

DIRECTORY OF AREA SUPPORT

GROUPS

2009-2010

★ *Compiled and published by:*
★ *The Chester County Department of Aging Services*
★ *Government Services Center, Suite 320*
★ *601 Westtown Road, P. O. Box 2747*
★ *West Chester, Pennsylvania 19380-0990*
★ *610-344-6350 or 1-800- 692-1100, Ext. 6350*
★ *Website: www.dsf.chesco.org/aging*
★ *TTY (Hearing Impaired): 610-344-5233*
★ **ELDER ABUSE HOTLINE: 1-800-564-7000**

ADDICTIONS/ SELF-HELP

Alcoholics Anonymous - Toll free number: 1-877-934-2522 or 215-923-7900 or www.sepennaa.org

Narcotics Anonymous – 610-534-9510 www.na.org

Overeaters Anonymous – 610-409-0633 www overeatersanonymous.org

West Chester: Community Crossroads Peer Support Center; 825 Paoli Pike; Double Trouble; Support for those recovering from addiction & mental health problems: for the Bipolar, Tuesdays, 6:30 to 7:30 pm & for the Home Recover Works, Thursdays, from 6:30 to 7:30 pm. call 610-429-1702

ALZHEIMER'S SUPPORT

Alzheimer's Association: Toll free number: 1-800-272-3900 or 215-561-2919 or www.alz.org/desjsepa
Local association - www.alz-delawarevalley.org

Exton: Sunrise Assisted Living of Exton; 200 Sunrise Blvd., Exton, PA. 610-594-0455
Group meets monthly on the third Wednesday of the month at 6:00 PM.

(LIFE) Kennett Area Senior Center, 427 S. Walnut St. 610-444-4819
1st Wednesday of the month 10:00 AM-12:00 PM

Malvern: Sunrise Assisted Living of Paoli; 324 W. Lancaster Ave., Malvern, PA 19355 610-251-9994

Oxford: Ware Presbyterian Village; 7 E Locust St., Oxford, PA 19363 610-998-2400

Pottstown: Manatawny Manor - Adult Day Care, Rt. 30 Old Schulykill Rd. & Route 724, Pottstown, PA 19465
610-705-3700

West Chester: Sunrise Assisted Living of Westtown, 501 Skiles Blvd., West Chester, PA 19382 - 610-399-4464
For caregivers of a loved one with Alzheimer's -3rd Tuesday of the month

ARTHRITIS

Toll free number – 1-800-355-9040 (press"0" for operator), or www.arthritis.org

ASTHMA

www.lungusa.org

BEREAVEMENT/GRIEF

Exton: Hoss's Steak House; Rts. 100 &113. Widowed Person Services, WPS serves without discrimination, newly widowed spouses or partners. 2nd Monday at 6 PM;
Call Norma Beck at 610-692-3771

Jennersville Regional Hospital; 2nd and 4th Tuesday of month 6:30 – 8:00 PM
Call: 610-998-1700

Oxford: Jennersville Regional Hospital Home Care and Hospice; 121 Bell Tower Road, Oxford, PA 19363
Meets the 2nd and 4th Tuesday @ 6:30- 8:00 PM at the Learning Center. Call 610-998-1700

Paoli: TLA (To Live Again); Highgate at Paoli Pointe; for widows and widowers;
2nd Tuesday at 7 PM. Outreach is at 6:45 PM
Contact Betty Ahern at 610-518-2256

Phoenixville: Chapter of Compassionate Friends; Support for families who have lost a child. Meets 2nd Thursday of each month at 7:30 PM. Call Helen Ninneman at 610-933-1271

Pottstown: Visiting Nurse Association; 1963 E. High St.;
1st Thursday of every month at 6:30 PM; Call Shelly Scheibeler at 610-327-5700

Pottstown Chestmont Building, 2nd floor conference room; 3rd Tuesday of month 7:00 PM
Call: 610-327-7134

West Chester: Provided by the Neighborhood Hospice Program – Neighborhood Visiting Nurses Association. Call for information 610-696-8312, ext. 393. To register, leave the following information: Name, address, phone number, type of loss. Most groups meet in Suite 207, at 795 E. Marshall Street, West Chester, PA 19380. Adult Living with Loss Series;

A. Loss of Parent or Other Loss; October 27th, November 3rd, 10th, 17th, 24th, December 1st. Tuesdays - 6:00 to 7:30 pm. (address above)

B. Loss of Spouse; December 8th, 15th, 22nd, 29th, January 5th, and 12th. Tuesdays – 6:00 – 7:30 pm. (address above)

NOTE: For the Children's Grief Group (ages 5 – 18), call 610-696-8312 ext. 393. The groups are free and open to the community. Please call if interested. We will begin a fall program when minimum registration is reached.

