

## **SUPPORT GROUPS**

### **Support Group Information, Caregiver Support, Elder Care Advice**

**SeniorCare, Inc.**

**Elder Services ~ Information ~ Solutions**

Information and Referral Department

978-281-1750

866-927-1050

<http://www.seniorcareinc.org>

### **ADDICTIONS**

#### **Learn to Cope Gloucester/Cape Ann**

Support group for families struggling with the addiction of a loved one. It's free, it's anonymous and it's supportive. Guest speakers monthly

Tuesday evenings 7-9pm

Gloucester Family Health Center

302 Washington Street, Gloucester, MA

(Located next door to the Addison Gilbert Hospital)

From main entrance go downstairs, if you arrive after 7pm please knock and we will come and get you!

For more information: Please call 508-801-3247 or visit [learn2cope.org](http://learn2cope.org)

#### **Alcoholics Anonymous Central Service Committee**

617-426-9444

#### **Alanon / Alateen**

1-888-425-2666

#### **Narcotics Anonymous**

1-866-624-3578

#### **Smart Recovery**

NSMC Salem Hospital, Tue. 7-8:30 PM, Axelrod Bldg., 7 West Conference Room

Contact: [murrayedward@hotmail.com](mailto:murrayedward@hotmail.com)

Online support at <http://www.smartrecovery.org>

### **ALZHEIMERS/DEMENTIA/MEMORY LOSS & CAREGIVERS**

#### **Spectrum Center**

600 Cummings Center

Beverly, MA 01915

978-921-5020

Meets 2:30-4:00 PM, 1st and 3rd Wednesday of each month

Contact Information: Pam Taylor, LCSW 978-921-5020, x 201 **Free Respite Available**

**North Shore Elder Services**

152 Sylvan Street  
Danvers, MA 01923  
978-750-4540

Meets 10:30 to noon 1st and 3rd Mondays of every month and the 1st and 3rd  
Wednesdays of every month from 7 to 8:30pm

Contact Information: Kathryn Perrella and Janice Wyner 978-750-4540

**CANCER****Beverly Hospital**

Women's Health Building – Small Conference room

85 Herrick Street  
Beverly, MA 01915

11:00 am – 12:30 pm 1st Wednesday of each month (*Registration required*)

Contact Information:

Beverly Hospital Social Work Department 978-922-3000 x 2710

**Cape Ann Cancer Support Group**

Addison Gilbert Hospital  
Longan Room

4th Tuesday of each month from 4:30-6:00pm

978-283-4001, ext. 559

Contact Information: Lisa Zellanka

**Beverly Hospital****Breast Cancer Support Group**

Herrick House

3<sup>rd</sup> Tuesday of each month at 7-8:30pm

978-922-3000 ext. 2405

Contact: Renee

**Breast Cancer Support Group at Addison Gilbert Hospital**

The Breast Cancer Support Group at Addison Gilbert Hospital

Meets on the third Tuesday of each month from 6:30 - 8 PM in

The Longan Room, located inside the Washington Street

entrance of the Addison Gilbert Hospital, 298 Washington Street in

Gloucester. There is no fee or pre-registration required.

**Melanoma Support Group at Beverly Hospital**

Beverly Hospital

Garden Conference Room; First Floor

85 Herrick Street

Beverly, Massachusetts

Contact: Kelli Braga, LICSW at Beverly Hospital 978-922-3000, ext. 2710 or Melanoma

Foundation of New England 617-232-1424

2<sup>nd</sup> Tuesday each month at 6-7:30pm

There is no fee but pre-registration is required by calling either number above.

### **Polycythemia Vera Support Group**

Addison Gilbert Hospital  
298 Washington Street

Gloucester, Massachusetts

For further information, please call Joanne Gibbs, R.N. at 978-283-4000, ext. 559 or Nancy Guinvan at 978-762-6684.

### **Prostate Cancer Support Group**

Ledgewood Rehabilitation and Skilled Nursing Center

For further information, please call the Beverly Hospital Community Relations Department at 978-236-1650.

3<sup>rd</sup> Thursday each month at 7:30pm

Pre-registration is not required for this free group. This group does not meet in August.

