

GREENSBORO AREA SUPPORT GROUPS

REVISED 10/20/08

Mondays

- **Aftermath**, 6:30pm, 2nd & 4th Monday. Centenary United Methodist Church, Providence Room, 2300 W. Friendly Ave., GB. Those who have lost someone to suicide. 373-1402
- **Teen Substance Abuse Support Network**, 7PM. Folk Teen Center, 3910 Clifton Road, GB. Ages 18 and younger experiencing substance abuse issues. 336-297-5019
- **Compassionate Friends**- 7pm (1st Monday). Centenary United Methodist Church, 2300 W. Friendly Ave., GB. (For parents who have lost a child.) 707-4935.
- **Gamblers Anonymous** - 7:15pm. Our Father Lutheran Church, 3304 Groometown Road, GB. 681-8516
- **Greensboro Self-Advocacy Group**- 7:30pm (3rd Monday of each month) , 4009 W. Wendover Ave. GB. (For mentally retarded people 18 and older who are learning to be advocates for themselves). 373-1076
- **Griefshare**- 10:30-noon, Community Lutheran Church, 4960 U.S. 220N, Summerfield. 643-7667
- **Emotions Anonymous**- 6:15pm, First Lutheran Church, 3600 W. Friendly Ave, GB. (A 12-step program for people trying to maintain good mental health). Lynn, 361-0414
- **HIV and STD Walk-In Clinic** – 5:00 – 7:00pm, Bottom floor, Triad Health Project, 801 Summit Ave., GB. 275-1654.
- **Living with Bipolar Disorder**- 7pm, Overcomers With Christ Ministries, 3428 N. Church St., GB. 549-3338.
- **Mothers & More of Greensboro/High Point**- 7pm, Leonard Recreational Center, 6324 Ballinger Rd. GB. (For women who have altered their careers to care for their children) Terry, 644-8659
- **National Alliance for the Mentally Ill (NAMI)**- 7pm, 3rd Monday of the month. Fellowship Presbyterian Church, 2005 New Garden Rd. GB. (For individuals or families and caregivers of people with schizophrenia, bipolar disorder and major depression). The group does not meet in Aug-Dec. 370-4264
- **Overeaters Anonymous**- 7:30pm, First Friends Meeting, 2100 W. Friendly Ave., GB. 288-8771.
- **Pink Ribbon Network**-First Monday MRHEC. For women with breast cancer.878-6000, ext. 2251
- **Triad Faithful & True Men's Support Group**- 7-8:30pm, G.B. (A Christian support group for men struggling with sexual addiction). Call for location, 877-890-4144
- **Women with Incarcerated Husbands & Women of Children with Incarcerated Fathers**- 7pm, New Hope Missionary Baptist Church – 306 S. English Street. GB. Queen Sweeper 988-6869

Tuesdays

- **Adult Children of Alcoholics**- 7-8:30pm, Room 9 of First Lutheran Church, 3600 W. Friendly Ave. GB. 379-1783
- **AIDS/HIV Support for Men** – 11am –12:15pm. 210 E. Bessemer Ave. GB. Mark Cassity 274-5637.
- **Amputee Support Group**- 7pm, Moses Cone Outpatient Rehab Center, 1904 N. Church GB. Robin Scerbo, 271-4840
- **Club Champion** – 7pm. Folk Teen Center, 3910 Clifton Road, GB. Peer support for teens living with domestic violence. 275-9292, Ext.71.
- **Crossroads Depression Support Group**- 6:30-8pm, Mental Health Association, 910 Mill Ave. HP. (For individuals suffering from a depressive illness). 883-7480
- **Depression and Bipolar Support Alliance (& Peer group support)** - 7 pm, First Lutheran Church, Rm 8, 3600 W. Friendly Ave. GB. 373-1402.
- **DivorceCare**- 6:30pm, Green Baptist Church, 303 N. Rotary Dr. HP. Childcare available upon request. Must call to register: 841-4334 ext. 7336
- **DivorceCare**-7-8:30pm Lawndale Baptist Church, 3505 Lawndale Dr. GB.
- **Dual Diagnosis Support Group** – 6pm First Lutheran Church, Rm 7, 3600 W. Friendly Ave. GB. 373-1402. For people who struggle with mental illness and addiction
- **Family Group & Friends Group**, 7-8:30pm. Tuesday. Room 4, First Lutheran Church, 3600 W. Friendly Ave., GB. Support for the families and friends of the mentally ill. 373-1402.
- **Grandchild Enrichment Program**- 6-7:30pm, YWCA, 1 YWCA Pl. GB. (Enrichment activities for grandchildren while grandparents attend support group). Free. 273-3461

