a national organization that provides support and education for individuals dealing with all aspects of infertility and adoption. Several types of support groups are offered. Call or visit web site for more information.

- “Stories of...” Seminars
4th Wednesday, 7:00 – 9:00 p.m.
- Women’s Peer Support Group
2nd Saturday, 10:30 a.m. – 12:30 p.m.
- Adoption Support Group
1st Wednesday, 7:00 – 9:00 p.m.

Location: Brentwood Center for Health, 2558 South Brentwood Blvd.

Infertility Support Group

St. John’s Mercy Medical Center

Contact: Diane Daly
314-991-3027

Meets: 2nd Wednesday, 4:30 – 6:00 p.m.

Location: Call to confirm location

A support group for both men and women to discuss various aspects of infertility.

Insulin Pump Club

St. Luke’s Hospital

Phone: 314-205-6446

Meets: 3rd Wednesday, 7:30 p.m. in January, March, May, July and September

Location: South Building

A support group for those who wear an insulin pump or are interested in learning about insulin pump therapy.

Juvenile Diabetes Support Group

Juvenile Diabetes Research Foundation
225 South Meramec, Suite 400
St. Louis, MO 63105

Contact: Marie Davis
314-726-6778

Call for information regarding meeting dates and locations.

This group provides self-help for parents of children with diabetes. Services include education, informal information-sharing sessions for the recently diagnosed and one-on-one phone match-up for parents when appropriate.

KidsCan!

Siteman Cancer Center at BCJ/St. Peters

Contact: Vicki Longfield
636-916-9927
Email: vsl2135@bjc.org

Meets: 3rd Wednesday, 6:30 – 8:00 p.m.
Location: Call for room location

A support group for kids ages 4 through 12 who have a parent or significant caregiver who has a diagnosis of cancer.

“Kids in Distress” Support Group

Happiness Is Serving Kids In Distress Situations, Inc.
(HISKIDS, Inc.)

Contact: Tracy
314-863-4499
618-654-4020
Email: kidsmw@charter.net

Call for information regarding meeting dates and location.

HISKIDS, Inc. provides physical, medical, spiritual, and emotional support to the entire family while their child is undergoing treatment for a serious long-term disease such as cancer. Also provides a camp and weekend retreats.

Kids in the Middle

121 West Monroe Street
St. Louis, MO 63122

Contact: John Borders
314-909-9922
Web site: www.kidsinthemiddle.org

Call for information on meeting times and locations.

“Kids in the Middle” provides support groups for children struggling with their parents' divorce, separation, or remarriage and for parents who are going through divorce or remarriage. Helps parents develop parenting skills. Nominal fee may apply.

La Leche League (breastfeeding)

La Leche League of the Greater
St. Louis Metropolitan Area
10 Wickford Court
St. Charles, MO 63301-1118

Contact: 314-424-3900
800-LaLeche
Web site: www.lalecheleaguelouis.org

Offers groups in the metropolitan St. Louis area, including Illinois. Call or visit web site for information on cost, meeting dates and locations.

All pregnant women and nursing mothers are invited to participate in informal monthly meetings. Topics covered during a series of meetings include: Advantages of Breastfeeding, Family's Adjustment to the Breastfed Baby, Art of Breastfeeding, and Nutrition and Weaning. Babies are always welcome at La Leche League meetings.

Labyrinth Teen Retreat (grief)

BJC Hospice/St. Louis
9890 Clayton Road
St. Louis, MO 63124

Contact: Dale Chavis
314-953-1776

A one-day retreat which focuses on helping teens ages 13 to 19 cope with loss. Offered in spring and fall.

Leader Support Groups

3859 Cleveland Avenue
St. Louis, MO 63110

Contact: Kevin Chestnut
314-772-8350

Call for information on meeting dates and times.

Open to St. Louis city or county residents involved in city programs. Helps leaders to overcome obstacles and become more effective, acquaints leaders with city demographics, fosters greater understanding across social groups through direct sharing.

Learning Disabilities Support Group

St. Louis Learning Disabilities Association, Inc.
13537 Barrett Parkway Drive #110
Ballwin, MO 63021

Contact: 314-966-3088
Web site: www.ldastl.org

Call for more information about meeting dates and locations.

This is a not-for-profit organization dedicated to the enhancement of the understanding of children with learning disabilities and individuals with Attention Deficit Disorder. Services include telephone referral, parent support groups, teacher in-services, newsletter, resource library, annual symposiums and advice for advocacy.

“Let’s Start” Support Groups (prison releasee or substance abuse)

St. Vincent’s DePaul Parish Hall
1408 South 10th Street
St. Louis, MO 63104

Contact: Sister Jackie Toben
314-241-2324

- Youth and Children Meets: Tuesdays, 6:30 p.m.
- Women only Meets: Tuesdays, 6:30 p.m.
- Caregivers Meets: 2nd Wednesday, 10:00 a.m.
- All groups meet at St. Vincent’s DePaul Parish Hall

The purpose of Let’s Start is to provide support and information for persons dealing with effects of incarceration, prison release and/or substance. The group provides mutual support, opportunities for a one-on-one mentor, opportunities for socialization and community involvement. Various meetings, as listed above, focus on a specific group, such as affected youth and caregivers (grandparents or aunts, uncles, etc.).

Leukemia & Lymphoma Support Groups

Leukemia & Lymphoma Society Gateway Chapter
77 West Port Plaza, Suite 101
St. Louis, MO 63146-3111

Contact: Patient Services
314-878-0780
800-264-2873
Web site: www.lls.org

Call for information regarding meeting dates and locations.

The association’s goals are to find a cure for Leukemia, Multiple Myeloma, Lymphoma and Hodgkin’s disease and to encourage better patient quality of life. The Gateway Chapter offers practical and ongoing support in the form of patient financial aid, Family Support Groups, peer-to-peer counseling, comprehensive information and educational services to patients and their families in eastern Missouri, southern Illinois and Arkansas.

“Life After Breast Cancer” Support Group

St. Elizabeth’s Hospital

Contact: Betty Dumstoff
618-473-2813

Meets: 4th Monday, 7:30 p.m. except May and December
Location: Millennium Room

Self-help group for women who have had a lumpectomy or mastectomy surgery.

“Life After Breast Cancer” Support Group

St. Joseph Health Center/St. Charles

Contact: Karen
636-498-7923

Meets: 3rd Tuesday, 5:30 – 7:30 p.m.
Location: St. Joseph Medical Park
1475 Kisker Road, St. Charles

An educational and support group for patients, survivors, families and friends of persons with breast cancer.

“Life After Stroke” Support Group

American Heart Association
4643 Lindell Boulevard
St. Louis, MO 63108

Contact: Don
314-524-1377

Meets: Last Saturday, 9:30 a.m. – 12:00 p.m.
Location: Rehabilitation Institute of St. Louis, 4455 Duncan Avenue

Group holds monthly meeting for stroke survivors, family members, caregivers and professionals to provide education, support and socialization. Services include newsletter, library, “visitor” program at area hospitals and an annual conference.

