

Support Groups

A

■ **ABQ Quit Smoking Support Now:** Seven support and information sessions using Freedom From Smoking®, a program of the American Lung Association. Offered by Cancer Support Now, Inc., call 307-3414 to register.

■ **ABQ Westside Cancer Support Now Group:** 10am, 2nd and 4th Wednesday. Family, friends and those with a diagnosis welcomed. Call 255-0405. Cancer Support Now, Inc.

■ **Adoption Support Group:** Support and search group for adoptees, adoptive parents and birth parents. 7 pm fourth Thursdays, Presbyterian Kaseman Hospital, Conference Room B, 8300 Constitution NE. 281-7227 or 275-9952.

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

■ **Alcohol/Drug Recovery:** LifeRing Recovery, an abstinence-based alternative to AA & 12 Steps, meets 6 pm Mondays and Wednesdays at Anna Kaseman Hospital at Constitution and Wyoming, Conference Room B; use main entrance. No cost. Call Mary, 294-7774 (Shortell.m@q.com) or Justin, 249-6366 (justin320@flash.net).

■ **Alzheimer's Association New Mexico Chapter Support Groups:** For those caring for someone with Alzheimer's Disease or dementia or for those diagnosed with the disease. For a complete list of Statewide groups available, Contact us at 505.266.4473. Website: www.alz.org/newmexico 24/7 helpline: 1.800.272.3900

■ **American Veterans for Equal Rights, Bataan Chapter:** A veterans & active duty military group for gay, lesbian, bisexual, trans-gender and supporters, which provides advocacy for vets issues, service and social opportunities. Mail: 6027 Black Ridge Dr NW, Albuquerque, NM 87120-2181; Email: sloomis@swcp.com

■ **Amputee Support Group:** An opportunity to meet other amputees and share experiences in a safe and accepting environment. 7-8:30 pm, first Wednesday of every month. HealthSouth Rehabilitation Hospital, 7000 Jefferson NE. 344-9478

■ **Autism:** New Mexico Autism Society, for anyone concerned with autism spectrum disorder. Please see the calendar of workshops and events at www.nmautismsociety.org or call (505) 332-0306.

■ **Autism/Asperger Peer Support Group:** Monthly. Sign up at www.grasp.org, and click Subscribe. Free and open to everyone on the autism spectrum. More Info 505-908-9426

B

■ **Bereavement Support Groups:** Call Patti Drake for days and times of support groups. Amhercare Hospice, 2129 Osuna NE. 244-0046

■ **Bereavement Support Groups:** With licensed counselor with more than 20 years of experience with hospice and grief. Sarah Sower, bereavement counselor, Heritage Hospice. 366-2318.

■ **Brain Injury Alliance of New Mexico:** Support for survivors of brain injury, their families and friends, professionals, educators. Resource Center, 3234 Candelaria NE. 292-7414 or 888-292-7415.

■ **Brain Injury Support Group:** Forum for brain injury survivors and their families. 7pm third Wednesdays, HealthSouth Rehabilitation Hospital, 7000 Jefferson NE. 344-9478

■ **Breast Cancer Support Now Group:** 50 Years of Age and Younger. 10:30 am, 2nd and 4th Saturday in the Northeast Heights. Call Cancer Support Now, Inc. 255-0405.

C

■ **Cancer Support:** Emotional and practical support for women and men whose lives have been touched by cancer. For help in Albuquerque and throughout New Mexico call 505-242-3263 and learn more.

■ **Cancer Support Now, Inc:** Offers several groups that provide support for caregivers – family and friends - and several that provide support for those with a diagnosis. Call 255-0405 for cancer support groups, their locations and who they serve. One-on-One cancer support is also provided. See www.cancersupportnow.org

■ **Cancer Treatment Is Over, Now What?:** For those who have completed active treatment. 5 to 6 pm, 3rd Monday at UNM. Call Cancer Support Now, Inc. 255-0405.

■ **Care Groups:** Are you, or someone you love: 1) going through a divorce, separation, or the death of a loved one, 2) struggling with the challenges associated with a cancer diagnosis, or 3) have other hurts in your life or areas of struggle? Hoffmantown's Care Groups provide a safe place to heal, gain Biblical perspective, experience safe community, and grow through your pain toward a more vital relationship with Jesus Christ. For more information or required registration, call 858-8650 or visit us at www.hofmantownchurch.org/ministries/care_group/care_groups.html.

■ **Celebrate Recovery:** A Christian-based 12 step program for those suffering from addictions; Sundays at 4:00 pm at the Church of Our Lord 6230 Isleta Blvd., SW. ALL ARE WELCOME. Phone 452-3000 for more information.

