

A

■ **AANMA:** (Allergy & Asthma Network/Mothers of Asthmatics Inc.) educational and support resource for adults, children and parents of children with asthma or allergies. Education sessions and activities. Geri, 259-6277.

■ **ABO Brain Tumor Support Group:** meets first Wednesday of every month at the Erna Ferguson Library, 3700 San Mateo NE. Contact People Living Through Cancer, 242-3263.

■ **ACA:** (Adult Children of Alcoholics) A 12-step study group concentrating on finding a solution using the "Big Book" of AA. Non-smoking. 7 p.m. Wednesdays, St. Thomas of Canterbury Church, 425 University NE (use Ash Street entrance). John, 268-9761, or Shirley, 866-1402.

■ **ACAM:** (Associated Casualty Area Members) for military widows and widowers from all ranks and services. 9:30 a.m. first Saturdays, Annex, KAFB. Mary Lou Cooper, 296-2193.

■ **Addictive Relationship Support for Women:** 6 p.m. Mondays, 4004 Carlisle NE, Suite S, South Building. Ann Yeager, 255-3075.

■ **Adoption Support Group:** Support and search group for adoptees, adoptive parents and birth parents. 7 p.m. fourth Thursdays, Presbyterian Kaseman Hospital, Sandia Room, 8300 Constitution NE. 898-6962 or 275-9952.

■ **Adoptive Parents & Families Group:** An offshoot of the RESOLVE Central New Mexico Affiliate, this group provides information and support through informal peer gatherings for those considering adoption, those who have decided to adopt or those building a family through adoption; RESOLVE membership not required. 291-5066 or e-mail resolvecentralnm@yahoo.com and specifically mention the adoption group.

■ **Adult Children Who Don't Leave Home:** An ongoing support and solutions group moderated by Patricia Wellborn. 7-8:30 p.m. Tuesdays near San Mateo and Menaul NE. 291-4481.

■ **Adult Parent Support Group:** Self-help program for parents troubled by out-of-control adolescent and young-adult behavior. Parents support each other in implementing successful strategies, helping parents regain control of family situations. Janet, 299-4664 or 284-3973.

■ **Afterlife:** For survivors of clinical death or near death and people wanting information and support about similar experiences. David Carey, 299-3979.

■ **Agora Crisis Center:** Free, confidential help for anyone in need of emotional support. Hours 9 a.m.-midnight daily. Walk-ins by appointment. 277-3013.

■ **AIDS Helpline:** New Mexico AIDS Services. 938-7100; toll-free, (888) 882-2437 (AIDS).

■ **Al-Anon, Alateen:** Families, friends of alcoholics. 24-hour answering service. 262-2177.

■ **Albuquerque Drop-In Center Inc.:** For people with serious mental illness to gather for support and assistance in working toward realistic recovery. Open 2-9 p.m. Fridays, 10 a.m.-6 p.m. Saturdays and Sundays, 1027 San Mateo SE. 256-8289.

■ **Albuquerque Mothers of Twins Club:** 7 p.m. last Thursday of the month, Montgomery Church of Christ, 7201 Montgomery NE. 898-2264.

■ **Albuquerque Newcomers Club:** For those who have been in the Albuquerque or surrounding area five years or less who want to meet new friends. Meetings, luncheons, wine tastings and more. 321-6970.

■ **Alcohol/Drug Recovery:** LifeRing Recovery, an abstinence-based alternative to AA & 12 Steps, meets 6 p.m. Wednesdays at Anna Kaseman Hospital, Conference Room B; use main entrance. Call Mary at 294-7774 or e-mail shortellm@comcast.net.

■ **Alcoholics Anonymous:** 24-hour answering service for all AA groups. 266-1900 or albuquerqueaa.org.

■ **Alcoholics Anonymous: Oficina Intergupal Hispana de Alcohólicos Anónimos:** Spanish-language answering service for Spanish AA meetings in the Albuquerque, Belen, Santa Fe and Socorro areas, 1923 Alvarado NE, Suite 11, Albuquerque, 87110. 266-3688.

■ **ALS Caregiver Support Group:** For anyone who cares about someone with Lou Gehrig's disease or MS. 6:30 p.m. third Wednesdays, Friends in Time, 4906-A Jefferson NE. Michael Gray, 872-9301.

■ **ALS Support Group:** For people who have amyotrophic lateral sclerosis (Lou Gehrig's disease), caregivers and friends. 1 p.m. fourth Saturdays, Presbyterian Kaseman Hospital, 8300 Constitution NE, Conference Room B. Chuck Borgman, 299-6010.

■ **ALS Support Group:** For people who have amyotrophic lateral sclerosis (Lou Gehrig's disease), sponsored by the Muscular Dystrophy Association. 11 a.m.-12:30 p.m. first Wednesdays, UNM Hospital second floor, Manzano Room. Call 828-1331 or go to mda.org.cq

■ **Alzheimer's and Dementia Support Group:** 6 p.m. first Tuesdays, The Woodmark at Uptown, 7201 Prospect Place NE. 881-0120.

■ **Alzheimer's Support Group:** 7 p.m. first Thursdays, Manzano del Sol, 5201 Roma NE. 262-2311.

■ **American Cancer Society Support Groups:** I Can Cope, educational program; Look Good ... Feel Better, for women going through cancer treatment; Make Yours a Fresh Start Family, to inform pregnant women and mothers of young children about smoking-related health risks; Reach to Recovery, breast cancer survivors provide one-on-one support to women facing breast cancer/surgery; Road to Recovery, provides transportation to cancer treatment, doctor appointments. Help or information, (800) ACS-2345 or cancer.org.

■ **American Diabetes Association:** 266-5716 or (800) DIABETES.

■ **American Lung Association of New Mexico's Life and Breath Club:** For those with emphysema and other respiratory ailments. 1-3 p.m. third Thursdays, American Lung Association of New Mexico, 7001 Menaul NE, Suite 1A, Albuquerque 87110. 265-0732.

■ **Amputee Clinic:** Noon-2 p.m. first Mondays, HealthSouth Rehabilitation Hospital gym, 7000 Jefferson NE. 344-9478.

■ **Amputee Support Group:** 1-3 p.m. third Saturdays, HealthSouth Rehabilitation Hospital. Josephine Raczowski, 892-9545.

■ **Angel Flight West:** Free, non-emergency air transportation in private aircraft donated by volunteer pilots to people with health care and other compelling human needs. New Mexico wing, main office, (888) 426-2643 or angelflight.org.

■ **Anxiety & Depression Group Therapy:** eight-session series for men and women using experiential, educational and supportive means to develop skills to manage anxiety and depressive symptoms. 6-7:15 p.m. Thursdays (next series starts in September), Paseo del Norte and Eubank NE. For more information or to join the group, call Amy O'Brien, LPCC, at 822-8223, option 1, before September.

■ **A.R.T.S. (Artists Recovering through the Twelve Steps):** 9-10:30 a.m. Saturdays, Presbyterian Room at Presbyterian Hospital, 1100 Central SE. Call 265-7618.

■ **Autism: Adults with Autism and their families,** monthly meeting. Information, 272-1852; **Newly Diagnosed Groups,** Cen-

Support Groups

This list of local support groups is published by the Journal periodically in this wrapper as a public service. Please save today's list for reference. Additional copies may be picked up free in the Journal library, 7777 Jefferson NE.

If you would like to add a support group to the list, send your announcement to Brianna Stallings, Albuquerque Journal, P.O. Drawer J, Albuquerque, NM 87103; fax it to (505) 823-3998; or e-mail it to venue@abqjournal.com.

ter for Development and Disabilities, 2300 Menaul NE. Gay, 272-1046; **New Mexico Autism Society,** for anyone concerned with autism. 7 p.m. third Thursdays, Mark Twain Elementary, 6316 Constitution NE, information or child/teen care reservations. 332-0306.

B

■ **BabyNet:** Promotes baby wellness by identifying and promoting prenatal and perinatal services, as well as helping to reduce the incidence and effects of disabling conditions through education and information. 272-8549. (800) 552-8195, or TTY at 272-0321. E-mail infonet@unm.edu or visit cdd.unm.edu/babynet/index.htm.

■ **Benign Essential Blepharospasm:** "Help Us Keep Our Eyes Open" state support group coordinator. 298-6129. blepharospasm.org.

■ **Bereavement Support Group:** For parents who have had a baby die through pregnancy loss, stillbirth, neonatal death, Sudden Infant Death Syndrome or other natural causes within the first year of life. Office of the Medical Investigator, UNM campus. Call New Mexico Grief Services Program, 272-3397.