Liver Transplant Support Groups

American Liver Foundation
16 Hampton Village, Suite 215
St. Louis, MO 63109

Contact: 314-352-7377
866-455-4837
Web site: www.liverfoundation.org

The American Liver Foundation is the leading national voluntary non-profit health organization dedicated to preventing, treating and curing hepatitis and other liver diseases through research, education and advocacy. The local chapter offers support groups throughout the metropolitan area for liver transplant recipients, candidates and family members. The group provides a forum for sharing information and experiences and helps members to understand and cope more effectively. Visit web site or call for more information on meeting dates and locations.

“Living Information For Today” (LIFT) Grief Support Group

Kriegshauser West Mortuary
9450 Olive Boulevard
St. Louis, MO 63132

Contact: Marie Fogelman
314-994-3322

Meets: 4th Thursday, Noon
Location: Salad Bowl Restaurant, 3949 Lindell Blvd.

This is a social support group for anyone experiencing the loss of a loved one, with emphasis on seniors.

Living With Breast Cancer Education & Support

Siteman Cancer Center at BJC/St. Louis

Contact: Anne Rihanek, LCSW
314-747-1236

Meets: 2nd Wednesday, 5:00 – 7:00 p.m.
Location: Call for room location

This is a support and education group open to women with breast cancer, their family and friends.

“Look Good-Feel Better” Cancer Support Group

American Cancer Society
4207 Lindell Blvd.
St. Louis, MO 63108

Phone: 314-286-8100
800-227-2345
Web site: www.cancer.org

Several support groups throughout the metropolitan area. Call or visit web site for information on meeting dates and locations.

The goal of this group is to help women maintain positive self images during chemotherapy or radiation treatment.

Loss Support Group (also see Grief Support Group)

Shepherd’s Center of Webster-Kirkwood
1333 West Lockwood
St. Louis, MO 63122
Call for more information.

Phone: 314-961-2669

This is a weekly support group for adults facing the death of a loved one or loss of health, relationships, job, home or hope.

Lung Transplant and Lung-Related Illnesses Support Groups

Second Wind of St. Louis, MO
Lung Transplant Association, Inc.

Web site: www.secondwindstl.org

- “Second Wind” Lung Transplant Support Group

Meets: 1st and 3rd Wednesday, 11:30 a.m. - 1:00 p.m.

Location: Barnes-Jewish Hospital, Center of Advanced Medicine, 8th Floor, Suite G
Call Rebecca Bathon at 314-362-6127 or Cheryl Palmer at 314-362-1411

The group is open to patients who are pre/post transplant as well as their caregivers. We encourage patients who are returning for a re-evaluation and for post transplant follow up care to attend the group to introduce themselves. The structure of the group is to provide education, socialization and support to those in the area either waiting for or who are received a transplant. We attempt to provide educational topics such as information on medications, medical care and stress reduction as well as regular visits by Dr. Trulock and Dr. Patterson.

- “Before and After” Support Group

Meets: 2nd Monday, 6:00 –7:00 p.m.

Location: Hammons Heart Institute, Multi-purpose Room
1235 E Cherokee, Springfield, MO
Email Jim at jmeeme@mchsi.com

This group is open to all persons who are on a transplant list, who have been transplanted, or who are waiting to be placed on a transplant list. Support persons welcome.

- § “Second Chance” Organ Transplant and Donor Support Group

Meets: 3rd Wednesday, 6:30 p.m.

Location: Blessing Hospital, 11th Street, Quincy, IL
Sara Simmons at 217-223-1200 ext. 5253 or ssimmons@adams.net
Danni Simmons at 217-223-3184 (day)
Evening number 217-224-5192

Lupus Support Groups

Lupus Foundation of America, MO Chapter
8390 Delmar Blvd.
St. Louis, MO 63124

Contact: 314-432-0008
800-9-LUPUS-6
Web site: www.lupusmo.org

Groups are available throughout MO and IL. Some groups listed below. Call or visit web site for more information:

St. Louis City

Meets: 2nd Thursday, 7:00 - 8:30 p.m. except June, July, August, October and December
Location: BJC Clayton Avenue Building, 4353 Clayton Ave., Conference Room J

South County

Meets: 3rd Thursday, 7:00 to 8:30 p.m. except June, July, August and December
Location: St. Louis County Library, Cliff Cave Branch, 5430 Telegraph Road

North County

Meets: 2nd Wednesday, 6:30 – 8:00 p.m. except June, July, August and December
Location: Northwest HealthCare, 1225 Graham Road, Florissant, Community Room #2

St. Charles/St. Peters

Meets: 3rd Tuesday, 7:00 – 8:30 p.m. except June, July, August and December
Location: BJC/St. Peters

Belleville, IL

Meets: 3rd Tuesday, 7:00 – 8:30 p.m. except June, July, August and December
Location: Memorial Hospital, Auditorium Area – Basement

East St. Louis, IL

Meets: 2nd Tuesday, 7:00 - 8:30 p.m. except July, August and December
Location: Kenneth Hall Regional Hospital, 129 North 8th Street
Main Dining Room, Lower Level

Lupus support groups are led by volunteer facilitators, selected and trained by the Missouri Chapter. Each group sets its own format, which may include, but is not limited to, a speaker, a facilitated discussion among members or a social event. The goals of support groups include building personal empowerment and self-advocacy skills, increasing understanding of lupus through the sharing of accurate and timely information through speakers, books, discussion and articles, and decreasing loneliness and isolation through direct personal and telephone contact with other people living with lupus.

“Make Today Count” Support Group

SSM Health Network

Contact: Sr. Mary Joan Meyer
314-768-8070

Meets: 1st Thursday, 11:00 a.m.
Location: St. Mary’s Health Center, 4th Floor, Room 4D

Mutual support group dedicated to improving the quality of life for individuals who have been touched by a serious or life-threatening illness, either personally or as a family or friend.

“Man to Man” Prostate Cancer Support Group

American Cancer Society
4207 Lindell Boulevard
St. Louis, MO 63108

Phone: 314-286-8100
800-227-2345

Groups offered in various locations throughout metropolitan area. Call for more information on meeting time, locations, and format of individual groups.

This group encourages interaction and mutual support among men who are newly diagnosed, men who have had or are currently battling prostate cancer and desire more information about the disease. Information is also available for family members.

Manic Depression – See Depression & Bipolar Support Alliance

Marfan Syndrome Support Group

National Marfan Foundation
22 Manhasset Avenue
Port Washington, NY 11050

Contact: Buck Collier
314-427-6201
314-605-6201
Web site: www.marfan.org

Meets: 2nd Tuesday of odd-numbered months, 7:00 p.m.
Location: Barnes-Jewish Hospital/St. Louis

This group is open to persons with Marfan Syndrome, a genetic heart disorder.