- **Grandparents Raising Grandchildren Support Group**- 12pm on the second Tuesday of each month, YMCA, 112 Gatewood Ave., HP. Parenting and educational seminars pertinent to grandparents raising grandchildren. Lunch provided, registration required. 373-4816, Ext.231.
- **GriefShare**- 6:30-8:30pm, Jamestown UMC, 403 E. Main St., Jamestown. Those who have lost a loved one. 454-2717
- **GriefShare**- 6:30-8:30pm, Love and Faith Christian Fellowship, 4344 Blackberry Rd, GB 632-0205
- **Hospice of the Piedmont Support Group for Bereaved Parents**- 5:30-7pm (various times of the year), 1801 Westchester Dr. HP. 889-8446
- **How Healthy Are You** – 6pm, GB. Dr. Hakeem 852-5808.
- **Latino Support Group for Emotional and Mental Well-being**- 10am-noon. Room 1, First Lutheran Church, 3600 W. Friendly Ave, GB. Presented in Spanish. 373-1402.
- **Nar-Anon Family Group**, 8pm. St.John's United Methodist Church, 1304 Merritt Drive, GB. Family and friend of addicts. 852-3436 or 676-1689.
- **National Alliance for the Mentally Ill Family Support Group**- 7pm, 3rd Monday of every month, Fellowship Presbyterian Church, 2005 New Garden Rd, GB 282-7636.
- **Obsessive Compulsive Anonymous**- 7:30pm, St. Barnabas Episcopal Church, off Jefferson Rd. between Friendly Ave. and New Garden Rd. GB. 605-0255
- **Parents, Families & Friends of Lesbians and Gays**- 7:30 – 9pm (3rd Tuesday of each month), Friendship Friends Meeting House, 1103 New Garden Rd., Promotes the health & well-being of gay, lesbian, bi-sexual and transgender persons, family, and friends. Call Joan Parker 454-5693 or Retta Gray 852-8489.
- **Parent's with Children with ADHD & Related Challenges**-6:30-8:30 second Tuesday, Glenwood Community Center, 2010 Coliseum Blvd., GB 988-7874.
- *****Professionals in Transition (PIT)**- 7-8:30pm, Greensboro Cultural Center, 200 N. Davie St., GB. (A group offering networking opportunities for job seekers). 757-1099
- **Respite Program**- 10am-2pm, Temple Emanuel, 1129 Jefferson Rd., GB. Activities and support for caregivers presented by Adult Center for Enrichment. 274-3559.
- **Schizophrenics Anonymous**- 6pm, Medlin Room, Centenary United Methodist Church, 2300 W. Friendly Ave., GB. 373-1402.
- **Successful and Powerful Youth** – 6:30pm. Glenwood Community Center, 2010 Coliseum Blvd., GB. Activities for ages 13- 18 with ADHD, bipolar disorder and related challenges. 988-7874.
- **Teen Parent Mentor Program**- 6:30-8:30pm, YWCA, 1 YWCA Pl. GB. Support for teens who are pregnant or parenting. 273-3461
- **Teen Resource Center**, 3:30pm. 118 W Russell St., HP. Activities for teenagers. 884-1070.
- **We Care Days**- 10am-2pm, Greensboro Place, 4400 Lawndale Dr. GB. Caregivers who need a break can bring their loved ones for activities and lunch. 286-3432
- **Weight-Loss Workshop** – 6:30-7:30 PM. The Center for Natural Living. 218-3 Swing Rd. GB, Appointments: 852-5808.