■ **Bereavement Support Groups:** Six-week support group for anyone who has lost a loved one through death. Education, support and individual counseling available. Odyssey Healthcare and Hospice. Ginger Reich, MA, 884-8857.

■ **Bereavement Support Groups:** Call for days and times of support groups. One-on-one sessions also available. Call for information. Ambercare Hospice, 2129 Osuna NE. 244-0046.

■ **Bereavement Support Services:** Information on grief process, community group information and one-on-one sessions available. VistaCare Hospice, 821-5404.

■ **Bethel Heritage Church Life Groups:** Life groups supporting a variety of personal and family-related issues. Twelve-week classes operate three times a year. 822-8553.

■ **Birthing of Albuquerque:** Crisis pregnancy center offering free pregnancy tests and information on assistance through community resources, 209 Palomas NE. 262-2235. 24-hour crisis pregnancy hot line, (800) 550-4900.

■ **Blue Star Mothers — Rio Grande Valley Chapter:** For mothers with sons and daughters in the active military. Regular membership meetings 10 a.m.-noon third Saturdays at Albuquerque City Hall's City Council chambers, One Civic Plaza NW. Directions or information, visit nmrgvbluestarmothers.org.

■ **Bold Love (Domestic Violence):** For men, provides biblical-based instruction and encouragement by those who have overcome domestic violence. 7 p.m. Tuesdays, children's building, Legacy Church, 7201 Central NW. 831-0961.

■ **Bold Love (Domestic Violence):** For women who have been hurt physically, emotionally, sexually or verbally; safe, confidential place to receive hope and healing by other women who have overcome in these same areas. 7 p.m. Tuesdays, children's building, Legacy Church, 7201 Central NW. 831-0961.

■ **Brain Injury Association of New Mexico:** Support for survivors of brain injury, their families and friends, professionals, educators. Resource Center, 121 Cardenas NE. 292-7414 or (888) 292-7415.

■ **Brain Injury Support Group:** Forum for brain injury survivors and their families to exchange methods of dealing with problems associated with brain injury. 7 p.m. third Wednesdays, HealthSouth Rehabilitation Hospital, 7000 Jefferson NE. 344-9478.

■ **Brain Injury Survivors Support Group:** 7 p.m. first Fridays, St. Joseph Rehabilitation Center, 506 Elm NE. 727-4700 or 292-7414.

■ **Breaking Free Ministries:** Support and healing to those bound by addictions and destructive habits. 7 p.m. Tuesdays, children's building, Legacy Church, 7201 Central NW. 831-0961.

■ **Breast Helpline:** American Cancer Society. 260-2105.

■ **Breast Surgery Support:** Including implant problems. 881-0121 or 865-5866.

■ **Business Owners Debtors Anonymous (BDA):** Meetings 5:45 p.m. Mondays, library, St. Thomas of Canterbury, 425 University NE. 5:30 p.m. Thursdays, St. John's United Methodist, Santa Fe. 770-0809. Call Phoenix, 243-1937.

C

■ **Caminando Juntos:** For Hispanic cancer survivors. 11 a.m. fourth Saturdays, Casa Esperanza, 1005 Yale NE. 277-3242.

■ **Cancer Friends and Family Writing Together:** Journaling in a supportive group setting for friends and family of cancer patients. Meets 4:5-3:30 p.m. Thursdays at UNM Cancer Research and Treatment Center. Parking passes provided. Call Anjanette Cureton, Psy.D., 272-6575.

■ **Cancer — Oral, Head and Neck Support Group:** For patients and caregivers. 4:30 p.m. third Fridays, Christ Unity Church, 9800 Candelaria NE. antibeach2@yahoo.com or 681-1971.

■ **Cancer, Partners in Healing:** Explores alternative and complementary methods of health care. 7 p.m. first Wednesdays, classroom building, St. Bernadette's Church, 11401 Indian School NE. John, 828-9603.

■ **Cancer Patients and Survivors Journaling:** in a supportive group setting. Meets 3-4:30 p.m. Mondays or 4:30-6 p.m. Wednesdays at UNM Cancer Research and Treatment Center. Parking passes provided. Call Anjanette Cureton, Psy.D., 272-6575.

■ **Cancer, People Living Through:** Peer support groups for people with all kinds of cancer, caregivers and family. 242-3263.

■ **Cancer Support Group:** 1:30 p.m. Thursdays, Department of Veterans Affairs (New Mexico VA Health Care System), 1501 San Pedro SE, Building 41, Room 5C-100. 265-1711, ext. 2480.

■ **Cancer, Taking Charge Support Group:** For leukemia, lymphoma, Hodgkin's disease or myeloma patients, their families and friends (in conjunction with Leukemia/Lymphoma Society), Presbyterian Kaseman Hospital. Jamie McDonald, M.S.W., L.I.S.W., and Freda Bauer, RN. 841-1561.

■ **Cardiac Support Group:** Ongoing support group for men and women with concerns about heart disease. Topics include but aren't limited to health issues, risk factors, stress management, strengthening support systems, depression, anxiety and work concerns. 3:30-5 p.m. Thursdays, Age to Age Counseling PC, 2530 Virginia NE, Suite 400. 291-6314.

■ **Care Net Pregnancy Center of Albuquerque:** Free pregnancy testing, counseling, referrals; parenting classes; childbirth classes; post-abortion counseling, 10200 Menaul NE. Help line 880-0882, fax 881-8220.

■ **Caregivers Support Group:** If you care for a loved one who is terminally ill, has demen-

tia or suffers from a debilitating chronic illness, we invite you to share your experiences and receive support in an informal and confidential setting. 6-6:45 p.m. Wednesdays, First United Methodist Church, 314 Lead SW. Call 243-5646.

■ **Casa Esperanza:** Home away from home for families facing cancer. 277-9880.

■ **Cavernous Angioma/Cavernous Malformation:** If you or someone you care about has Cavernous Angioma and is interested in meeting with others who have the illness. Tori, (505) 872-9524 or e-mail pointnpoint1@excite.com.

■ **Celebrate Recovery:** Open to anyone in pain. 6:15-9:30 p.m. Fridays, First United Methodist Church, 314 Lead SW; dinner, child care. 459-1749.

■ **Celebrate Recovery — Rio Rancho:** A Christ-centered 12-step recovery program for anyone who struggles with emotional hurts, unhealthy habits or addictions. Meetings at 7 p.m. Mondays, Faith Church, 900 Southern Blvd., one mile west of Unser. Call 891-0393 or e-mail faithevangelical@quest.net.

■ **Celiac/Gluten Intolerance/Wheat Allergy Support Group:** Potluck with recipes and dietary food source information. Friendly support for the newly diagnosed and the chronically coping. Fourth Saturdays at Kaseman Hospital. For time and directions, call Lorraine Johnson, 298-0922, Marilyn Johnson, 299-5283, or Bob Wemple, 298-2048. New Mexico Chapter of CSA.

■ **Cerebral Palsy Parents Association:** 6-8 p.m. first Thursdays, Carrie Tingley Children's Hospital, 1127 University NE; dinner, child care. 272-5296 or 951-1855.

■ **CFLAG:** (Christian Families with Faith for Lesbians and Gays) Encouragement, education, prayer and support for families and friends of loved ones who are living or exploring a homosexual lifestyle. Go to cflag-abq.org.

■ **Child Advocacy/Support:** Resources Inc., for children and women who have witnessed or been victims of domestic violence. Play and art therapy groups, individual counseling by licensed therapists. 884-1241 or 768-2104.

■ **Child Care Association:** For home child-care providers, support, information, training, fun, second Mondays. Margaret, 293-6380.

■ **Child Victims of Physical and Sexual Abuse:** All Faiths Family Services. 271-0329.

■ **Children's Grief Center of New Mexico Inc.:** Provides loving support for children and teens, ages 5 through 18, grieving the death of a loved one. Adult groups for family members. Groups meet early evenings after light dinner. No charge. 323-0478.

■ **Cocaine Anonymous:** 12-step program, daily meetings. 344-9828.

■ **Co-Dependents Anonymous:** Call 224-2700 for recorded message of meetings, activities; for printed schedule of meetings, send SASE to CoDA, P.O. Box 584, Placitas, NM 87043; open 12-step sharing group, 7:30 p.m. Mondays, White Rock Methodist Church, 580 Meadow Lane, White Rock/Los Alamos. (505) 672-3874.

■ **Comadre a Comadre:** For Hispanic women with breast cancer. 6:30 p.m. second and fourth Thursdays, 202 Central SE, Suite C. 242-1222.