“Mended Hearts” Support Group (cardiac)

The Mended Hearts, Inc.
7272 Greenville Avenue
Dallas, Texas 75231-4596

Phone: 888-432-7899
Web site: www.mendedhearts.org
Email: info@mendedhearts.org

Meets: 3rd Thursday, 11:00 a.m.
Location: St. Mary’s Health Center, Cafeteria Room C
Doris 314-966-8572

Meets: 3rd Monday, 7:00 p.m.
Location: Group alternates between hospitals, call for more information.
Kevin 314-479-4311

“Mended Hearts” is a nationally organized support group for patients who have undergone some type of cardiac event (open-heart surgery, heart attack, balloon angioplasty, etc.) as well as for their families. The meetings provide a support network, in addition to information about heart disease and related topics.

“Mercy Friends” Grief Support Group

St. John’s Mercy Medical Center

Contact: Marti
314-251-6470

Meets: 2nd and 4th Wednesdays, 7:00 - 8:30 p.m.
Location: Pastoral Services Office, Main floor

This is a support group for grieving due to the death of a family member or friend.

Mothers Of Pre-Schoolers (MOPS)

MOPS International, Inc.
2370 South Trenton Way
Denver, CO 80231

Phone: 888-910-MOPS
Web site: www.mops.org
Email: charters@mops.org

Visit web site or call toll-free number to locate groups.

There are numerous chapters of this national organization in the metropolitan area. MOPS is dedicated to providing mutual support and education to mothers with children between the ages of birth and 5 years. Content of meetings alternates between project activities, speakers and “topic-oriented” discussion groups. A MOPS for teens is offered in some areas. Childcare is available at some sites. A nominal annual fee may apply, especially where childcare is provided.

“Mothers of Twins” Support Group

Greater St. Louis Mothers of Twins Club, Inc
P. O. Box 31382
St. Louis MO 63131

Phone: 314-621-2550
Web site: www.stlmtoc.org
Email: stlmtocmembership@gmail.com

Meets: 1st Monday, 7:00 p.m.
Location: Chesterfield Mall, Food Court

This group offers “Neighborhood Support Groups” which are groups of women providing support to others within smaller local areas and “Sisters of Support,” support groups for expecting mothers of multiples and those with infants.

Multiple Myeloma Support Groups

St. Joseph Medical Center/St. Charles

Contact: Kathy Cartwright
636-447-9006

Meets: 1st Wednesday, 10:00 – 11:00 a.m.
Location: St. Joseph Medical Park
1475 Kisker Road, St. Charles

A support group for Myeloma patients and their loved ones.

Multiple Sclerosis Support Group

Multiple Sclerosis Society/Gateway Area Chapter
1867 Lackland Hill Parkway
St. Louis, MO 63146

Contact: Lauren Bloom
314-781-9020
800-FIGHT-MS
Web site: www.mos.nmss.org

This group holds several support group meetings throughout the metropolitan area. Call or visit web site for information regarding meeting dates and locations.

“Mustard Seed” Breast Cancer Support Group

Antioch Baptist Church
4213 W. North Market
St. Louis, MO 63113

Phone: 314-535-1110

Meets: 3rd Saturday, 11:30 a.m.
Location: Antioch Baptist Church, 4213 W. North Market

Myasthenia Gravis Support Group

Myasthenia Gravis Foundation of America/Greater St. Louis Area Chapter

7514 Forest View Drive
St. Louis, MO 63121

Contact: Bobette Figler
314-382-7490
314-385-4190

Web site: www.myasthenia.org

Meets: 3rd Sunday, 2:00 p.m. in odd-numbered months

Location: Glendale City Hall, 424 N Sappington Road

Provides support groups that educate and give positive support to patients, families and friends of people affected by Myasthenia Gravis. Offers hospital visitation, education of professionals in the community, and limited financial assistance to patients for medication.

Narcolepsy Resource

Narcolepsy Network Inc.
79 Main Street
North Kingstown, RI 02852

Contact: 888-292-6522
Web site: www.narcolepsynetwork.org
Email: narnet@narcolepsynetwork.org

There are no formal support groups in the St. Louis area at this time. However, the network maintains a database of active support groups, persons interested in starting a group, and if available, local contacts who are not part of a support group but who can provide one-on-one support to others who experience narcolepsy.

Narcotics Anonymous (NA)

Regional Service Office
P.O. Box 140199
9516 Lackland Road
St. Louis, MO 63114

Phone: 314-427-7445
Help Line: 888-628-7869
Web site: www.na.org

NA is for anyone who wants to stop using drugs of any kind. NA offers groups every day of the week throughout the metropolitan area. Use the regional office number or the following hotlines to locate a meeting.

24-Hour Help Lines

St. Louis 314-830-3232
Metro East 618-398-9409

National Alliance on Mental Illness (NAMI-St. Louis)

134 West Madison Ave.
St. Louis, MO 63122-4213

Phone: 314-966-4670
Web site: www.namistl.org

NAMI-St. Louis offers support groups throughout the metropolitan area to address concerns of a variety of groups dealing with mental illness: family and friends of persons with mental illness, consumers, adolescents and young adults, etc. Call or visit web site for current groups, meetings times and locations. Additional services at NAMI include a library, warm line, workshops, lectures, multi-week education courses, etc.

- NAMI Connection Recovery Support Group
- Family Support Group
- Family and Consumer Support Groups
- Young Adults (age 20 to 35) with Depression or Bipolar Support Group
- Procovery Circle for family members (dual diagnosis)
- Adolescents (age 14 to 19) with Depression or Bipolar Support Group

Neuropathy Support Group

Neuropathy Association of St. Louis

Info Line: 877-373-7817
Web site: www.neuropathy.org

Meets: 6 times a year; call for more information
Location: Missouri Baptist Medical Center

The Neuropathy Association helps people who suffer from those disorders that affect the peripheral nerves. The mission is to provide patient support and education, to advocate for patients' interests and to promote research into the causes and cure of peripheral neuropathies. Family, friends, co-workers, etc., welcome.

New Beginnings Bible Study Support Groups (grief)

Chapel of the Cross Lutheran Church
907 Jungerman Road
St. Peters, MO 63376

Contact: Ron 636-441-5291
Karol 636-329-9904

Meets: 1st Saturday, 10:00 a.m.
Location: Church coffee shop on the upper level

An encouraging social Christian support group for widows, widowers or anyone who has suffered a death-related loss.

New Moms Network

St. John's Mercy Medical Center

Phone: 314-961-BABY

Meets: 2nd and 4th Wednesdays, 10:00 - 11:30 a.m.
Location: 6th floor, Room #1

This support group offers new moms the opportunity to get together and talk about the baby, how it is going at home, balancing the work schedule, and the chance to share parenting, coping and relaxing tips.