Wednesdays

- **Alzheimer's Caregiver Education and Support Group**, 7pm. Adult Day and Respite Center, 3107 Groometown Road, GB. 852- 8338.
- **Alzheimer's Support Group**- 10am-12, 2nd Wed., Guilford College UMC, 1205 Fleming Rd., GB. 294-4696 -282-4099
- **Chessman/Link to Fatherhood**- 6pm, Job Link Career Center, 303 N. Raleigh St. GB. (For non-custodial and custodial fathers seeking assistance and support with child support or fathering issues). Nicolas or Ron, 373-5922
- **Chron's Disease & Ulcerative Colitis**- 7-8pm (1st Wednesday). The Shepherd's Center, 431 W. Bodenhamer St., Kernersville. 996-5755.
- **Cocaine Anonymous** - 8 PM, Community General Hospital, 207 Lexington Rd. Thomasville. 472-7545.
- **COSA (Co-dependents of Sexual Addiction)**- Referral only please. (For men and women whose lives have been affected by someone's compulsive behavior.) 378-6630
- **Divorce Recovery**-First Baptist Church, Corner of Friendly Ave. & Tate St. Call for next session schedule.Nine session program. \$25 – includes materials. Call **274-3286 X 288** or **www.fbcgso.com**.
- **Family-To-Family**, 6:30-9pm or 7-9:30pm. Wednesday & Thursday. Locations vary. Families of mentally ill. 286-1221.
- **Food Addicts Anonymous** – 6-7 PM. J. E. Brower Student Center, 918 Bluford St. GB. (252) 794-4393.
- **Grandparents Raising Grandchildren**- 6-7:30pm, YWCA, 1 YWCA Pl. GB. Free. (Dinner provided for grandparents & their grandchildren). New participants must register, 273-346.

- **Griefshare** – 6:15pm, Lawndale Baptist Church, 3505 Lawndale Dr., GB 288-3824
- **Meditation Service** – 7 PM EarthStar Spiritual Center, 5-F Dundas Circle, GB 834-0750.
- **Men's Support Group** – 7:30-9pm Faith Action, 705 N. Greene St. GB. Education and empowerment presented by Mental Health Association in Greensboro, 373-1402
- **Mocha Moms**- 10am-12pm, Brown Recreation Center, 302 E. Vandalia Rd., GB. Support group for stay-at-home mothers of color. 375-3818 or 274-8654
- **Overeaters Anonymous**- 12-1pm, Christ Lutheran Church, 3600 Lawndale Dr., GB. 288-4921
- **Sister Care**- 6:15pm, Offered through Triangle Health Project's Higher Ground Day program. Mark Cassidy, 274-5637
- **Triad COSA**- 8pm. For those who cope with a loved one's compulsive sexual behavior. Call 378-6630/e-mail willing@netpath.net
- **Zenith Club**- 12:30 pm (2nd & 4th Wednesday). Mental Health Association, 910 Mill Ave., HP. For those with Schizophrenia and related disorders. 883-7480.