■ **The Compassionate Friends:** For parents whose children of any age have died. 7 p.m. first and third Thursdays, Sandia Presbyterian Church, 10704 Paseo Del Norte NE; sibling group meets at same time. 294-1018 or 232-4099.

■ **Compulsive Eaters Anonymous-HOW:** A 12-step program structured for those who wish to stop eating compulsively. Meetings and information, ceahowm.org or 265-6388.

■ **Compulsive/Problem Gambling Psychotherapy Group:** By licensed therapist. 6 p.m. Tuesdays, Los Alamos; free. (505) 662-1419.

■ **COSA (Co-dependency On a Sex Addict):** Call (763) 537-6904, e-mail outsideofthestreet@gmail.com, or visit COSA-recovery.org.

D

■ **DD Waiver:** Home-based/family providers. Anyone doing care in their home for someone on the DD Waiver is welcome to the Association of New Mexico Family Providers, which meets every other month in Albuquerque. Call Fritz Hardy at 345-1709 for details.

■ **Debtors Anonymous:** 12-step recovery program for those whose compulsive spending, underearning or other life problems result in accumulated unsecured debt. Albuquerque: 6:30 p.m. Tuesdays, St. Thomas of Canterbury Church Library, 425 University NE; 6:30 p.m. Thursdays, Queen of Angels Parish Hall, 1100 Indian School NW. Santa Fe: 5:30 p.m. Tuesdays and 5:30 p.m. Fridays, St. John's United Methodist Church, Old Pecos Trail. Taos: 6:15 p.m. Mondays, St. James Episcopal Church, 208 Camino de Santiago, Albuquerque information line, 798-9025 or debtorsanonymous.org.

■ **Dental Phobia:** Learn how to relax during dental procedures and overcome your fear of visiting the dentist with Dr. Jean-Claude Wilcox, D.D.S. 268-4884.

■ **Depression and Anxiety Education and Support Group:** 6:10 p.m. Wednesdays, 10701 Lomas NE, Suite 202, sponsored by Harmony Inc. John, 459-7421.

■ **Depression and Bipolar Support Alliance (DBSA):** 6:30 p.m. Thursdays, Trinity United Methodist Church, 3715 Silver SE. Rap sessions weekly with family group also on first Thursdays and guest speaker on fourth Thursdays. 889-3632.

■ **Divorce Care:** Find hope and healing for the hurt of separation and divorce in the context of a caring Christian community. 6:30 p.m. Thursdays, beginning Sept. 6. Hoffmantom Church, 8888 Harper NE. 858-8615.

■ **Divorce Care For Kids:** A weekly seminar and support group for children ages 5-12 of separated or divorced parents. 6:45-8:30 p.m. Mondays, New Covenant Church, 7201 Paseo del Norte NE. 857-9875.

■ **Divorce Care For Kids:** A group for children ages 5-12 that allows them to learn healthy ways of dealing with their pain in a Christian context, based on Biblical principles. 6:30 p.m. Thursdays, beginning Sept. 6. Hoffmantom Church, 8888 Harper NE. 858-8615.

■ **Dr. Phil's Weight Loss Support Group:** 6:30 p.m. Mondays, James Joseph Dwyer police substation community room (east on Montgomery, cross Tramway, second right is Landau, first driveway on right, up steps to community room on right). Contact: Albuquirky2004@yahoo.com.

■ **Domestic Violence:** Morning Star, safety, advocacy, education and support for American Indian women and children who are victims of domestic violence (physical, sexual and/or emotional abuse). 6 p.m. Wednesdays with dinner offered at 5:30 p.m.; child

care services; parenting classes. Call 232-8299; crisis pager, (800) 658-6967.

■ **Domestic Violence Education/Support Groups:** Resources Inc., for women who are victims/survivors of domestic violence. Advocacy and assistance through the criminal justice system. Free and confidential. Call 884-1241.

■ **Domestic Violence, Enlace Inc.:** Counseling support groups, case management, advocacy, life skills and parenting for Spanish-speaking women and children. Call 246-8972.

■ **Domestic Violence Hot Line and Services:** S.A.F.E. House (formerly the Women's Community Association), (800) 773-3645, 24 hours; emergency shelter from intimate partner violence for adults and children; adult and children survivor support groups; advocacy; community education. 247-4219.

■ **Domestic Violence Legal Resources and Advocacy:** Self-help legal program assisting low-income individuals and families with domestic and small claims cases, and providing advocacy, outreach and educational programs for victims of domestic violence in Bernalillo, Sandoval, Torrance and Valencia counties, 400 Gold SW, Suite 106; 24-hour Advocacy Service, (505) 217-0464.

■ **Domestic Violence Support Group:** Haven House offers confidential free help, emergency shelter, peer counseling, support groups and personal empowerment programs for victims of domestic violence. Emergency transportation to shelter can be arranged; all shelter services are free. Support groups meet 7 p.m. Tuesdays in Rio Rancho. Anyone in need of emergency services, contact the 24-hour/seven-days-a-week crisis hot line at (800) 526-7157 or call 896-4869 for information.

■ **Doves:** For divorced, separated and widowed. Various times, locations in Albuquerque, Santa Fe, Belen, Portales; free. 831-8117 or 828-9061.

■ **Drug and Alcohol Addiction of Women:** Support group for family members. 6 p.m. Mondays. Free. 256-5153.

■ **D.R.A. — Dual Recovery Anonymous:** Free 12-step meeting for those living with a mental health diagnosis and addictions. 1-2 p.m. Fridays in the I.O.P. kitchen, first floor, UNM Psych Center, 2600 Marble NE. Call Peer Bridgers, 272-5935.

E

■ **Eating Disorder Support Group For Teenagers:** ages 13-15, 4-5:15 p.m. Tuesdays, ages 16-19 4-5:15 p.m. Thursdays. Call 944-6108.

■ **Eating Disorders:** Support group for all ages held 6:45-7:45 p.m. Thursdays at the UNM Women's Resource Center. Affiliated with the National Association of Anorexia Nervosa and Associated Disorders (ANAD). Amanda, panda@unm.edu, or Allison, aconway@unm.edu.

■ **Eight Northern Indian Pueblos Council Inc.:** Circle of Life, outpatient substance abuse treatment program for American Indians, 801 Vassar NE, Albuquerque Indian Hospital. 248-7810.

■ **Empowering Women:** Focuses on personal archetypes of creativity and strength. Elsa LaFlamme, 263-8205.

■ **16-Step Empowerment Group for Women:** Group for women dealing with the challenges caused by problem use of alcohol and/or drugs, as well as trauma and/or mental illness. 6-7:30 p.m. Wednesdays, Endorphin Power Co., 509 Cardenas SE. Open to the public; any woman can attend. Call Marcella Herrera at 818-4500.

■ **End-of-Life Choices — Albuquerque Chapter:** Supports people's rights of choice and dignity in dying. Provides education and advocacy to maximize patients' options. Public meetings with speakers announced in the media and held in May, September and February. endoflifechoices.org or 888-7375.

■ **Epilepsy Parent and Family Network of New Mexico:** 7 p.m. second Mondays, St. Joseph Rehabilitation Hospital, Piñon Room, 505 Elm NE. 897-4656.

■ **Epilepsy Support Group:** 6-8 p.m. last Tuesdays, University Hospital, Khatali Room, 2211 Lomas NE. Audrey, 872-2615 or 968-1476 (pager) or e-mail epilepsy6@netscape.net.

■ **Essential Tremor Support Group:** Education and support for people who have Essential Tremor (and for those who care about them). For meeting times, contact Jonni Gammon, 877-8262.

F

■ **False Memory Syndrome Foundation:** For people who have been falsely accused of child abuse as a result of repressed memory therapy. Meets quarterly on Saturdays, Presbyterian Hospital: Maggie, (505) 662-7521 (Los Alamos), or Sy, (505) 758-0726 (Taos), for specific date.

■ **Families as Partners:** Advocacy group of parents who work with staff and administration at UNM hospitals to promote quality and family-centered care services that honor and respond to the diversity of all children and their families. Contact the Child Life Program, UNM Children's Hospital, 272-2671.

■ **Families of Children With Disabilities:** For families in Torrance County. Christie, (505) 384-1365.

■ **Families of Incarcerated Children:** 8 p.m. Thursdays, 1331 Juan Tabo NE, Suite 2M, north of Constitution, behind Schlotzsky's. 275-2202.

■ **Families of Incarcerated Loved Ones:** 144 Harvard SE. 255-8272 or 268-9557.

■ **Families With Children From China:** For families who have adopted children from Asian countries. Support group and play groups. Debi, 821-9365.