Newly Bereaved Support Group

St. Anthony’s Hospice
10016 Kennerly Road
St. Louis, MO 63128

Contact: Bereavement Department
Diane 314-525-7384
Lisa 314-525-7346

This is a support group for those who have lost a loved one within the past six months. There are six sessions which should be attended in consecutive order. Three groups are available:

- 1st and 3rd Tuesday, 10:00 – 11:30 a.m.
- 2nd and 4th Wednesday, 1:00 – 2:30 p.m.
- 1st and 3rd Wednesday, 6:30 – 8:00 p.m.

“Next Chapter” Support Group (divorced, separated, widowed)

Diocese of Belleville
2620 Lebanon Avenue
Belleville, IL 62221

Contact: Pat
618-236-0566
618-236-1000

Meets: Tuesdays, 7:30 p.m.
Location: 2620 Lebanon Avenue

This is a discussion group for separated, divorced and widowed adults who want to move past relationships. Includes discussions and speakers.

Nicotine Anonymous

Nicotine Anonymous World Service
419 Main Street, PMB# 370
Huntington Beach, CA 92648

Phone: 314-832-9279
www.nicotine-anonymous.org

Several meetings offered throughout the metropolitan area. Call or visit web site for meeting dates and locations.

Nicotine Anonymous is a 12-step program, not just for smokers, but for anyone choosing life over nicotine in any of its forms, i.e., chewing tobacco, nicotine gum, “the patch,” etc.

NICU Parent (Neonatal) Support Meeting

St. John’s Mercy Medical Center

Contact: Kathy Boswell
314-251-6222

Meets: 2nd and 4th Wednesday, 7:00 p.m.
Location: Second floor, Classroom #1

This group provides one-to-one, peer support and support for families who have a baby in the Neonatal Intensive Care unit at any hospital.

Obsessive Compulsive Anonymous (OCA)

Phone: 636-394-0564

Meets: Mondays, 7:00 p.m.
Location: Second Baptist Church, 9030 Clayton Road, Parish House, Council Room

Meets: Tuesdays, 7:00 p.m.
Location: Behavioral Medicine Institute, 1129 Macklind Avenue

Meets: Tuesdays, 7:00 p.m.
Location: Friedens United Church of Christ, 1703 Highway 94 South, St. Charles

Meets: Saturdays, 10:00 a.m.
Location: Edgewood Recovery Center, 970 Executive Parkway

Obsessive Compulsive Disorder Support Group (STLOCD)

Saint Louis Obsessive Compulsive Disorder Support Group

Contact: Bernie and Edna
314-842-7228

Web site: www.stlocd.org

Email: stlocd@swbell.net

Meets: 3rd Saturday, 10:00 a.m. – 12:00 p.m.
Location: St. John's Mercy Medical Center, Von Gontard Conference Center

Meetings are free and open to people with OCD, their family and friends. Meetings consist of a speaker, then two separate groups - one for people with OCD, one for family and friends. Access to the OCD lending library is also available at the meetings.

Open Arms/Parents Left Behind (grief)

Abiding Savior Lutheran Church
4355 Butler Hill Road
St. Louis, MO 63128

Contact: Kathy Myers
636-343-5262
314-807-5798
Email: myers-kathy@sbcglobal.net

Meets: 2nd and 4th Wednesday, 7:00 – 8:30 p.m.

A support group for parents experiencing the loss of a child.

Ostomy Support Group

United Ostomy Association

Contact: Susan Burns
636-926-2737
National: www.uoaa.org
Local: www.uoaaatl.org

Meets: 1st Monday, alternating between 2:00 p.m. and 7:00 p.m. Call for more info.
Location: St. Luke's Hospital

This support group provides reassurance and emotional support for persons who have undergone Ostomy surgery. Family and friends welcome.

Overeaters Anonymous (OA)

9907 Gravois, Suite E
St. Louis, MO 63123

Phone: 314-638-6070
National: www.overeatersanonymous.org
Local: www.stlouisoa.org

Offers meetings at various locations throughout St. Louis. Call or visit web site for information.

OA is a fellowship of people helping people who share a common illness of compulsive eating. Members have a desire to stop eating compulsively.

OWL (The Voice of Mid-Life & Older Women)

2165 Hampton Avenue
St. Louis, MO 63139

Phone: 314-725-5862
National: www.owl-national.org
Local: www.owlstlouis.com

In addition to its Divorce Support Group (see listing under Divorce Support Group), OWL offers a General Membership Meeting on the 2nd Tuesday of each month at Ladue Chapel Presbyterian Church, 9450 Clayton Road. This meeting usually includes a guest speaker on a topic relevant for mid-life and older women. OWL also offers a Pension Benefits Program (314-725-1516) and an annual Divorce seminar. Call for more information.

PQ Men’s Group (disabilities)

Paraquad, Inc.
5240 Oakland Avenue
St. Louis, MO 63110

Contact: Andrew 314-289-4316
Doug 314-289-4231
Must call ahead.

Meets: 3rd Thursday, 11:30 a.m. – 2:30 p.m.
Location: Paraquad, Inc. – Auditorium

This group is for men, 18 years and older, with disabilities. Designated topics vary, and may include learning sessions on a range of skills. Meetings also provide socialization and discussion of issues related to living with a disability.

PALS (Parents Affected by Loss of child by Suicide)

Contact: Linda Fehrmann
314-853-7925

Meets: 2nd Tuesday, 7:00 p.m.
4th Saturday, 10:30 a.m.
Location: St. Luke’s Hospital; Call for room location

This group addresses grief associated with a child’s suicide, regardless of child’s age or length of time that has passed. Family members other than parents are also welcome.

Parenting Support Group

St. Louis Crisis Nursery
Forest Park Hospital

Administration: 314-768-3361
Outreach: 314-533-6900
Family Support: 314-768-3897
Web site: www.crisisnurserykids.com

St. Louis Crisis Nursery offers a Parenting Support Group four times a year. The location, topics, length and number of meetings in each series may vary. Call for more information.

Parents Anonymous® (parenting)

Family Support Council
3309 South Kingshighway
St. Louis, MO 63139

Contact: Laura Gulley
314-534-9350
Web site: www.fscouncil.org

The Parents Anonymous® program offers weekly parent support group meetings in various locations throughout the metropolitan area. This is not a 12-step program. Parents or anyone in a care-taking role (grandparents, legal guardians, foster parents, etc.) can freely share questions, concerns, challenges and ideas about parenting, toddler and teenage behavior, stress management, discipline, anger management and other parenting issues in a safe and supportive environment. Parents are welcome to bring their children to participate in age appropriate activities and discussion for the infant-through-adolescent stages.