Thursdays

- **Anxiety Group**. 7pm. Room 8, First Lutheran Church, 3600 W. Friendly Ave., GB. 373-1402.
- **Bulimia Self-Help Support Group**- 6-7pm, Lurey Psychological Associates, 902 N. Elm St. GB. 373-8947
- **Caregiver Support/Education Group**- 6:30-8pm, First Lutheran Church, Room 9, Friendly Ave. & Holden Rd. GB. (For people who are stressed with work, raising children, and caring for aged or ill parents). Wendy Schaitberger, 209-7022
- **Celebrate Recovery; a Christ-Centered Recovery Program**- 8pm Thursdays at Market Street United Methodist Church, 302 West Market St. GB. (Faith-based, fellowship focused, 12-step program designed to help persons deal with all manner of destructive hurts, habits, and hang-ups). No cost- donations accepted. 275-4587
- **Debtors Anonymous**- 6-7pm, Centenary United Methodist Church, 2300 Friendly Ave. GB. (A 12-step program for people who have problems with compulsive spending and money mismanagement). 917-0901
- **Grandparents Raising Grandchildren Support Group**- 12pm on the second Thursday of each month, YWCA, 1 YWCA Place, GB. Parenting and educational seminars pertinent to grandparents raising grandchildren. Lunch registration: 373-4816, Ext.231
- **Eating Disorders Support Group**- 6-7pm, Group room, Lurey Psychological Assoc., 902 N. Elm St. GB. 373-8947.
- **Friends Helping Friends**- 11am, Family Room, HPRH. (For families of cancer patients). 878-6888.
- **Friendship Day**- (free) Program is on Thursdays from 9:30-noon, then lunch is served at noon (\$5.00). Adults aged 55 and older are invited for recreation, games, exercise and fellowship. First Presbyterian Church, 617 N. Elm St. Greensboro, program in the Mullin Life Center.
- **Heartstrings Pregnancy and Infant Loss Support's Subsequent Pregnancy Dinner Group**- 6-7:30pm, Kids Path 2504 Summit Ave., GB. Registration required. 335-9931.
- **Latino Support Group for Emotional and Mental Well-being**- 4-6 pm. Room 1, First Lutheran Church, 3600 W. Friendly Ave, GB. Presented in Spanish. 373-1402.
- **Learning Disabilities Assoc.**- 7pm, Guilford Co Chapter, Peace United Church of Christ, 2714 W. Market St. GB. 855-5900
- **Living Free Ministry**- 7pm, Our Lord's Church, 3601 Canaan Forest Rd. GB. (A 12-step Christ-centered recovery program for alcohol, drug abuse and other life-controlling problems). Joe, 621-7504
- **Meditation Techniques, Contemplative Practices** 6-8 PM. Presbyterian Church of the Covenant. 501 S. Mendenhall, GB 379-1000.
- **Overeaters Anonymous**- 7:30-8:30pm, Lebanon United Methodist Church, 237 Idol St., HP. 883-4640.
- **Post-Abortion Support Group**- 7pm, GSO Pregnancy Care Center, 917 N. Elm St. 274-4881, www.pregnantfreehelp.com
- **Post Traumatic Stress Syndrome Support Group**-7 PM – Westminster Presbyterian Church, 3906 W. Friendly Ave, GB. 288-1949 or 373-1402 ext. 208.
- **Professionals in Transition (PIT)**- 7-8:30pm, America Red Cross, 650 Coliseum Dr. WS. (A group offering networking opportunities for job seekers). 757-1099
- **Recovery Inc.**- 6:30-8pm, Behavioral Health Outpatient Center, 3821 Forrestgate Dr. WS. (Addresses the needs of those with depression, anxiety, anger, fear or phobias.) 779-2009.
- **Respite Program**- 10am-2pm, Temple Emanuel, 1129 Jefferson Rd., GB. Activities and support for caregivers presented by Adult Center for Enrichment. 274-3559.

- **Sunny-Side Up**- 7pm, Centenary United Methodist Church, 2300 W. Friendly Ave., GB. For recovery of mental illness, substance abuse, and other difficulties. 333-2079.
- **YW Teens: A Health Start**, 5:30PM. Clifton Road, GB. Teen and preteen girls explore topics of interest. 272-9671.

Fridays

- **Alcoholics Anonymous (Happy Hour)**- 5:30pm, Unity Club, 918 Glenwood Ave. GB. 275-7910.
- **Al-Anon (Lawndale Group/Topic Discussion)**- 8pm, 1st Friends Meeting, 2100 W. Friendly Ave. GB. (Support group for family members coping with a loved one who is addicted to alcohol/substances). 332-0090.
- **Narcotics Anonymous (Another Way of Life)**- 8pm, Faith Presbyterian Church, 6309 W. Friendly Ave. GB. (Support group for individuals dealing with substance abuse). 1-800-721-8225.
- **Narcotics Anonymous (Free At Last)**- 8pm, St. Stephen United Church of Christ, 1000 Gorrell St. GB. (Support group for individuals dealing with substance abuse). 1-800-721-8225.
- **REACH**- 11am, 210 E. Bessemer Ave., GB. Greensboro Interfaith Network. (For recovering addicts coping with HIV). 274-5637
- **Recovery Inc.**- 10am-noon, Centenary Methodist Church Annex, 657 W. Fifth St. WS. (Addresses the needs of those with depression, anxiety, anger, fear or phobias). 779-2009

