



2015 Support Group Resource Guide

Prepared by United Appeal for Athens County 2-1-1
Call 2-1-1 or visit www.211athenscounty.org for updates and additional resources!

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

- Adult Diabetes Support Group** 740-566-4877 or 740-566-4872
Athens Community Center, 701 East State Street, Athens, Ohio Meetings: First Tue 6 pm-7 pm
Description: UMA's Endocrine & Diabetes Center provides a support group for adults with diabetes. Call for information.
- AIDS Resource Center** 740-331-0407
18 North Court Street, Athens, Ohio www.arcoho.org
Description: Provides support services as a primary resource for HIV/AIDS information, testing, and education. Offers financial assistance for low-income individuals with HIV/AIDS. Call for more information. Office Hours: Hours vary
- Al-Anon/AlaTeen** 888-425-2666
www.al-anon.alateen.org
Description: Al-Anon provides a support group for friends and family members of individuals with alcohol dependency issues. Call or visit the website for more information and meeting locations/times.
- Alcoholics Anonymous** 614-253-8501 or 740-653-4869
www.ohioadistrict16.org
Description: Provides supportive services for people with alcohol dependency issues. Call or visit the website for more information and meeting locations/times.
- Alzheimer's Association** 800-272-3900
www.alz.org/wv
Description: Provides current information and research for coping with and managing Alzheimer's.
- Athens County Suicide Prevention Coalition Suicide Bereavement Support Group**
(Athens-Hocking-Vinton 317 Board) www.317board.org/file/suicideprevention.html 740-593-3177
Description: Provides a bereavement support group for individuals who have lost someone to suicide. Call or visit the website for more information and meeting locations/times.
- Athens Mental Health (The Gathering Place)** 740-594-7337
7 North Congress Street, Athens, Ohio www.thegpathens.org
Description: The Gathering Place provides a drop-in center that offers mental health support services to adults coping with mental illness. Must be an adult, 18 years or older, and must have a mental illness in order to utilize these services. Call or walk-in for more information or to begin the enrollment process. Hours: Mon-Sat 10 am-8 pm Sun 10 am-6 pm
- The Birth Circle** 740-652-6262
Description: Offers pregnancy, childbirth, and parenting support, along with play groups for children. Call for information.
- Caregivers of the Elderly Support Group** 740-797-3528
Athens Community Center, 701 East State Street, Athens, Ohio
Description: Provides support in understanding, coping with and managing Alzheimer's disease; help in locating and using community resources; and current information and research. Hours: Second Tue 5:30 pm-6:30 pm
- Celebrate Recovery** 740-592-0060
www.athenscommunitychurch.org
Athens Community Church, 217 Columbus Road Suite 101, Athens, Ohio
Description: Celebrate Recovery is a 12-step Christian-based support group for individuals with addictions, coping with grief, or facing difficult life situations. Call or visit the website for more information. Hours: Fri 6:30 pm-9 pm
- Citizen Circle** Hocking Correctional Facility: 740-753-1917 or The Work Station: 877-351-0405 / 740-797-1405
Description: Provides an ex-offender reentry support group meeting on the fourth Monday of each month at the Athens County Job and Family Services County Home office in Millfield. Includes community members and people who wish to share community resource information. Call The Work Station to confirm a meeting time and for more information.
- HAVAR** 740-594-3533
www.havar.org
Description: Offers day habilitation services for individuals with disabilities. Call for more information.



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- NAMI** www.namiathensohio.org **740-593-7424**
Description: Offers Family Support Group meeting for parents, guardians, and family members of individuals with brain disorders and/or mental health issues. Call for more information and meeting times/locations.
- Narcotics Anonymous** <https://sites.google.com/site/naarea13/home> **800-587-4232**
Description: Provides supportive services for people with narcotics dependency issues. Call or visit the website for more information and meeting locations/times.
- National Cancer Information Center** www.cancer.org/aboutus/howwehelpyou/contactus/index **800-227-2345**
Description: Trained Cancer Information Specialists can answer questions 24 hours a day, every day of the year to empower people with accurate, up to date information to help make educated health decisions. Connects patients, caregivers, and family members with valuable services and resources or provides information on how to get involved and support the fight against cancer.
- National Parkinson Foundation- Central and Southeast Ohio**
55 Hospital Drive Athens, Ohio www.centralohioparkinson.org **740-592-5025**
Description: Mutual support group for people with Parkinson's disease and their caregivers meets at OhioHealth O'Bleness Hospital. An exercise group also meets Tue and Thu at 3:30 pm. Call for more information. Hours: Second Tue 2 pm
- Nicotine Anonymous** www.nicotine-anonymous.org
Description: Online support groups for people with nicotine dependency issues.
- Overeaters Anonymous** www.centralohiooa.org **614-253-2492**
Description: Provides supportive meetings for people with eating-related problems including anorexia, bulimia, obesity and compulsive eating. Call or visit the website for more information and meeting locations/times.
- PFLAG** <http://community.pflag.org/athensohio> **740-593-5659**
Meetings at United Campus Ministry, 18 North College Street, Athens, Ohio
Description: Provides information, resources, and a mutual support group for people who are a variety of sexual orientations, people who are transgender, and their friends and family. Please call to confirm meeting time. Hours: Arranged
- Respite Volunteer Program** www.ohio.edu/chsp/rcs/csd/communityengagement/respite-program.cfm
Ohio University College of Health Sciences and Professions **740-593-1356**
Communication Sciences and Disorders, Grover Center W218, Ohio University, Athens, Ohio
Description: Free respite services for caregivers of adults with disabilities, with a focus on communication and socialization. Call or visit the website for more information or to set up a meeting.
- Sex Addicts Anonymous** www.saa-recovery.org **800-477-819**
Description: Provides supportive meetings for people who have a desire to recover from sexually compulsive or addictive behavior. Call or visit the website for more information and meeting locations, times, and formats.
- SMART Recovery** www.ohio.edu/involvement **740-593-4749**
OU Campus Involvement Center, Health Promotion, Baker Center 321, Athens, Ohio
Description: SMART Recovery addiction recovery program is founded on a four-point system that offers tools and techniques for building and maintaining motivation, coping with urges, managing thoughts, feelings and behaviors, and living a balanced life. The program has a scientific foundation and teaches increasing self-reliance. Please call or visit the website for more information. Meeting: Wed Noon-1 pm
- Southeast Ohio Breast Cancer Survivors Network** **740-698-8571**
Meetings at The Plains United Methodist Church, 3 North Plains Road, The Plains Ohio Meeting: Second Thu 7 pm
Description: Cancer support group for individuals who have been diagnosed with, or are survivors, of cancer.