Parents, Families and Friends of Lesbians & Gays (PFLAG)

Contact: 314-821-3524
Meets: 3rd Saturday, 7:00 p.m.
Location: Ethical Society of St. Louis, 9001 Clayton Road

PFLAG provides support to parents having trouble with their children's homosexuality and support to gays and lesbians having trouble with decisions about telling their parents and provides support and advocacy.

Parents of Murdered Children (POMC)

National POMC
100 East Eighth Street, Suite B-41
Cincinnati, OH 45202

National: 513-721-5683
Web site: www.pomc.com
Local Contact: Mata Weber
618-972-0429

Meets: 3rd Tuesday, 7:30 p.m.
Location: St. Alexius Hospital

This support group, offered by the local chapter of POMC offers support groups, information and advocacy. Support group is for those who have lost a loved one to violence.

Parents Share and Care (parenting)

St. Joseph’s Hospital/Breese

Contact: Roquel Strubhart
618-526-5435
Email: roquel@sjb.hshs.org

Meets: 1st and 3rd Monday, 7:00 p.m.
Location: Breese Senior Center
480 South 4th Street, Breese

A support group for anyone raising children.

Parents Without Partners (PWP) Support Group

Parents Without Partners, Inc.
P.O. Box 1735
O’Fallon, MO 63376

Contact: Millie
636-294-1217
pwpcchapter1363@aol.com
National: www.parentswithoutpartners.org

PWP meets on a regular basis in St. Louis County, St. Charles County, Lincoln County, O’Fallon, Cape Girardeau, Independence and Webster Groves, MO. Groups also meet in Springfield and Belleville, IL. Call or visit web sitesite for meeting dates and locations.

PWP is a mutual support group that focuses on the welfare of the single parent and the child in a single parent family. Meetings provide education, discussion, support and social activities.

Parkinson’s Disease Support Group

Alton Memorial Hospital and the Eunice Smith Home

Contact: Sheryl
618-463-7334
Email: sparadine@hotmail.com

Meets: 2nd Monday, 1:00 – 2:00 p.m.
Location: Eunice Smith Home
1251 College Avenue, Alton

A support group for Parkinson’s patients and their family members.

Parkinson’s Disease Support Group

American Parkinson Disease Association Information and Referral Center at
Washington University
660 South Euclid Avenue
St. Louis, MO 63110

Contact: Debbie Guyer
314-362-3299
Local web site: www.stlapda.org
National web site: www.apdaparkinson.org

Group has educational seminars, exercise classes, respite care and support groups for people with Parkinson’s disease and for their family members.

Parkinson’s Disease Support Group

Southwest Illinois College Senior Program
201 North Church
Belleville, IL 62220

Contact: Jodi
618-234-4410 x7031
Web site: www.swic.edu

Meets: 2nd Monday, 1:30 p.m.
Location: Call for meeting location information.

This group offers support and information to persons with Parkinson’s Disease and to their caregivers.

“People First” Self Help Group (disabilities)

Paraquad, Inc.
5240 Oakland Avenue
St. Louis, MO 63110

Contact: People First Advisor
314-289-4220

Call for information regarding meeting dates and locations.

This group is designed to teach individuals with developmental disabilities what their rights are and how to be a strong self-advocate for those rights.

Pet Loss Support Group

Petropolis Pet Center
16830 Chesterfield Airport Road
Chesterfield, MO 63005

Contact: Harriet J. Cuddy, BA, MA
636-537-2322 x414
Web site: www.petropolis.com

Meets: Call for more information
Location: Petropolis Pet Center

This support group is for pet owners who are grieving and coping with the loss of a pet. All are invited to attend.

Prader-Willi Syndrome Support Group

The Prader-Willi Syndrome Association
SSM Cardinal Glennon Children’s Hospital

Contact: Barbara Whitman
314-268-4027
Web site: www.pwsausa.org

Call for more information regarding meeting dates and locations.

This group is for children, parents, siblings, educators and healthcare providers. Group provides support and weight and behavior management. Also has an annual national conference, family retreats and publishes national newsletter.

Procovery

Self Help Center
8301 Crest Industrial Drive
St. Louis, MO 63123

Contact: Robin
314-781-0199
Web site: www.selfhelpcenter.org

Meets: Tuesdays, 10:30 – 1:30 a.m.
Fridays, 1:00 – 2:00 p.m.

The Procovery Program is an approach that embodies a set of specific healing strategies that can be applied by any individual (staff, family member, friend or consumer) in any health care model or system for any serious mental or physical illness, including chronic pain. The Procovery program builds upon the idea that each person's path is unique, and that you can "just start anywhere." This group is structured around reading the book *The Power of Procovery in Healing Mental Illness* and discussing topics, questions, and quotes printed on a deck of Procovery cards from which you choose. A snack and social time is included. This group is open; closed groups may become available.

Prostate Cancer Support Group

Siteman Cancer Center at BJC/St. Peters

Phone: 636-916-9947

Meets: 2nd Wednesday, 6:00 – 7:30 p.m.
Location: Call for room location

Prostate Cancer Support Group

Us TOO International 5003 Fairview Avenue
Downers Grove, IL 60515

Phone: 630-795-1002
Email: ustoo@ustoo.org

Meets: 1st Thursday, 7:00 - 9:00 p.m.
Location: St. John's Mercy Medical Center
David C. Pratt Cancer Center

Contact: Kathy Bumberry
314-251-6400

Meets: 3rd Thursday, 7:00 – 9:00 p.m.
Location: St. Joseph Medical Park
1475 Kisker Road, St. Charles

Contact: Karen
636-498-7923

An educational and support group for patients, survivors, families and friends of men with prostate cancer.

Pulmonary Rehabilitation Support Group

Memorial Hospital/Belleville

Phone: 618-257-5560

Meets: Last Wednesday, (Sept. - May) 1:30 p.m.
Location: Auditorium

These monthly support group meetings are for people with diseases of the lung. Family members welcome. Participants learn about the disease, as well as share ideas and solutions to their problems.

Pulmonary Support Group

St. Luke's Hospital

Contact: Karen Lane
314-205-6849

Meets: 4th Wednesday, 1:00 - 3:00 p.m.
Location: East Medical Building, Room 120

Support group for persons with breathing or lung problems. Family and friends welcome.

"Reach to Recovery" Breast Cancer Support Group

American Cancer Society
4207 Lindell Boulevard
St. Louis, MO 63108

Phone: 314-286-8100
800-227-2345

In "Reach to Recovery," breast cancer survivors provide one-on-one support and information to help individuals cope with breast cancer. Specially trained survivors serve as volunteers, responding in person or by phone to the concerns of people facing breast cancer diagnosis, treatment, recurrence or recovery.

Recovering Couples Anonymous (RCA)

P.O. Box 11029
Oakland, CA 94611

Phone: 510-663-2312
Web site: www.recovering-couples.org

Offers meetings in multiple locations. Call or visit web site for more information.