### **CAREGIVERS**

<http://www.caregiver.org>

### **Gloucester Council on Aging**

6 Manuel F. Lewis Street

Gloucester, MA 01930

Meets 12:30-2 PM, 3<sup>rd</sup> Tuesday of every month

Contact Information: 978-281-9765, Lydia Bertolino

### **CODEPENDENCY**

Co-dependents Anonymous

<http://www.coda.org/>

8:30 A.M. Saturdays

St. Andrew's Church

135 Lafayette St. (Route 114)

Marblehead, MA 01945

Contact: Ed at 781-639-2850

### **DOMESTIC ABUSE**

#### **Greater Lynn Senior Services**

Weekly support groups in Beverly, Gloucester and Lynn for women 50 and older who have experienced abuse (physical, emotional, financial, or sexual) from a spouse or partner, now or in the past. Additional services available. All services free and confidential. For information, call 800-594-5164 or 781-599-0110. Contact: Catherine Galenius

### **HAWC**

978-744-8552

### **EPILEPSY**

North of Boston Support Group for Adults living with epilepsy

Every fourth Wednesday 6:30-8 P.M., Melrose Public Library

Contact: Susan Welby 617-506-6041 x 102

[swelby@efmarinhme.org](mailto:swelby@efmarinhme.org)

Meets six times annually on Mondays

## **GRIEF/LOSS**

### **Hospice of the North Shore Center for Grief and Healing**

978-774-5100

<http://www.griefandhealing.org>

### **St. Mary's Bereavement, Divorced, Separated Support Group**

24 Conant St. (Rectory)

Danvers, MA

978-774-1967 (Karlene Horgan)

Meets Wednesdays - 7:30 PM

### **Surviving a Loss Support Group**

1st and 3rd Tuesday, 10-11:30 A.M.

Rose Baker Senior Center

Sponsored by Hospice of the North Shore and Greater Boston

### **Widowed Persons Support Group**

Longan Room, Addison Gilbert Hospital

Every other Wed. 3-5 PM

No fee or registration

Contact: Catherine Wallius @ 978-283-7102 or Mary Hunson @ 978-879-4373

## **HOSPITAL BASED SUPPORT GROUPS**

### **Beverly Hospital/Northeast Health Systems Support Group List**

978-922-3000

<http://www.beverlyhospital.org/services/support-groups>

### **Brigham and Womens Support Groups**

617-732-6462

<http://www.brighamandwomens.org/carecoordination/SupportGroups.aspx?sub=1>

### **Lahey Clinic Support Groups**

781-744-5100

<http://www.lahey.org/Patients/SupportGroupsList.asp>

### **Massachusetts General Hospital Support Groups**

617-726-2643

<http://www.mghsocialwork.org/support-groups.html>

## **MENTAL ILLNESS**

### ***Support Groups for Parents/Family of the Mentally Ill***

### ***NAMI-National Alliance for the Mentally Ill of the Greater North Shore:***

#### **Gloucester**

Meets 1st Wednesday of month 7:00 – 8:30PM

3<sup>rd</sup> Thursday 2:30-4pm

2<sup>nd</sup> and 4<sup>th</sup> Tuesday 7-8:30pm

NAMI Cape Ann Office

43 Gloucester Avenue. Enter under awning of main entrance.

Contact Information: Pat Hadley 978-281-5456

**FAMILIES OF POW/MIA MILITARY MEMBERS**

<http://tinyurl.com/2bz8xp6>

**PET LOSS**

**Pet Loss Resources**

<http://www.pet-loss.net/resources/MA.shtml>

<http://www.deltasociety.org/Page.aspx?pid=700>

**SEXUAL ABUSE SURVIVORS**

[http://www.darkness2light.org/GetHelp/support\\_adult\\_survivor.asp](http://www.darkness2light.org/GetHelp/support_adult_survivor.asp)

**SUICIDE**

**Family and Friends of Suicides**

<http://www.pos-ffos.com>

**Military Veterans Suicide Hotline**

1-800-273-8255 (Press 1)

En espagnol: 1-800-273-8255 (Pulse 2)

**Samaritans**

[www.samaritansofboston.org](http://www.samaritansofboston.org)

877-870-4673

**Stroke Survivor Support Group**

[Beverly Hospital's](#) new Stroke Survivor Support Group, will have its first monthly meeting September 7, 10:30 a.m.-12:00 p.m., in the Large Conference Center, the Women's Health and Medical Arts Building on the campus of Beverly Hospital, 83 Herrick Street, Beverly. Light refreshments will be available. Free and registration is not required. For info, please call 978-922-3000, ext. FAST (3278) or e-mail [jcarroll@nhs-healthlink.org](mailto:jcarroll@nhs-healthlink.org)

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