

# DIRECTORY OF AREA SUPPORT

## GROUPS

2011

★ *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.chesco.org/aging](http://www.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](http://www.sepennaa.org)

Narcotics Anonymous – 610-534-9510 [www.na.org](http://www.na.org)

Overeaters Anonymous – 610-409-0633 [www.overeatersanonymous.org](http://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](http://www.alz.org/desjsepa)  
Local association - [www.alz-delawarevalley.org](http://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  
1<sup>st</sup> 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 -3<sup>rd</sup> Tuesday of the month

## **ARTHRITIS**

Toll free number – 1-800-355-9040 (press”0” for operator), or [www.arthritis.org](http://www.arthritis.org)

## **ASTHMA**

[www.lungusa.org](http://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. 2<sup>nd</sup> Monday at 6 PM;  
Call Norma Beck at 610-692-3771

Jennersville Regional Hospital; 2<sup>nd</sup> and 4<sup>th</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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;  
2<sup>nd</sup> 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 2<sup>nd</sup> Thursday of each month at 7:30 PM. Call Helen Ninneman at 610-933-1271

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

Pottstown Chestmont Building, 2<sup>nd</sup> floor conference room; 3<sup>rd</sup> Tuesday of month 7:00 PM  
Call: House Chaplain Don Eisenhower 610-327-7596

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

B. Loss of Spouse

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; 3<sup>rd</sup> Thursday of every month at 2 PM. Call 610-327-7644.

**Depression:** Pottstown Memorial Medical Center, Private Dining Room A, 1<sup>st</sup> 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](http://www.cancer.org). Or 1-888-227-5445

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

Jennersville Regional Hospital: Meets 4<sup>th</sup> Tuesday of each month from 6:30 PM - 8:30 PM. Also Breast Cancer Support meets 4<sup>th</sup> 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 3<sup>rd</sup> 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;  
1<sup>st</sup> 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](http://www.cancer.org). Or American Cancer Society – 1-888-227-5445

Jennersville Regional Hospital: “I Can Cope” meets the 3<sup>rd</sup> 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 1<sup>st</sup> 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](http://www.twcp.org) for further information and schedule.

West Grove: Jennersville Regional Hospital; meets 2<sup>nd</sup> 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](http://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](http://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](http://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; 4<sup>th</sup> Monday of every month from 7 PM – 8:30 PM. Call Kate O’Connor at 610-648-1253. Meets September to June.

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

Pottstown Memorial Hospital: 1600 E. High St. Meets the 3<sup>rd</sup> 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](http://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](http://www.thefamilycaregiver.org)

Exton: Adult Care of Chester County, 201 Sharp Lane; Sharp Lane Center, 2<sup>nd</sup> & 4<sup>th</sup> Monday of each month from 10:30 AM – NOON. Also, “Well Spouse” is on the 2<sup>nd</sup> Thursday of each month. Call 610-363-8044. Well Spouse website is [www.wellspouse.org](http://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, 7<sup>th</sup> 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](http://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](http://www.ccfa.org)

### **CHRONIC FATIGUE**

[www.cfids.org](http://www.cfids.org) for a list of support groups.

### **COPD**

West Chester: Chester County Hospital. Meets 1<sup>st</sup> 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](http://www.diabetes.org)

Brandywine Hospital; call 610-383-8358.

Paoli Hospital: Call 610-560-8020.

Phoenixville Hospital: Call 610-983-1288. 1<sup>st</sup> Tuesday of the month 7:00 PM – 8:15 PM;  
location New – MOB2 – 3<sup>rd</sup> 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](http://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](mailto:office@chadinc.org) and the website is [www.chadinc.org](http://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*; 3<sup>rd</sup> Thursday of every month at 1:30 PM; call OPCP at 610-327-7555.

## **LUPUS**

Lupus Foundation: 215-517-5070 [www.lupus.org](http://www.lupus.org) or [www.lupus-sepa.org](http://www.lupus-sepa.org).

## **LYME DISEASE**

[www.lymenet.org/SupportGroups/United States/Pennsylvania/](http://www.lymenet.org/SupportGroups/United States/Pennsylvania/)

## **MACULAR DEGENERATION (see: Vision)**

## **MULTIPLE SCLEROSIS**

[www.nationalmssociety.org/pae](http://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](http://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](http://www.adaa.org)

### **PARKINSON'S DISEASE**

Phoenixville: meets at St. John's Church, 355 St. John Circle, 2<sup>nd</sup> 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](http://www.gerd.com)

### **STROKE SUPPORT**

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

### **TOUGH LOVE**

[www.toughlove.com](http://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 1<sup>st</sup> 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.