BIPOLAR DISORDER/DEPRESSION - www.ndmda.org

Pottstown: **Bipolar Disorder**: Pottstown Memorial Medical Center; Board Room; 3rd Thursday of every month at 2 PM. Call 610-327-7644.

Depression: Pottstown Memorial Medical Center, Private Dining Room A, 1st Wednesday of the month 6:00 PM. Call: 610-327-7644.

CANCER SUPPORT – Breast Cancer

Toll free number – 1-800-227-2345 or www.cancer.org, or 1-888-227-5445

Brandywine Hospital – Spackman Bldg.: ABC – After Breast Cancer; 1st Thursday of every month – 7 PM – 9 PM; Call Nancy Windell at 610-383-8476

Jennersville Regional Hospital: Meets 4th Tuesday of each month from 6:30 PM - 8:30 PM. Also Breast Cancer Support meets 4th Tuesday of each month 6:30 – 8:00 PM. Call 610-869-1396 for more information.

Jennersville Regional Hospital: Look good Feel Better Program: To cope with appearance related side effects of treatment. Meets quarterly. Call: 610-869-1396

Paoli Hospital Cancer Center; 255 W. Lancaster Ave.; Breast Cancer Support meets 3rd Thursday of the month; 7 PM – 8:30 PM
Call Kate O'Connor @ 610-648-1253

Paoli Hospital Cancer Center; 255 W. Lancaster Ave.; Newly Diagnosed Breast Cancer;
Twice a year in Spring and Fall. Call Kate O'Connor @ 610-648-1253

Pottstown Memorial Medical Center; Mastectomy Fitting and Reach to Recovery; call 610-327-7555

Pottstown Memorial Medical Center; Breast Surgery Support Group; Out Patient Pavilion at PMMC;
1st Monday of every month; 7 PM to 8:30 PM; call 610-327-7555

West Chester: Chester County Hospital; Meetings provide insight, encouragement, friendship, and valuable information. Call Cynthia Brown at 610-431-5296.

CANCER SUPPORT

Toll free number – 1-800-227-2345 or www.cancer.org, or American Cancer Society – 1-888-227-5445

Jennersville Regional Hospital: “I Can Cope” meets the 3rd Tuesday of each month (this is for everyone). Call 610-869-1396. The meetings are from fall to spring. No summer meetings.

Paoli Memorial Hospital: “Family Caregiver Support” (Caregiver support for families dealing with cancer). Call Kate O’Connor at 610-648-1253.

Phoenixville Hospital, Cancer Center, “Cancer Survivor Network”, Not ongoing; Call 610-983-1800.

Pottstown Memorial Medical Center- Newly diagnosed women with cancer meets 1st Thursday of the month at 6:30 PM. Call 610-327-7719.

Pottstown Memorial Hospital (Montgomery County) Look Good...Feel Better Appointment necessary; call Rita at 610-327-9040.

Wellness Community at Paoli Hospital: 163 West Lancaster Ave., meets on Tuesday evenings. Call 215-879-7733 or www.twcp.org for further information and schedule.

West Grove: Jennersville Regional Hospital; meets 2nd Monday of each month from 6:00 PM – 8 PM. Call: 610-869-1396.

CANCER SUPPORT – Laryngectomee

Toll free number – 1-800-227-2345 or www.cancer.org, or American Cancer Society – 1-888-227-5445

Tri-county Voice Masters Lost Chord Club: call 215-679-6433, William Dunn.

www.webwhispers.org to find support groups, professional supplies and information.

CANCER SUPPORT-Prostate

Toll free number – 1-800-227-2345 or www.cancer.org, or American Cancer Society – 1-888-227-5445

Paoli: Man to Man; Paoli Cancer Center; 255 W. Lancaster Ave.; American Cancer Society; 4th Monday of every month from 7 PM – 8:30 PM. Call Kate O’Connor at 610-648-1253. Meets September to June.

Phoenixville Hospital; 3rd Thursday of every month from 7 PM – 8:30 PM; Call 610-983-1800.

Pottstown Memorial Hospital: 1600 E. High St. Meets the 3rd Wednesday of every month at 12 noon. Call 610-327-7662.

CARDIAC

Toll free number (American Heart Association) 1-800-734-3500 or 610-940-9540 (Conshohocken-Delaware Valley Chapter) or www.americanheart.org

West Chester: Chester County Hospital; Cardiac Rehab, Zipper Club, Call 610-738-2410

CAREGIVER

Toll free number (National Family Caregivers Association) 1-800-896-3650 or www.thefamilycaregiver.org

Exton: Adult Care of Chester County, 201 Sharp Lane; Sharp Lane Center, 2nd & 4th Monday of each month from 10:30 AM – NOON. Also, “Well Spouse” is on the 2nd Thursday of each month. Call 610-363-8044.

Well Spouse website is www.wellspouse.org

Paoli Memorial Hospital: “Family Caregiver Support” (Families dealing with cancer). Call Kate O’Connor at 610-648-1253.