RCA is a 12-step group is for couples committed to restoring healthy communication, caring and greater intimacy in their relationships. Members suffer from many addictions and co-addictions (some identified, some not; some treated, some not). Many members have been separated or near divorce. Some are new in relationships and seek to build intimacy while growing together as a couple.

Recovery, Inc. (mental health)

P.O. Box 85
St. Ann, MO 63074

Contact: June South
314-739-3438
Web site: www.recovery-inc.com

Meetings offered throughout the metropolitan area. Call or visit web site for meeting dates and locations.

Recovery, Inc. offers support groups to help regain and maintain mental health. By studying Dr. Low's practical method of *Mental Health Through Will Training*, participants learn techniques for handling everyday situations. Those diagnosed with mood disorders (including depression, dysthymia, and bipolar (manic-depressive) illness), psychotic disorders (including schizophrenia), anxiety and obsessive-compulsive disorders, and personality disorders are invited to attend. Our members also include people who have not been diagnosed, but who are having difficulty dealing with the problems of everyday life.

“Renewal Program” Addiction Support Group

Williams Temple Church of God in Christ
1500 North Union Blvd.
St. Louis, MO 63112

Contact: Elder Luther Taylor
Evangelist Portia Taylor
314-972-1854

Meets: Mondays, 7:00 p.m.
Location: 1500 N. Union Blvd. in Church Chapel

This group is open to men and women with any kind of addiction.

Schizophrenia Treatment and Education Program (STEP) Aftercare Support Group

Christian Hospital

Contact: Sandy Swan
314-653-5645

Meets: Wednesdays, 6:30 – 7:30 p.m.
Location: Northwest HealthCare
1225 Graham Road, Community Room 2

This is a support group for people who have schizophrenia.

Schizophrenics Anonymous

Self Help Center
8301 Crest Industrial Drive
St. Louis, MO 63123

Contact: Robin
314-781-0199
Web site: www.selfhelpcenter.org
National: www.sanonymous.com

Meets: Wednesdays, 1:00 – 2:00 p.m.

Offered at the Self-Help Center, this group is part of the national Schizophrenics Anonymous (SA) network, a peer-run group for persons who have schizophrenia or a schizophrenia-related illness. SA has its own 6-step program for wellness. For more information on local meeting, call or visit web site.

Schizophrenics Anonymous (SA) Online Discussion Group

SA offers an online discussion group at Yahoo. SA members and others can post messages and have discussions on issues related to their illness. Join the online message board at <http://groups.yahoo.com/group/schizophrenics-anonymous>

Self Esteem Support Group (for persons with mental illness)

Self Help Center
8301 Crest Industrial Drive
St. Louis, MO 63123

Contact: Robin
314-781-0199
Web site: www.selfhelpcenter.org

Meets: Wednesdays, 10:30 – 11:30 a.m.

This confidential peer support group for persons with mental illness meets for mutual encouragement and aid to learn how to foster a healthy sense of self esteem. Members read and discuss handouts and other helpful resources.

Sex and Love Addicts Anonymous (SLAA)

Fellowship Wide Services
1550 NE Loop 410, #118
San Antonio, TX 78209

Phone: 314-253-4010
National: 210-828-7900
Web site: www.slaafws.org
Email: info@slaafws.org

Open Meeting

Meets: Mondays, 7:00 p.m.
Location: Kirkwood United Church of Christ, 1603 Dougherty Ferry Road
For spouses, significant others and friends affected by someone else's sexual addiction.

Closed Meeting

Meets: Thursdays, 7:15 p.m.
Location: Lindell Club, 4522 Lindell Blvd.
For those seeking sexual sobriety.

Sex and Love Addicts Anonymous is a fellowship based on the 12-Step model pioneered by Alcoholics Anonymous.

Sexaholics Anonymous

P.O. Box 3565
Brentwood, TN 37024
Call for local contact information.

Contact: 314-995-2687
Web site: www.sa.org

Sexual Assault Support Group

Women's Resource Center and St. Louis Regional Sexual Assault Center
140 N. Brentwood Blvd.
St. Louis, MO 63105
Call more information on meeting dates and times.

Contact: 314-726-6665
Rape Crisis: 314-531-RAPE

This group offers childhood sexual abuse and survivors of rape support groups. Through the Rape Crisis Line, the YWCA provides support, information and referrals 24 hours a day, seven days a week.

Sexual Compulsives Anonymous (SCA)

Sexual Compulsives Anonymous
P.O. Box 1585 Old Chelsea Station
New York, NY 10011
Call or visit web site for meeting dates and locations throughout the metropolitan area.

Phone: 314-253-4085
800-977-HEAL
Web site: www.sca-recovery.org

SCA is a 12-step program for sexually compulsive people. Please call for additional information.

Sexual Recovery Anonymous (SRA)

Sexual Recovery Anonymous
PO Box 73
New York, NY 10024

Contact: 573-499-8858
Hotline: 212-340-4650
Web site: www.sexualrecovery.org
Email: info@sexualrecovery.org

Sexual Recovery Anonymous (SRA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover. Members must desire to stop compulsive sexual behavior.

SHARE Pregnancy and Infant Loss Support, Inc.

National SHARE Office National: 800-821-6819
St. Joseph Health Center Contact: Kim 636-947-6164
300 First Capital Drive Linda 314-768-8349
St. Charles, MO 63301 Web site: www.nationalshareoffice.com
Call or visit web site for more information. Meetings held throughout MO and IL.

SHARE addresses a wide range of issues relevant for parents, family members and significant friends who are affected by the death of a baby through miscarriage, stillbirth or death of a newborn. Several types of support groups are offered: Grief Support Group, Loss of a Multiple Birth Support Meetings, and Subsequent Choices Support Meeting.

“Sharing Losses Through Bereavement” Support Group

St. Joseph Hospital/Kirkwood and SSM Hospice Contact: Maureen Fox
314-SSM-DOCS
314-989-2800

Meets: 1st and 3rd Monday, 1:00 – 2:30 p.m.
Location: First Floor Meeting Room 1

“Sistah Connection” Breast Cancer Support Group

St. Louis ConnectCare Medical Center Contact: Rosetta Keeton
314-879-6231

Meets: 3rd Saturday, 10:30 – Noon
Location: Staff Conference Room

Support group for women diagnosed with breast cancer and breast cancer survivors.

Smoking Cessation Support Group

BJC HealthCare Phone: 314-362-7844

Meets: This group meets 5 five time a year for a 6-week, 7-session program. Call for information regarding meeting dates and locations.

Location: Call for location information for BJC/St. Louis meetings

Meets: 3rd Thursday, 8:00 p.m. Phone: 636-344-1722
Location: Education Room, Lower Level Lung Line: 636-344-1714

Progress West HealthCare Center/BJC
#2 Progress Point Parkway
O’Fallon, MO

8-week smoking cessation classes also offered.