Saturdays

- **Depression and Bipolar Support Alliance** 10:30am-12. Christ Lutheran Church, 3600 Lawndale Drive, GB. 373-1402.
- **Dyslexia Support Group**- 6pm (2nd and 4th Saturday). 1400 Battleground Ave., Suite 202-F, GB. 549-6212.
- **Jubilee 2000**- 10am (every other Saturday), The Beloved Community Center, 437 Arlington St. GB. (Support group for the prison reform movement). Willena or Tanya, 370-1004.
- **Overeaters Anonymous**- 9:30-10:30am, Lebanon United Methodist Church, 237 Idol St., HP. 883-4640.
- **Recovery Inc.**- 10am-noon, Centenary Methodist Church Annex, 657 W. Fifth St. WS. Addresses the needs of those with depression, anxiety, anger, fear or phobias. 779-2009 www.recover-inc.com
- **Relationships Anonymous**- 10:30-noon, Congregational United Church of Christ, 400 W. Radiance Dr. GB. Twelve-step for those with a pattern of unhealthy relationships. 288-0277, 227-0917
- **SMART Recovery**, 6-7pm. Self-Management and Recovery Training. Secular substance abuse support group. 855-6754, leave message.
- **Soldiers of Light Addiction Recovery**, 5:30-7pm. Faith Step Ministries Church, 309-E. W. Lee St., GB. Christian recovery program. 379-0021.

Sundays

- **Alzheimer's Caregiver Education Group**- 3:30pm, First Baptist Church, Room 208, 1000 W. Friendly Ave. GB. 852-7454
- **Alcoholics Anonymous (Early Bird)**- 8 am, Summit Fellowship Club, 810 Summit Ave. GB. 275-7910.
- **Alcoholics Anonymous (Back to Reality)**- 6pm, Summit Fellowship Club, 810 Summit Ave. GB. 275-7910.
- **Al-Anon: Courage to Change (Topic Discussion)**- 8pm, St. Andrews Episcopal Church, 2105 W. Market St. GB. (Support group for family members coping with a loved one who is addicted to alcohol/substances). 332-0090.

Groups with varied meeting days

- **New Directions**- 7:30pm, weekly in homes. (Group for divorced and separated people who help each other move forward in a positive direction). 812-8116 or 230-1887
- **S-Anon**- (Group for family members and friends of sexaholics). Call for time & place, 540-1999
- **Sexaholics Anonymous**- (A 12-step fellowship of men and women who want to stop compulsive and destructive sexual behavior). Call for time & place, 333-1565 or write to P.O. Box 39061, GB, NC, 27438-8906
- **Sex Addicts Anonymous**- (A fellowship of men and women who share their experience, strength and hope to overcome sexual addiction or dependency). Call for time & place, 540-1999 or 333-1697, or write to S.A.A., P.O. Box 10.482, GB, NC, 27404
- **Music Therapy**- Mon, Wed, Fri 9 AM –3 PM. 709 Spring St. Eden. Relieve depression, anxiety and tension with classical piano. Donations accepted. 627-9049
- **Post Abortion Support Group** – 7 PM GSO Pregnancy Care Center, 917 N. Elm St. GB. 274-4881. www.pregnantfreehelp.com.

**OTHER Information

- **Free Eye Care for Seniors 65 or Older** For those who haven't seen an ophthalmologist in 3 years. American Academy of Ophthalmology. Seniors Eye Care: 1-800-222-3937 ('EYES')

- **Free Diabetes Screenings-** 9AM Tuesdays, Free HIV and Sickle Cell screenings 1-5 PM Tuesdays and 9 AM – Noon Thursdays. Sickle Cell Office, 1102 E. Market St. GB. Fast before screening. Light breakfast snack provided after screening. 274-1507.
- **Hospice of Greensboro-Grief and Loss** 2500 Summit Ave. 336-621-5565
- **Hospice of the Piedmont** offers various grief and loss support groups. Call 889-8446 for more info.
- **Single Mom's Support Group at First Presbyterian Church.** Call Rev. Rhonda Davis for details. (336) 478-4705 or email rdavis@fpcgreensboro.org.
- **The Mental Health Association in Greensboro** sponsors a variety of support groups. Call 373-1402 for more information.
- **The National Alliance for the Mentally Ill in Guilford County** offers free educational programs, a help-line, and a 12 week course for families. 370-4264.
- **Senior Resources of Guilford** offers support and services to older adults. Call 373-4816 for more info.
- **Women's Resource Center** – 628 Summit Ave. GB. 336-275-6090.