■ **Family/Stepfamily:** (Parenting). 7:30 p.m. second Tuesdays, Andrea, 828-1809, or Kandace, 345-9109.

■ **Family Support Program:** New Mexico Parent and Child Resources Inc. Emilie Oswald, 268-4973.

■ **Fen-Phen Survivors Support Group:** For anyone who took the diet drugs Fen-Phen or Redux. Deborah, 892-1599.

■ **Fibromyalgia Support Group:** A self-help group for people who have or think they might have fibromyalgia. 1-2:30 p.m. first Tuesdays, Taos room, Presbyterian Kaseman Memorial Hospital, 8300 Constitution NE. 899-4533.

■ **Food Addicts in Recovery Anonymous:** Individuals who, through shared experience and mutual support, are recovering from food addiction. Based on 12 steps of AA. No dues, fees or weigh-ins. 6:30 p.m. Mondays, Woodham Room at Presbyterian Hospital, 1100 Central SE. Take elevators to S2 basement; follow signs to Food Court and conference rooms. Call Joan F., 869-9402.

■ **Forensic Behavioral Health Associates:** Offers assistance in mental health training and consultation to families, individuals, couples, schools, government agencies and private corporations. Some specific programs offered are Violence, Threat Assess-

ment & Prevention Program, Trauma Reduction Program, Early Childhood Development Program, Continuing Professional Education Program, Substance Abuse Program and much more. 888-5499.

■ **Free At Last:** Support and counseling services for parents of older children who won't leave home. Creative Life Ministry, the Rev. Patricia Wellborn, 291-4481.

■ **Free Indeed Ministries:** Christian ministry to people seeking freedom from homosexuality. 831-5528.

■ **Freedom In Christ From Addiction:** Understand your identity in Christ and appropriate your freedom from your "drug of choice." 6:30 p.m. Thursdays, beginning Sept. 6. Hoffmantom Church, 8888 Harper NE. 858-8615.

G

■ **Gam-Anon Albuquerque:** A program of recovery and unity for the spouse, family members and/or close friends of compulsive gamblers. 7 p.m. Wednesdays, Los Altos Christian Church (south hall), 11900 Haines NE (near Indian School and Juan Tabo); 7 p.m. Fridays, Christ Lutheran Church (west hall), 7701 Candelaria NE. Visit www.gam-anon.org.

■ **Gamblers Anonymous Albuquerque Area:** A program of recovery and unity for anyone who has a desire to stop gambling. Groups meet every day of the week throughout the metro area. 7 p.m. Mondays and Wednesdays, Los Altos Christian Church (south hall), 11900 Haines NE (near Indian School and Juan Tabo), Albuquerque; 7 p.m. Tuesdays and 5 p.m. Sundays, 1453 Rio Rancho Blvd., Suite F, Rio Rancho; 7 p.m. Thursdays and Fridays, Christ Lutheran Church (west hall), 7701 Candelaria NE (at Pennsylvania), Albuquerque; 7 p.m. Thursdays, San Clemente Church (Parish Hall), 224 Luna Ave., Los Lunas; 5 p.m. Saturdays and 2 p.m. Sundays (Sun. meeting is women only), Presbyterian Hospital (Woodham Meeting Room in basement near food court) 1100 Central SE, Albuquerque. Local hotline, 260-7272, national hotline (888) 424-3577. Visit www.gamblersanonymous.org.

■ **Gamblers Group for Native Americans:** For those having difficulties with this addiction. 5:30-7 p.m. Tuesdays, 218 Broadway SE. Offered by The Indigenous Foundation, a foundation for Native American Recovery. 242-6988, ext. 104.

■ **Gambling: New Mexico Council for Problem Gambling:** Toll-free help line for problem and compulsive gamblers, offers crisis intervention and referrals. (800) 572-1142.

■ **Gay and Lesbian Information Service:** Common Bond Inc., 891-3647; e-mail, gayinformation@aol.com; Web site, members.aol.com/gayinformation.

■ **Gay/Bisexual Young Men's Group — MPower:** Weekly activities. 232-2990.

■ **Get Loud:** Abstinence and healthy lifestyle support group, provides support and education to ages 12-18 in the South Valley. Get Loud members provide service to their local communities by coaching Little League teams and visiting rest homes and hospitals. Contact Michelle Amaya at Planned Parenthood of New Mexico, 265-5976.

■ **Givers, Takers And Other Kinds of Lovers:** Discover why good people can get tangled in bad relationships. Learn how to avoid repeating the same mistakes and how to pick safe, healthy people. Limited to single women ages 17-28. 6:30 p.m. Thursdays, beginning Sept. 6. Hoffmantom Church, 8888 Harper NE. 858-8615.

■ **Good Grief:** Support program for anyone who has experienced the death of a loved one. Carol Frank, 821-6056.

■ **Good Grief Support Group:** Free and open to those in need of grief and bereavement support. 5:30-7:30 p.m. second and fourth Mondays. Call 821-6056.

■ **Grandparents Are Indeed Necessary:** Supports grandparents' visitation rights. 7 p.m. Thursdays, Bear Canyon Senior Center, 4645 Pitt NE. Marilyn Schaefer, 296-3589.

■ **Grandparents Raising Grandchildren:** 10-11:30 a.m. Saturdays, Parentcraft, 1503 University NE, free child care provided. 243-2551.

■ **Grief and Bereavement Support Group:** Nancy Parkhill, 292-5252; information, New Mexico Grief Services Program, Liz Adkins, 272-3053.

■ **Grief and Loss Support:** For widowed or any adult loss. Contact Albuquerque AARP Grief and Loss Program, 830-3097.

■ **Grief Share:** Come and gain access to valuable biblical principles to help you recover from your loss and look forward to rebuilding your life. 6:30 p.m. Thursdays, beginning Sept. 6. Hoffmantom Church, 8888 Harper NE. 858-8615.

■ **Grief Support Group:** Groups for those experiencing loss of any kind. Offered free by Jewish Family Service of New Mexico. Meets in Rio Rancho 10:30-11:30 a.m. Wednesdays at the Meadowlark Senior Center Library. Call Rhonda Day, 891-5041; in Albuquerque, call Rabbi Min Kantowitz, 291-1818, ext. 5481 for time and location. jfsnm.org.

■ **Grief Support Group:** Starting for parents who have lost a child (often an adult child) due to the child's use of drugs and/or alcohol. Call Barbara at 881-0667.

■ **Guillain-Barré Syndrome Foundation Support Group:** For patients, family members or interested parties. Meetings held quarterly on Saturday afternoons. Ann, 856-0309.

H

■ **Hard of Hearing AA Meeting:** "Sounds of Recovery," 7 p.m. Mondays, Heights Club, 8520 Marble NE. 266-9865.

■ **Healing Hearts:** Bereavement Support Group open to people who have lost a loved one three months ago or longer. 1 p.m. first Tuesdays, Heartland Hospice, 10801 Lomas NE. Nikki Sanchez or Martha Frederick, 323-1464.

■ **Healing Homophobia:** 2 p.m. second and fourth Sundays. For location, call Nancy, 299-7883.

■ **Health Care for the Homeless:** Medical, dental, behavioral health; art therapy programs for people experiencing homelessness. Locations, information, 766-5197.

■ **Healthy Food Advocates:** 7 p.m. second Thursdays, Albuquerque Center for Peace and Justice, 202 Harvard SE. Wally Tharp, 243-1460.

■ **Hepatitis C Support Group:** Call for meeting times and places. 304-1839.

■ **Hepatitis C Support Group:** 5 p.m. third Tuesdays, UNM Hospital, Manzano Room. Louise K. Smith, R.N., C., 272-0173.

■ **High Desert Breathers:** For people who have pulmonary hypertension, their families and their friends. Meets every third Saturday of the month in the Sandia Room at Presbyterian Kaseman Hospital. Call Melissa, 833-5991, or Mark, 577-7483.

■ **HIV+ Groups:** Afternoon Support Group, Tom, 938-7146; Women's Support Group, Michael, 938-7126; Women in Transition, Erin, 938-7132; Zia Support Group, Michael, 938-7126; Meals and Meds, Shannon, 938-7135; Sex and Love Addicts Anonymous, Michael, 938-7126; Stress Management Group, Tom, 938-7146. New Mexico AIDS Services, 938-7100.

■ **HIV Testing and Counseling:** 5-7 p.m. Mondays; noon-5 p.m. Wednesdays, New Mexico AIDS Services, 625 Truman NE.

Free, anonymous, no needles, no appointment necessary. 938-7100.