Smoking Cessation Support Group

St. Joseph Medical Center/St. Charles

Phone: 636-947-5303

Meets: Wednesdays, 7:00 p.m.

Location: St. Joseph Medical Park, 1475 Kisker Road, St. Charles

Social Phobics Anonymous (SPA)

Self Help Center
8301 Crest Industrial Drive
St. Louis, MO 63123

Contact: Robin Gambrell
314-781-0199

Meets: Fridays, 2:30 – 3:30 p.m.

Social Phobics Anonymous (SPA) is a support group for people who suffer from social phobia, social anxiety or shyness problems. The group focuses on facing and overcoming fears, learning how to be assertive, and gaining confidence in a variety of social situations. Participants will find mutual encouragement and support in a safe environment where they can share their experiences.

Social Phobics Anonymous (SPA)/Social Anxiety Anonymous Telephone Support

Social Phobics Anonymous
Boulder, CO

Phone: 303-325-3143 for questions
and to obtain Conference Call information

Website: www.geocities.com/seanphilib/ColoradoSPA.html

Email: healsocialanxiety@hotmail.com

Social Phobics Anonymous (SPA) offers Telephone Conference Call support groups. The cost of “conferencing” the call is not passed along to participants. However, callers are responsible for the cost of the long distance call. SPA also provides free assistance in starting local support groups anywhere. To get the access code to join a Telephone Conference Call support group, visit web site or call number listed above.

Spinal Cord Injury Support Group

Contact: Cathy Kinstler
314-892-4724

Meets: 2nd Wednesday, 7:00 p.m.

Location: Rehabilitation Institute of St. Louis, 4455 Duncan Avenue

This community-based, volunteer-driven group is for individuals with spinal cord injury and for family members. Group meets regularly to provide information, share common experiences and support each other.

“Starting Over” Bereavement Group

Our Lady of the Snows – Dooley Center
442 South De Mazenod Drive
Belleville, IL 62223

Contact: Fran Caldwell West
618-772-8391
618-632-3899

Call for information regarding meeting dates and locations.

This is a support group for newly widowed persons. Group meets in the Spring and Fall, 6 times in each series. The cost is \$20 and dinner usually follows the meetings.

“Stepping Stones” Bereavement Camp

BJC Hospice/St. Louis
9890 Clayton Road
St. Louis, MO 63124

Contact: Dale
314-953-1776

Camp is held in August. Call for more information.

The Stepping Stones Camp is a support program for children age 6 to 12 who have experienced a loss by death.

“Stitch In Time” Women’s Cancer Support Group

Contact: Chris Bowman
314-221-9777
Web site: www.chrissbowman.com

Meets: 4th Tuesday, 1:00 – 3:00 p.m.
Location: St. Anthony’s Medical Center
Body, Mind Spirit Room in the Women’s Specialty Building

This is a needlework support group for women with cancer.

Stroke Recovery Support Group

St. John’s Mercy Medical Center/Washington Contact: 636-239-8004
636-239-8858

Meets: 2nd Monday, 3:30 - 4:30 p.m.
Location: Doctor’s Building, 851 East 5th Street, Classroom A

Stroke Support Club

DePaul Health Center Contact: Katherine
314-344-6460
314-344-6096

Meets: 4th Monday, 1:30 – 2:30 p.m.
Location: May Center at hospital

Stroke Support Group

St. Elizabeth’s Hospital Contact: Christy Koenigstein
618-234-2120 x1519

Meets: 1st Wednesday, 2:00 – 3:00 p.m.
January, March, April, June, August, October, December
Location: Millennium Room

Stroke Support Group

Village North Retirement Community Contact: Patty
11160 Village North Drive 314-355-8010
St. Louis, MO 63136

Meets: 3rd Monday, 3:00 – 4:00 p.m.
Location: 11160 Village North Drive, Party Room

Stroke Survivors Support Group

St. Anthony’s Medical Center

Contact: Geri Tyrey
314-525-4561

Meets: 2nd Wednesday, 10:30 - 11:30 a.m. – speaker for survivors and caregivers
4th Wednesday, 10:30 – 11:30 a.m. – separate survivors and caregivers groups
Location: 10020 Kennerly Road, Auditorium

Sudden Infant Death Syndrome (SIDS) Support Group

SIDS Resources, Inc.
135 West Monroe Avenue
St. Louis, MO 63122

Contact: Lori Behrens
314-822-2323
800-421-3511
Web site: www.sidsresources.org

Call or visit web site for information regarding meeting dates and locations.

Provides support, education and referrals to grieving families and friends of a child who has died of SIDS.

“Support Has A Reinforcing Effect” (SHARE) Breast Cancer Support

SHARE Phone: 618-391-5447

Meets: 3rd Tuesday, 7:00 p.m. except August and December
Location: Anderson Hospital, Physician Office Bldg. Classroom

This support group is for women with breast cancer.

“SurvivAbility” (suicide)

Kids Under Twenty One (KUTO)
2718 South Brentwood Boulevard
St. Louis, MO 63144
Call for meeting dates and locations.

Phone: 314-963-7571
Hotline: 314-644-5886
Hotline: 888-644-5886
Web site: www.kuto.org

KUTO youth-focused programs are designed to help young people handle the stressors and pressure of life by helping them identify and find positive solutions to problems, and to survive the emotional challenges they face. SurvivAbility is a one-of-a-kind peer-based program, designed by young people for young people struggling as survivors of an attempted or completed suicide. KUTO also offers:

- Peer Helper Team - works with existing or new peer-helping groups, peer mediators, conflict resolution teams at area high schools.
- Crisis Helpline - staffed entirely by trained youth volunteers. Callers are assured they will talk with someone who knows what it's like to be a young person.

Survivor of Suicide Support Group

US, Inc. (Unmasking Suicide)
11220 West Florissant Avenue #283
Florissant, MO 63033

Phone: 877-600-1028

Meets: 3rd Thursday, 6:00 p.m.
Location: Prince Hall Family Support Center
4411 North Newstead Avenue

This support group provides sharing, caring, mutual support and a confidential environment that allows participants to freely express all feelings of grief without fear of being judged.

Survivors After Suicide Support Group

1536 Sappington Road
St. Louis, MO 63126

Contact: Jacqueline
314-961-0608

Call for information regarding meeting dates and locations.

This group provides emotional support for friends and family who are coping with a loved one's suicide.

Survivor's Network for those Abused by Priests (SNAP) Support Group

P.O. Box 300578
St. Louis, MO 63130

Contact: Barbara 314-862-7688
Web site: www.snapnetwork.org

SNAP is a national, non-denominational support group for persons abused by spiritual elders (priests, ministers, nuns, brothers, etc.). Also provides active online email support groups.

Survivors of Incest Anonymous

Contact: John 314-771-5552
Email: helpatlast12345@sbcglobal.net
Men and women can attend.
Call or email for meeting location.