Oxford: “Serenity” – Health Center at Ware Presbyterian Village, 7th and Locust Streets last Tuesday of every month at 3 PM. Support for adult caregivers. Call 610-869-2201. Through Willow Tree Hospice, for families working with Hospice.

CHILDREN OF AGING PARENTS

1-800-227-7294 or www.CAPS4caregivers.org

Sunrise Assisted Living of Paoli, 324 W. Lancaster Ave. Malvern; Call 610-251-9994.

Sunrise Assisted Living of Westtown, 501 Skiles Blvd., West Chester; for caregivers of loved one with Alzheimer’s. Call 610-399-4464.

CHROHN’S/COLITIS

Chrohn’s/Colitis Support Group: Chester County Hospital; Open to patients and their families; for more information, call Ginger Gray at 610-430-1698. Website is www.ccfa.org

CHRONIC FATIGUE

www.cfids.org for a list of support groups.

COPD

West Chester: Chester County Hospital. Meets 1st Tuesday of every month at 2 PM. Call Brenda at 610-738-2410.

CRIME VICTIMS

Crime Victims Center: victims advocate and support program for those involved as the victim of a crime. Call 610-692-1926 for more info.

Sexual abuse 24-hour hotline: 1-800-377-3944

Other crimes hotline: 1-800-331-6919.

DIABETES

American Diabetes Association - Toll free number 1-800-342-2383 or www.diabetes.org

Brandywine Hospital; call 610-383-8358.

Paoli Hospital: Call 610-560-8020.

Phoenixville Hospital: Call 610-983-1288. 1st Tuesday of the month 7:00 PM – 8:15 PM;
location New – MOB2 – 3rd floor (it’s free – new members please come at 6:45 PM.)

West Chester: Chester County Hospital; Adult groups: call 610-738-2835.

DOMESTIC VIOLENCE

Toll free number – 1-888-711-6270 Domestic Violence Center of Chester County, Inc. hotline or 610-431-1430 and 610-431-3546

EZ BREATHERS

Phoenixville Hospital: for respiratory therapy. Meets 2:30 – 4:00 PM. Dates vary. Call first. Call 610-983-1288

FIBROMYALGIA

1-800-355-9040 – Arthritis Foundation www.arthritis.org/conditions/diseasecenter/fibromyalgia.asp

HEARING

West Chester: Center on Hearing & Deafness (CHAD) 139 W. Market St. call 610-918-6250, email: office@chadinc.org and the website is www.chadinc.org.

HIV POSITIVE

Chester County Health Dept. HIV Testing and Counseling – 610-918-1HIV (1448).

HUNTINGTON'S DISEASE

1-800-345-HDSA (4372), or 1-877-384-3721

LIFE THREATENING ILLNESS

Pottstown Memorial Hospital (Montgomery Hospital) *Make Today Count*; 3rd Thursday of every month at 1:30 PM; call OPCP at 610-327-7555.

LUPUS

Lupus Foundation: 215-517-5070 www.lupus.org or www.lupus-sepa.org.

LYME DISEASE

www.lymenet.org/SupportGroups/United States/Pennsylvania/

MACULAR DEGENERATION (see: Vision)

MULTIPLE SCLEROSIS

www.nationalmssociety.org/pae or 1-215-271-1500

Philadelphia Office of the M.S. Society: For information on area support groups call 215-271-2400 or 215-271-1500.

OSTOMY

1-800-826-0826 www.uoaa.org

PANIC DISORDER

Anxiety Disorder Association of America - for more information call: 240-485-1001 (Silver Spring, MD) The website is: www.adaa.org

PARKINSON'S DISEASE

Phoenixville: meets at St. John's Church, 355 St. John Circle, 2nd Monday of every month at 1 PM – 3 PM. Call 610-983-1288.

West Chester: North Hills Medical Building, Wellness classroom, 795 E. Marshall St., West Chester, meets last Wednesday of the month from 1 PM – 2 PM; Call 610-431-1852.

REFLUX SYMPATHETIC DYSTROPHY SYNDROME

www.gerd.com

STROKE SUPPORT

Malvern Stroke: TBI (traumatic brain injury), Bryn Mawr Rehab, 414 Paoli Pike, conference room 1-4; 2nd Tuesday of every month from 7 PM-8:30 PM. Call at 610-251-5430.

TOUGH LOVE

www.toughlove.com

Tough Love: Group to assist parents and grandparents coping with problems with their under age 18 children and grandchildren.

VISION/MACULAR DEGENERATION

Chester County Eye Care Associates, Fern Hill Medical Campus, 915 Old Fern Hill Road, West Chester. Support group meets the 1st Wednesday of the month at the Fernhill Medical Campus from 10:00 AM – 12:00 noon in the Resource Room. Call Fran Swardell at 484-723-2080.