- **Hoffmantown Church Life Groups:** Family Support, Life Support and Celebrate Recovery groups. For a list of recovery groups, call 858-8650.
- **Home Education:** Dedicated to encouragement, protection and support of homeschool families, Christian Association of Parent Educators-New Mexico. 898-8548.
- **Home Schooling:** For parents teaching their children. 899-0652: New Mexico Family Educators Information Line. 889-9775.
- **Homeless Crisis Hot Line:** Human Services Department, information on shelters, soup kitchens, counseling. (800) 432-6217, ext. 7267.
- **Homeless Shelter For Men:** Provides year-round overnight shelter for men and community meals 5 days a week at 3:15 p.m., as well as a 7-month program for alcohol and substance abuse. Information, call Good Shepherd Center at 243-3663.
- **Huntington's Disease Support Group:** 888-4120.

I

- **IBD-Crohn's and Colitis:** Support, 2 p.m. third Sundays, Presbyterian Kaseman Hospital, 8300 Constitution NE, Taos Room. 293-2839 or 797-1267.
- **Impotent Men and Partners:** 11 a.m. first Saturdays, Bear Canyon Senior Center, 4645 Pitt NE. Lewis Nemes, Ph.D., 345-6616.
- **In Him Homeschoolers:** A homeschool group in the East Mountains, including classes, field trips, Mom's night out, bimonthly family dinners, parties and more. Call Lisa at 286-7990 or visit inhimhome.org.
- **The Independent Living Resource Center:** Disability information and referral, individual and community advocacy, independent living skills training, technical assistance and education to individuals and agencies on disability issues, information on disability topics including the ADA. 9 a.m.-5 p.m. Mondays-Fridays, 4401 Lomas NE, Suite B, 266-5022 v/tty; fax 266-5150; (800) 260-5022 v/tty statewide. Moriarty branch office serving East Mountains. 832-1128; fax 832-1153.
- **International Dyslexia Association:** Southwest Branch, information hot line for parents and professionals about dyslexia and related language or learning disabilities, annual conference and yearly teacher training programs. 255-8234.
- **Interstitial Cystitis Association:** 4 p.m. last Saturdays, St. Joseph Northeast Heights Hospital, Board Room, 4701 Montgomery NE. Jeanie, 898-2947.

K

- **Kairos Outside Support Group:** For wives, mothers and other adult female loved ones of men or youth currently or formerly incarcerated in any state or federal correctional facility. 6:30 p.m. every other Thursday, First United Methodist Church, 314 Lead SW, Downtown, between Lead and Coal, use Coal entrance. 839-7431 or 293-5420.
- **Keratoconus Support Group:** Geri DeBoo, 293-9562.

L

- **La Leche League:** Mothers' support meetings monthly with emphasis on breastfeeding, parenting, nutrition and child development. Call 821-2511.
- **Learning Disabilities Association:** Support for parents of people with learning disabilities. 821-2545.
- **Lesbian Moms' Support Group:** Lynette Curley-Room, MSW, LCSW-R. 306-6272 or e-mail VHHealing@msn.com.
- **Leukemia & Lymphoma Society:** Monthly support group for leukemia, lymphoma, Hodgkins, non-Hodgkins, myeloma patients or any blood-related cancer patient, families or friends. Jamie McDonald, MSW, 841-1561.
- **Loss of a Child Through Death:** 7 p.m. second and fourth Mondays, St. Thomas Aquinas Parish, 1502 Sara SE, Rio Rancho; nondenominational. 892-1511.
- **Lupus Acupuncture Network:** Information on the role of acupuncture in treatment of lupus. 298-9550 or 292-4722.
- **Lupus Foundation NM Chapter:** For lupus patients and their families. 10 a.m. Saturdays, Presbyterian Kaseman Hospital, Sandia Room, 8300 Constitution NE. 255-4188.
- **Lyme Disease Action Network:** 12:30 p.m. second Saturdays, Presbyterian Kaseman Hospital, Conference Room B, 8300 Constitution NE.
- **Lymphedema Support Group:** 7 p.m. first Tuesdays, 10433 Montgomery Parkway NE, Suite 400. 323-8811.

M

- **Macular Degeneration Group (20/20 Club):** Support to those with macular degeneration and other vision problems. 2 p.m. second Wednesdays, Sandia Presbyterian Church, 10704 Paseo Del Norte NE. Art Schreiber, 243-6165.
- **Making Peace With Your Past:** Identify, understand and come to terms with the feelings and problems of growing up in a dysfunctional family. Look at ways your past affects you today. 6:30 p.m. Wednesdays, beginning Sept. 5. Hoffmantown Church, 8888 Harper NE. 858-8615.
- **Marriage Enhancement:** To help strengthen marriage through group discussion on a variety of topics. 7 p.m. Tuesdays, children's building, Legacy Church, 7201 Central NW. 831-0961.
- **Men and Women for Sobriety:** Alternative to traditional support groups to help people recover from problem drinking or drugging. 7 p.m. Thursdays, Counseling and Psychotherapy Institute, 803 Tijeras NW. 243-2223.
- **Men with Multiple Sclerosis:** Self-help group. 293-6767 or (800) 344-4867 and press 1.
- **Mending Broken Hearts Ministries:** Christian, Bible-based healing for emotional wounds from childhood: co-dependency, 12-step recovery; domestic violence. 1209 Isleta SW, close to West Side Community Center. 873-2356.
- **Men's Alzheimer's Support Group:** 4:30-6 p.m. third Thursdays, 1700 Louisiana NE, third floor conference room. 266-4473 or (800) 272-3900.
- **Men's Life Issues Group:** Dave Breault, 266-9233.
- **Metro Area Down Syndrome Network/Support Group:** Bilingual group for families that have a family member with Down syndrome. Nadine, 892-2551, or Monica, 892-6363.
- **Mid-Life Women's Support Group:** A professionally facilitated group that explores mid-life women's issues. Nutrition, exercise, emotions, hormone replacement, alternative therapies and menopause stages discussed. Free, no registration. 5:30-7 p.m. third Mondays, Presbyterian Healthplex, 6301 Forest Hills NE. 843-6168, ext. 3092.
- **MOMS Club:** (Moms Offering Moms Support), for stay-at-home moms, park days, children's activities and more. Visit Web site at momsclub.org or e-mail for a chapter in your area at momsclub@aol.com. Include your zip code. Call Linda at (505) 326-4956.
- **Motherless Daughters:** Support group for women who lost their mothers early in life, second Monday evenings. Free. Mary B.

Maulsby, MA, LPCC, 268-9335.

- **Mothers Against Drunk Driving:** 6 p.m. third Thursdays. 255-2955.
- **Mothers And More:** Northeast Albuquerque Chapter, opportunities to meet other moms through regular meetings, play groups, social events, book club, more. 7-9 p.m. first and third Thursdays, Sunrise Assisted Living, Tramway and Manitoaba NE. Cathy, 821-3175, or Kristin, 797-8166, or freewebs.com/abqmothersandmore.
- **Mothers of Preschoolers (MOPS):** Speakers, crafts, discussion: 9:30 a.m. second and fourth Tuesdays: Chelwood Christian Reformed Church, 2200 Chelwood Park NE, 262-4881; 9:15 a.m. first and third Tuesdays, Cross of Hope Lutheran Church, 6104 Taylor Ranch NW, 897-0047; 9:15 a.m. second and fourth Tuesdays, First Baptist Church, 101 Broadway NE, 247-3611; 9 a.m. first and third Tuesdays, Grace Church, 6901 San Antonio NE, 298-9299; 9:15 a.m. first and third Thursdays, Tramway Community Church, 4800 Tramway Ridge NE. Sabrina, 237-0202.
- **Mothers Support Group, MOMS:** (Mothers Offering Mothers Support) for mothers and their infants/children, eight-week sessions that convert to play groups and social activity, offering ongoing support. Facilitated by certified professionals. Sherry, 922-8867, or e-mail georgiboy65@yahoo.com. Sessions in Northeast Heights, university area and West Side. Dates and times to be arranged.
- **MS Activity Group, Active MSers:** Fun activities for people with multiple sclerosis to share their active passions. Details at ActiveMSers.org. Call Dave Bexfield, 890-1764, or e-mail dave@ActiveMSers.org.
- **MS Caregiver Support Group:** For anyone who cares about someone with multiple sclerosis or ALS (Lou Gehrig's disease). 6:30 p.m. third Wednesdays, Friends in Time, 4906-A Jefferson NE. Tracy, 872-9301.
- **MS Support and Educational Group:** Monthly in-services, topics. 2-4 p.m. third Mondays, HealthSouth Rehabilitation Hospital, south vestibule room, 7000 Jefferson NE. Wendy, 344-9478.
- **Muscular Dystrophy Association General Adult Support Group — New Mexico Chapter:** 6:30-8 p.m. second Tuesdays, Heights Cumberland Presbyterian Church, Room 205, 8600 Academy NE. 828-1331, mda.org.