Contact: Judy 314-993-5421
Meets in University City – Women only

Contact: Nancy 636-561-1407
Meets in Wentzville – Women only

Survivors of Suicide Support Group

Call For Help, Inc.
9400 Lebanon Road
Edgemont, IL 622203

Contact: Marsimillion Quarles
618-797-1049
618-397-0963
Email: mquarles@callforhelpinc.org

Meets: 1st and 3rd Monday, 6:00 – 8:00 p.m.
Location: 9400 Lebanon Road

Self-help group for adults who are coping with the suicide of a family member or friend.

Survivors of Suicide Support Group

Life Crisis Services at Provident, Inc.
2650 Olive Street
St. Louis, MO 63103

Contact: Nancy Collins
314-647-3100 x2829
Web site: <http://providentstl.org/life-crisis-services.html>

Meets: Wednesdays, 7:00 p.m.
Location: Life Crisis Services, Inc.
2650 Olive Street

This support group is for any person who has lost a loved one due to suicide.

Survivors of Suicide Support Group

Mount Carmel Catholic Cemetery
10101 West Main Street
Belleville, IL 62223

Contact: 618-397-0181

Meets: Thursdays, 7:00 p.m.
Location: Cemetery’s Peace Chapel

American Association of Suicidology 4201 Connecticut Ave., NW Suite 408 Washington, DC 20008	Phone: 202-237-2280 800-SUICIDE Website: www.suicidology.org
Call or visit this organization for information on suicide, education and support groups around the country.	

“Take Off Pounds Sensibly” (TOPS) Support Group

Contact: Donna Karns
636-250-3004
800-932-8677
Web site: www.tops.org

This organization holds several meetings throughout the metropolitan area. Call or visit web site for information regarding meeting dates and locations. Self-help/mutual support group that provides information and support to people wishing to lose weight.

Teen Voices

City Hope Bible Church and Christ Community Bible Church

Phone: 314-383-7771

Meets: 1st and 3rd Thursday, 6:30 – 7:30 p.m.
Location: City Hope Bible Church
5868 West Florissant Road

Facilitated by a mental health professional and other adult advisors, this group is designed to give teen girls a safe environment to share concerns, fears and aspirations. Other benefits include build-

ing positive friendships, building problem-solving and social skills, and developing positive self-esteem.

“They Help Each Other Spiritually” (THEOS) Grief Support Group

Contact: 636-230-5600
636-861-4550

THEOS is an inter-denominational self-help support group for widowed men and women. Provides emotional, educational, spiritual and social support. Call individual locations for more information.

Widowed over 55

Meets: 1st Sunday, 2:00 p.m.
Location: Manchester United Methodist Church, 129 Woods Mill Road
Contact: Marlene, 314-962-1621

Meets: 2nd Sunday, 2:00 p.m.
Location: Salem United Methodist Church in Ballwin, 14825 Manchester Road
Contact: Joan, 636-938-9424 or 636-458-3962

Meets: 4th Sunday, 2:00 p.m.
Location: Kirkwood United Methodist Church, 201 West Adams at Clay

Persons widowed 2 years or less

Meets: 1st and 3rd Sunday, 1:30 p.m.
Location: Kirkwood United Methodist Church, 201 West Adams at Clay

Young Widowed Under 55

Meets: 1st Wednesday, 7:00 p.m.
Location: Kirkwood Baptist Church, 211 North Woodlawn between Adams and Jefferson
Contact: Susan, 636-225-6854 or 314-977-9827

Thresholds Grief Support Group

BJC Hospice/St. Louis
9890 Clayton Road
St. Louis, MO 63124

Contact: Suzanne Doyle
314-953-1806
Dale Chavis
314-953-1776

Meets: Group is held three times a year
Location: Trinity Presbyterian Church
6800 Washington Avenue, University City

A support group for people ages 30 to 60 who have lost a spouse or partner.

Twelve Step Substance Abuse Recovery Group

Life Christian Church
13001 Gravois Road
St. Louis, MO 63127

Contact: 314-843-5575 x212
Web site: www.lifechristian.net

Meets: Wednesdays, 7:00 p.m.
Location: 13001 Gravois Road, Sunset Hills, MO, Main building downstairs

Support group for individuals recovering from addictions to alcohol or substances. Open to men and women.

Walking Through Grief

St. Joseph’s Catholic Church of Cottleville
1355 Motherhead Road
St. Charles, MO 63304

Contact: Kathy Merrell
636-441-0569
Email: kathryn-ann@sbcglobal.net
Betty Smith
636-928-8201

Meets: 1st and 3rd Saturday, 10:00 – 11:30 a.m.
Location: Parish Center

A faith-based grief support group open to anyone who has experienced a loss. A 6-week seminar program is also available.

Weavings Grief Support

BJC Hospice/St. Louis
9890 Clayton Road
St. Louis, MO 63124

Contact: Dale Chavis
314-953-1776

Meets: Group is held in September. Call for details.
Location: 9890 Clayton Road, St. Louis

This is a weekend retreat for mothers who have lost children between the ages of birth and 21.

Widowed Support Group

Chapel Hill Mortuary
6300 Highway 30
Cedar Hill, MO 63016

Contact: Sandy May
636-274-4100

Meets: 3rd Tuesday, 7:00 p.m.
Location: Northwest Jefferson County Library
Highway 30 and Highway PP, High Ridge, MO

Support group for people who have lost a spouse. Open to anyone in the community. Also offers the Holiday Memorial program and the Worldwide Candlelighting Memorial program. Call for more information.

“Wife, Widow, Woman” Support Group

National Council of Jewish Women (NCJW)
8350 Delcrest Dr.
St. Louis, MO 63124

Contact: Nancy Weigley
314-993-5181
Email: nweigley@ncjwstl.org
Web site: www.ncjwstl.org
National: www.ncjw.org

Offers a 12-week session in the spring and fall. Call for information regarding meeting dates and locations.

NCJW addresses the needs of widows and helps the widows become independent, functioning single women. Also helps with the grieving process.

“Women Supporting Women” Breast Cancer Support Group

St. Joseph Hospital/Kirkwood

Contact: Cathie Albers
314-822-6338
314-882-2033

Meets: 4th Tuesday, 7:00 p.m.
Location: 525 Couch Avenue, Cancer Care Center waiting room, basement level

This is a support group for women who have survived breast cancer or have breast cancer. Group provides an opportunity for informal sharing, mutual support and discussions of coping skills, breast cancer research and treatment.

Young Adult Grief Support Group

Missouri Baptist Medical Center

Contact: Mary Schrader
314-997-5057

Meets: Tuesdays, 6:30
Location: President’s House at front of hospital grounds, 3031 N. Ballas Road

A grief support group for young adults in their 20’s to mid-30’s.

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