N

- **Nail Biters No More:** Weekly support group for nail biters and cuticle pickers. 6:30 p.m. Tuesdays, 2501 San Pedro NE. Evonne Maxwell, 280-9498.
- **Narcotics Anonymous:** Support group helps people quit using drugs. 260-9889.
- **National AIDS Brigade:** Offering advocacy and referrals for veterans with AIDS, people living with AIDS and those at high risk of HIV infection. 254-8220.
- **National Alliance on Mental Illness (NAMI):** For friends and family members of people suffering from a mental illness. 7 p.m. Tuesdays, 6001 Marble, Suite 7, 256-0288 or e-mail NAMI_ABO@juno.com.
- **National Alliance on Mental Illness (NAMI) West Side:** West side affiliate: Support meetings, 10 a.m. first Wednesdays and 7:30 p.m. third Tuesdays; educational meeting, 7:30 p.m. fourth Tuesdays. All meetings at Educational Building, St. Thomas Aquinas Church on Sara Road in Rio Rancho. P.O. Box 45074, Rio Rancho, NM 87174-5045. Allen Lee Stevens, 792-8871, or Lynda Rochford, 867-9517.
- **National Federation of the Blind:** Issues of importance to blind people, Community Outreach Center, 2828 Carlisle NE. 883-1941.
- **National Multiple Sclerosis Society Support Groups:** 244-0625 or (800) 344-4867.
- **National Osteoporosis Foundation:** Albuquerque support group for people with osteoporosis, their families and friends, second Thursdays. Yvonne Brusuelas, 855-5627.
- **National Stepfamily Association:** Support for remarriage and stepparenting. 7:30 p.m. second Wednesdays, 807 El Alhambra NW. Kandace, 275-0000.
- **Natural Home Healing From Chronic/Incurable Disease:** Support for those with incurable disease who want to use natural methods at home. View tapes by Dr. Richard Schulze, followed by discussion. Northeast Heights. Celeste, 271-1010.
- **New Beginnings (Divorce Recovery):** Support to bring hope and healing to those who are going through or have been divorced. 7 p.m. every other Tuesday, children's building, Legacy Church, 7201 Central NW. 831-0961.
- **New Life Options:** Internet support group for any stressful problem. 7:30 p.m. Tuesdays. Gary, 865-4319.
- **New Mexicans With Disabilities:** Information to Spanish- and English-speaking individuals with disabilities, families, advocates, therapists and case managers about service providers, support groups and other local, state and national resources. (800) 552-8195 or locally 272-8549.
- **New Mexico AIDS Services Support Groups:** Mondays-Fridays, counseling, chemical dependency, treatment, life reconstruction, for HIV+ individuals, significant others and families, 625 Truman NE. Michael, 938-7126.
- **NMBreathes (New Mexico Breathes):** Asthma and allergy support group for the entire family, educational sessions 6:30-8 p.m. third Thursdays, Taylor Ranch Community Center. RSVP required. Tabbi, 892-5307, or Gerri, 259-6277.
- **New Mexico Crohn's and Colitis Support Group:** 2-4 p.m. third Sunday of every other month, Taos Room, Presbyterian Kaseman Hospital, 8300 Constitution NE. 294-8281 or 797-1267.
- **New Mexico Heart Institute:** Monthly congestive heart failure support group. 4 p.m. first Wednesday of every month, NMHI Advanced Cardiovascular Care Center First Floor Conference Room, 502 Elm NE. Sessions are conducted by Anita Ralstin, CNP. Free, snacks provided. RSVP by calling 841-1000, ext. 5592.
- **New Mexico Pregnancy Confinement Line:** Telephone support for women confined to bed during pregnancy. 768-9227 (pager).
- **Newsline for the Blind:** Free dial-in newspaper service for people unable to read ordinary print because of visual or physical limitations. 841-8862.
- **New Womens' Mood Disorders Support Group:** For women who experience mood instability, depression, anxiety or manic depression. 7-9 p.m. Mondays, Rio Rancho Family Health Center, 1424 Deborah SE. No charge, donations appreciated. 889-3632.
- **Nicotine Anonymous:** 12-step program for smoking cessation. 7:30 p.m. Wednesdays at St. Thomas of Canterbury Episcopal Church, 425 University NE. 265-8113 or 798-4595.
- **NM Share:** mutual-help group designed to help parents, their friends and family cope with the loss of a baby through miscarriage, stillbirth or death in infancy. Group is facilitated by a trained moderator. Free. 7-8:30 p.m. first Thursdays at Center for Prenatal Development, 4010 Montgomery NE. Call Christy at 883-5657.
- **Nursing Mothers' Tea and Support Group:** 1 p.m. Tuesdays and Thursdays; for working moms, 1 p.m. first and third Saturdays. Pregnant women, too. Free. 323-2133.

O

- **Obsessive Compulsive Disorder:** Kathleen, 299-0266.
- **OnFireOrBurnedOut:** A ministry to pastors, missionaries and Christian leaders desiring help while dealing with ministerial burnout. The Rekindling retreat facilities are available for individuals, couples or small groups offering a place of rest and relaxation, prayer and conversation, or time to seek the Lord in a sanctuary-like atmosphere. Dalton and Vicki Janitzke, 286-6111; e-mail dalton@onfireorburnedout.org or vicki@onfireorburnedout.org; or OnFireOrBurnedOut.org and TheRekindling.com.
- **Organ Transplant Awareness Program of New Mexico:** 828-0694.
- **Osteoporosis Support Group:** Osteoporosis Foundation of New Mexico-Albuquerque Support Group. 1:30 p.m. second Thursdays, Manzano Multigenerational Center, 501 Elizabeth SE. \$1 fee to attend. 338-6333 or 855-5627.
- **Ostomy Association of Albuquerque:** Monthly support meetings for ostomates, families and friends, Sandia Room: quarterly program meetings, Sandia/Taos Rooms next to cafeteria. Both meetings at Presbyterian Kaseman Hospital, 8300 Constitution NE, one block west of Wyoming NE, one block north of I-40. Bud, 889-9705, or Dick, 856-6045.
- **Ovarian Open Arms Cancer Support:** Affiliated with People Living Through Cancer, 10:30 a.m.-noon third Saturdays, Covenant Presbyterian Church, 9315 Candelaria NE. Connie Souza, 296-0179; Marge McCoy, 298-0154; Margaret Goga, 293-5866; or PLTC, 242-3263.
- **Overcomers Outreach:** Christian 12-step meeting. 6:30 p.m. Tuesdays, Glory Hall, 2417 Wyoming NE. 275-9623 or Len or Ann, 884-4384.
- **Overeaters Anonymous:** For compulsive overeaters and people with eating disorders. No dues, fees or weigh-ins. Newcomers meeting, 7 p.m. Mondays, Taos/Sandia Room at Presbyterian Kaseman Hospital, 8300 Constitution NE. For other meeting times and locations, call 292-9080.
- **OA-HOW (Overeaters Anonymous-Honesty-Openness-Willingness):** Lose weight the fun way with a 12-step support group that helps you every step of the way. No dues, fees or weigh-ins. Everyone welcome. Noon Tuesdays. First Unitarian Church, 3701 Carlisle NE, Wesson Room 10. For days and times, call Kelli, 291-9902.
- **Oxygen Support Group:** For anyone on supplemental oxygen. Pat, 293-8996.

P

- **PACT (Parenting Adopted Children Together):** 6:30 p.m. last Tuesdays. Child-Rite Inc. 260-8671.
- **Parenting Class:** Developing Capable Young People classes offered by Families for Children, division of New Mexico Boys and Girls Ranch, to help parents teach children responsibility and accountability for their behavior. Affordable classes, small groups. 881-4200.
- **Parent/Teen, Family and School Mediations:** Help resolve disputes with a neutral mediator; free service of Mediation Services of New Mexico Inc. 867-6550.
- **Parents, Families and Friends of Lesbians and Gays:** (PFLAG Albuquerque) Support, education, advocacy. 7 p.m. third Tuesdays. 873-7373; (PFLAG Rio Rancho) 7 p.m. second Tuesdays, 892-5680.
- **Parents for Behaviorally Different Children:** For families with behavioral, emotional challenges, including ADD, depression and other neurobiological illnesses. Call 265-0430; outside Albuquerque, (800) 273-7232.
- **Parents of Children Who Abuse Drugs:** Monday evenings, Quest Family Institute. 255-0000.
- **Parents of Children Who Are Incarcerated:** Tuesday evenings, Quest Family Institute. 255-0000.
- **Parents of Infants:** (up to 12 months), 10 a.m. Mondays, Parentcraft, 1503 University NE; \$10 for four sessions. 243-2551.
- **Parents of Murdered Children:** For those who survive the violent death of a loved one, held in a nonjudgmental atmosphere with other survivors. Ellie Lee, 281-1147.
- **Parents of Sexually Abused Children:** All Faiths Family Services. 271-0329.
- **Parents of Struggling Teens Support Group:** Drugs, oppositional defiant, alternative schools, monthly. 797-2824.
- **Parents of Toddlers:** Wednesdays and Fridays, Parentcraft, 1503 University NE; call for schedule of topics; \$12 for four sessions. 243-2551.
- **Parents Reaching Out (PRO):** For families with children (birth to age 21) with unique needs, offering support, encouragement, information and resources, workshops. Albuquerque, 247-0192 or (800) 524-5176; e-mail nmproth@aol.com; parentsreachingout.org.
- **Parents Without Partners:** New Mexico's local chapter. (S.P.A.R.K.S.) Single Parents of Albuquerque Raising Kids, single parents providing support, friendship, education, family and adult activities. Children in home, away or grown. Parents separated, divorced, widowed or never married. 797-5437, pwpnm.com.
- **Parkinson's Disease Support Group:** Patients, families, friends, caregivers and health-care professionals are welcome to attend. Meets from 1:2-3:30 p.m. third Saturdays, Presbyterian Healthplex, San Antonio, east of I-25 in classroom A and B. Zalla Galya, Parkinson's disease coordinator, (866) 899-5669.
- **Parkinson's Support of New Mexico:** Meets 2 p.m. second Sundays in members' homes. For information and directions, call Dick, 298-0512.
- **PB&J Family Services Inc.:** Offers assistance with family stabilization, reunification and general improvement in daily living; provides family services in Bernalillo and Sandoval counties with site locations in Cuba, Jemez, Los Lunas and Grants. 877-7060 or 867-2356.
- **People First of Albuquerque:** People with disabilities who have fun, learn they have rights, can speak for themselves and make their own choices. Meets last Saturday of month. 883-4630.
- **Pet Loss Support Group:** For individuals grieving the loss of a companion animal. The group meets the second and fourth Tuesday of the month from 5:50-6:30 p.m. at The Source, 1111 Carlisle SE. To register, contact Ann at 265-3087 or e-mail petlosscounselor@aol.com.
- **Polycystic Kidney Disease Support Group:** New Mexico Chapter, PKD Foundation, 10:11:30 a.m. fourth Saturdays, Computer Corner, 4700 San Mateo NE. 275-7158.
- **Polycystic Ovarian Syndrome (NMP-COSA):** 5 p.m. third Saturdays, Southwest dining room, Lovelace Medical Center. Heather, 254-1149, or geocities.com/nmpco.
- **Positive Outlook:** A support group for the parents of children with bipolar illness and their families. Meets at Heights Presbyterian Church. For directions and meeting times, contact Belinda at 450-2223 or e-mail woff0544@msn.com.
- **Post-Abortion Stress Counseling:** For women experiencing anxiety after an abortion. Peer counselors are trained to help with facilitating healing. Call Albuquerque

Pregnancy Center, 880-0882.

- **Prenatal Care:** For information and confidential referrals for service providers in your community, call U.S. Department of Health and Human Services Maternal and Child Health Bureau hot lines, (800) 311-BABY (for English speakers) or (800) 504-7081 (for Spanish speakers).
- **Primetimers:** Provides mature gay and bisexual men and their admirers opportunities to meet in supportive atmosphere to enjoy social, educational and recreational activities. Common Bond information line, 891-3647.
- **Professionals in the Caring Field:** Support group for people who provide care to other people, including nurses, CNAs, chaplains, social workers and others. 10:30 a.m.-noon fourth Tuesdays, Zia Hospice, 4141 Montgomery NE, between Carlisle and Jefferson. RSVP to Elizabeth, 830-2978 or elizbeth@ziahospice.net.
- **Prostate Cancer Support Groups:** 12:30 p.m. first and third Saturdays, Bear Canyon Senior Center, 4645 Pitt NE, 254-7784; 1 p.m. second Saturdays, Meadowlark Senior Center, 4330 Meadowlark Lane, Rio Rancho. Barry, 867-0117, or John, 771-9525. Prostate Cancer Support Association of New Mexico, 254-7784 or (800) 278-7678.
- **Pulmonary-NTM Support Group:** A support, discussion and information group for patients with all pulmonary disease problems. This includes COPD, cystic fibrosis, Nontuberculosis Mycobacterium, or NTM, bronchiectasis, chronic bronchitis, emphysema and all others. 10:45-12:30 third Thursdays, Presbyterian Healthplex, Room C, 6301 Forest Hills NE. Margaret Cost, 865-6607, or e-mail dreamcovers@msn.com.
- **Pulmonary Problems Support Group:** Second Thursdays, Vista Grande Retirement Center, 4101 Meadowlark Lane, Rio Rancho. 892-4206.

R

- **Rainbow Love:** Support and counseling for parents who wish to adopt African-American children. Creative Life Ministry, the Rev. Patricia Wellborn, 291-4481.
- **R.O.C.K. (Raising Our Celiac Kids):** A free support group for parents, families and friends of kids with celiac disease, wheat and gluten intolerance. We welcome families of autistic kids involved in a gluten-free/casein-free dietary intervention program, as well as anyone who chooses a gluten-free lifestyle for personal or nutritional reasons. Traci, 286-7773, or abrock@msn.com.
- **Rape Crisis Center:** 24-hour crisis services for anyone affected by sexual assault. 266-7711.
- **Reaching Out Ministries for Women:** For victims of sexual violence. 7 p.m. Tuesdays, children's building, Legacy Church, 7201 Central NW. 831-0961.
- **Recovery Inc.:** A nonprofit mental health support group offers techniques for handling depression, anxiety and other symptoms of mental disorder. Santa Fe group meets 7 p.m. Tuesdays at Temple Beth Shalom, 205 E. Buelsona. Albuquerque group meets 1 p.m. Saturdays, Presbyterian Room in the lowest basement of Presbyterian Hospital, 1100 Central SE. (505) 988-2748 (Santa Fe) or 299-0889 (ABO).
- **Recovery Support Group:** More Than Conquerors, freedom from obsessive-compulsive addictions, Believer's Center of Albuquerque, 320 Waterfall SE. Judy, 836-3649.
- **RESOLVE NM:** Provides support, education, information and advocacy for people experiencing infertility. Holds a peer support group 7 p.m. second Thursdays. Call 466-4642 for location. RESOLVE NM also holds a monthly teleseminar on infertility topics, 7 p.m., last Wednesday of the month.

S

- **S-Anon:** 12-step recovery group for friends and relatives of sex addicts. 899-0633.
- **Schizophrenia Anonymous:** Free six-step meeting for those living with schizophrenia. 3-4 p.m. Saturdays at the Albuquerque Drop-In Center, 1027 San Mateo SE. Information, call Pat or Don at Peer Bridgers, 272-5935.
- **Self Help for Hard of Hearing People:** For people with hearing losses, their families and friends, second Saturdays, September-June. For meeting time and information, 881-8824 (ask for the SHHH specialist). Address is P.O. Box 36792, Albuquerque, NM 87176, or e-mail abqshhh@juno.com.
- **Seniors Support Groups:** Voluntary peer-facilitated. 842-8206.
- **Sensory Processing Disorder-Parent Connections Group:** Support group for parents of children with Sensory Processing/Sensory Integration disorder, 6:30-8 p.m. first Thursdays, KidPower Therapy Associates PC, 3530 Pan American Freeway NE. Darbi, 247-8645.
- **Sex Addicts Anonymous:** Mixed. 7 p.m. Mondays, Monte Vista Christian Church; Men's meeting, 7 p.m. Wednesdays, Covenant United Methodist Church. Information, toll free (866) 571-7985; e-mail nmsaaintergroup@yahoo.com; or sexaa.org.
- **Sexaholics Anonymous:** Women's, men's and joint meetings. 899-0633.
- **Sex and Love Addicts Anonymous:** For meeting schedule, write SLAA, P.O. Box 3783, Albuquerque, 87190. 944-2426.
- **Sickle Cell Support Group:** For people with sickle cell conditions and their families. 2 p.m. third Thursdays, Council Office, 7800 Marble NE, Suite 2. 254-9550.
- **Single Parent Support Group:** 6 p.m. Thursdays, The Neutral Corner, 529-B Jefferson NE. 255-0007.
- **Sjogren's Syndrome Support Group:** Frances, 344-6971.
- **SMART (Self-Management and Recovery Training) Meetings:** Dedicated to helping individuals gain independence from any addictive behavior. Most people who attend are looking for an alternative to 12-step programs. 1 p.m. Mondays and 6 p.m. Wednesdays at the Lobo Theater, 3013 Central NE. 238-5506 or smartrecovery.org.
- **Smoke Cessation Group:** American Cancer Society. 262-2333.
- **SNAP (Survivors Network for Those Abused by Priests):** 867-5317.
- **Soul Care:** Learn to care for one another, moving from superficial relationships to the deepest level of trust with those who desire to walk with God. 6:30 p.m. Thursdays, beginning Sept. 6. Hoffmantown Church, 8888 Harper NE. 858-8615.
- **Spina Bifida Association of New Mexico:** Offers educational programs and information about this disabling birth defect. 242-1184 or (800) 750-2044.
- **Spinal Cord Injury Support Group:** 5:30 p.m. first Thursdays, St. Joseph Rehabilitation Hospital, Piñon Room, 505 Elm NE. sjhcipc@hotmail.com.
- **Stand-Up Parenting:** (Formerly ToughLove Parent Support Group) Self-help program for parents troubled by out-of-control adolescent and young-adult behavior. Parents support each other in implementing successful strategies, helping parents regain control of family situations. Janet, 299-4664 (H) or 284-3973 (W).
- **Stepfamilies Counseling and Support Group:** 6 p.m. every other Wednesday, 5850 Eubank NE, Suite B32. 884-9411.
- **Stroke Support Group:** For survivors, caregivers, family members. 10 a.m. Mon-

days, Thursdays, Fridays, St. Andrew Presbyterian Church, 5301 Ponderosa NE; 10 a.m. Wednesdays, Meadowlark Senior Center, 4330 Meadowlark Lane SE, Rio Rancho; general meeting, 6:30 p.m. second Thursdays, JB's Restaurant, 15 Hotel Circle. Marvin D. Taylor, Albuquerque Stroke Club, 268-1694.

- **Stuttering Support Group:** Discussion, therapy techniques. 6:30 p.m. first Thursdays, 3831 Singer NE No. B. Tom Fisher, 823-9322 or tfisher57@highersped.net.
- **Suicide Survivors New Mexico:** Albuquerque Chapter. 6:30 p.m. first Wednesdays, Central United Methodist Church, 1615 Copper NE. 217-4870 or info@nmsuicidesurvivors.org.
- **Survivors of Homicide:** Support group for anyone who has had a loved one murdered. 7 p.m. Tuesdays (therapeutic art second Tuesdays and grief counselor available third Tuesdays), 12400 Menaul NE, Suite 100. 232-4099 or (877) 700-8500 for statewide information.
- **Survivors of Sexual Assault and Sexual Abuse:** For adult men and women, teens, at Albuquerque Rape Crisis Center; crisis support, counseling, community education; services free or for a donation. 24-hour hot line, 266-7711.
- **Survivors of Suicide:** For people who have lost a loved one to suicide. 4 p.m. second and last Mondays, St. Paul Lutheran Church, 1100 Indian School NE. R.L. Schwoebel, 858-1240.

T

- **TAG (Teen Action Group):** Conducts bimonthly activities for young people age 12 and up; all ages are welcome. More information, call Lisa at 286-7990 or visit inhimhome.org.
- **Tinnitus Support Group:** 268-8754.
- **TOPS — Take Off Pounds Sensibly:** Mondays: 9:30 a.m., Los Volcanes Senior Center, 6500 Los Volcanes NW; 10 a.m., Los Altos Church, 215 Erbe NE; 10 a.m., Asbury United Methodist Church, 10000 Candelaria NE; 12:15 p.m., Palo Duro Senior Center, 521 Palo Duro NE. Room 7; 5:45 p.m., Presbyterian Kaseman Hospital, 8300 Constitution NE; 6:15 p.m., Calvary Lutheran Church, 20th and Abrazo, Rio Rancho; 7 p.m., Towne Park Clubhouse, 425 Towne Park NE.
- **Tuesdays:** 10 a.m., 103 Ranch Road, Sandia Park; 11:30 a.m., Manzano Mesa Multigenerational Center, Room 1, 501 Elizabeth SE; 7:15 p.m., Sombre del Monte Church, 2528 Utah NE.
- **Wednesdays:** 5:30 p.m., Paradise Hills Methodist Church, 4700 Paradise NW. 994-4329.
- **Thursdays:** 8 a.m., Asbury Methodist Church, 10000 Candelaria NE; 9:30 a.m., Vista Grande Professional Secretaries Center, 4101 Meadowlark Lane, Rio Rancho; 10 a.m., Westside Community Center, 1250 Isleta SW; 7 p.m., South Valley Library, 3908 Isleta SW; 7 p.m., Lovelace Medical Center, 5400 Gibson SE, near pharmacy.
- **Fridays:** 10:30 a.m., Manzano Mesa Multigenerational Center, Room 4, 501 Elizabeth SE. Saturdays: 9 a.m., Charter-Heights Behavioral Health System, 103 Hospital Loop NE.
- **Tourette Syndrome Association:** New Mexico chapter; periodic informational meetings. Sandra Hollis, 858-3304.
- **Transgender Community Group:** Offers support, information and social activities for individuals exploring new gender identities. All ages welcome. Meets Friday evenings at a private, secure location near the UNM campus in Albuquerque. Free, but donations appreciated. Shannon, 268-3779, or Janice, 261-2394, transgenderm.org.
- **Trichotillomania:** Compulsive hair pulling disorder. For information or to join local support group, call 821-7551.

U

- **United Ostomy Association of America (UOAA) Support Group:** 1 p.m. first Tuesdays, Education Building No. 39 of the New Mexico VA Health Care System, 1501 San Pedro SE. Christine Domenichini, 265-1711, ext. 5683.
- **United Way Helpline:** Information and referrals to health and human services agencies. 245-1735.
- **UNM Chronic Pain Education and Support Group:** open to all individuals living with chronic pain and their family members. Group meets quarterly in the Carrie Tingley Hospital Boardroom, 1127 University NE. Call 272-6575.
- **UNM-UPC Connections Group:** Free service providing resources and other ideas, including food box sites, transportation, legal aid, support groups and advocacy. 3-4 p.m. Tuesdays, in the Mental Health Center atrium, 2600 Marble NE. Call Peer Bridgers at 272-5935 for more information.

V

- **Veterans with AIDS:** National AIDS Brigade Inc. 254-8220.
- **Vulvar Pain/Vulvodinia:** Information and support group. Lee, 299-8727.

W

- **Weight Control Group:** Informative, goal-oriented. Somgya, 898-7815.
- **Wings for L.I.F.E. Life-skills for Inmate Families & Education and Mentoring:** Fun, interactive program that will provide support, life skills and family enrichment for former inmates, their family members, including children and grandparents, foster parent caregivers, parolees, probationers, adjudicated youth, trustees and caring people. Child-care is available and mentors will be found for the children in the program. 6:30 p.m. Sundays, twice a month, Catholic Center Sandia Room, 4000 St. Josephs Place NW. Ann Edenfield, 291-6412.
- **Women's Support Group for Wives & Partners of Veterans diagnosed with Post Traumatic Stress Disorder (P.T.S.D.):** learn about PTSD and how it affects you, your family, your relationship and your health. Meets 3:30-5 p.m. Thursdays. Directions or information, call Carolyn Roberts at 440-0333.
- **Women With Addictions:** 6 p.m. Fridays, 8338-B Comanche NE; registration required. 292-5252.
- **Workaholics Anonymous:** For anyone who desires to stop working compulsively. Noon Tuesdays, St. John's Episcopal Cathedral, 318 Silver SW. 342-8048.
- **Wounded Heart:** For victims of childhood sexual abuse. 6:30 p.m. Thursdays, beginning Sept. 6. Hoffmantown Church, 8888 Harper NE. 858-8615.

Y

- **Young Fathers Project:** For fathers 13 to 26 years old, weekly meetings providing information, support and food. Carl Dellinger, New Mexico Young Fathers Project, 254-8737.
- **YWCA/CARIÑO:** Early childhood training and technical assistance program. 254-9922.