■ **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 Saturday of the month at noon at Bear Canyon Senior Center, 4645 Pitt NE. For time and directions call Lorraine Johnson, 298-0922; Marilyn Johnson, 299-5283; or Carla Brannock, 294-2127. New Mexico Chapter of CSA.

■ **Children's Grief Center:** Provides support groups for young people ages 5-25 who are grieving the death of a loved one. Adult groups provided for family members. Groups meet early evenings in the near North Valley on Tuesdays and Wednesdays, and in Rio Rancho on Thursdays. Resource library open to public. All services provided at no charge. Donations gladly accepted. Call 323-0478 for more information. www.childrengrief.org

■ **Circle of Parents Groups:** All Faiths Receiving Home offers free discussion/support groups for anyone in a parenting role. Several groups now meeting including Saturday group for parents of Bi-polar Children. For more information call All Faiths at 271-0329

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

■ **Co-Dependents Anonymous:** Call 224-2700 for recorded message of meetings. For printed schedule of meetings send to "SASE to CoDA P.O. Box 584 Placitas, NM 87043" Visit us at www.coda.org

■ **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 every third Thursday. 401-7933 or 401-7944.

■ **Compulsive Eaters Anonymous-HOW:** A 12-step program structured for those who wish to stop compulsively. Go to www.ceahow.org or call 265-6383.

■ **Crohn's Disease and Ulcerative Colitis Support Group:** For patients, family and friends. 2-4 p.m. third Sunday of odd months (Jan, Mar, May, Jul, Sept, Nov). Presbyterian Kaseman Hospital, Taos Room. Facilitator: Peggy Toya, 505-344-9092

D

■ **Depression & Bipolar Support Alliance of Albuquerque:** Offers weekly support groups on Thursday evenings from 6:30 to 8:30pm & a special support group for friends & family on the 1st Thursday of every month. We meet at Trinity United Methodist Church at 3715 Silver SE. Call for more info at 889-3632 or look us up at www.dbsa4albq.org

E

■ **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 held in May, September and February. endoflifechoices.org or 888-7375.

F

■ **Food Addicts in Recovery Anonymous (FA):** Are you having trouble with food? There is hope! FA can help. Albuquerque Mennonite Church (Courtyard Entrance) 1300 Girard NE, Albuquerque 87106. Tuesday, 7:00 p.m. Saturday, 8:30 a.m. Contact: Joan 554-9643 or Rosa (Spanish) 319-9624 www.foodaddicts.org

■ **FORCE (Facing Our Risk of Cancer Empowered):** Only national non-profit serving people affected by hereditary breast and ovarian cancer. Local group meets 2-4 pm the 3rd Sunday of each month at Lovelace Women's Hospital, 4701 Montgomery NE. Aud B. Kendraw@facingourrisk.org.

G

■ **GriefShare Supprt Group:** A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life. GriefShare meets on Tuesdays from 6:30-8:30 pm at New Beginnings Church, 3601 Montgomery Blvd NE (corner of Carlisle and Montgomery). Contact Elaine Gutierrez, 505-974-3152 or Gary Gutierrez, 505-304-5428

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

■ **Grief Support Groups and Resource Information:** Available to anyone grieving a death. Hospice of the Sandias offers these services free to the public. Contact Lynda Gutierrez at 881-5342.

■ **Grief Support:** Through groups and information. VistaCare Hospice offers these services without charge. For details contact Miryam Levy: 505-449-3420.

H

■ **Huntington's Disease Support Group:** Open to any one affected by Huntington's Disease and their families The first Saturday of every month. 10:30am-12:00pm, Palo Duro Center NE, 5221 Palo Duro NE, Albuquerque, NM. Please call Genevieve Davidge: 505-830-6030 for more information. www.hdsarockymountain.org

I

■ **Isleta Cancer Education and Support:** 2nd Tuesday of the month, 10:30 to noon at Isleta Elderly Center. Call Cancer Support Now, Inc. 255-0405

J

■ **Journaling Support Group:** For loved ones of those with advanced cancer or those grieving a recent death from cancer. Thursdays, 4 to 5:30 pm at UNM Cancer Center. Call Cancer Support Now, Inc. 255-0405.

L

■ **Late Afternoon Breast Cancer Group:** Every other Wednesday, 5 to 6:30 pm at Carlisle and Comanche. Call Cancer Support Now, Inc. 255-0405.

M

■ **Men's Thursday Cancer Support Group:** 6 consecutive Thursdays; 4 Thursdays off, 6:30 to 8 pm. Northeast Heights. Call Cancer Support Now, Inc. 255-0405.

N

■ **Nar-Anon Support Group:** Members are relatives and friends who are concerned about the addiction or drug problem of another. Nar-Anon's program of recovery is adapted from Narcotics Anonymous and uses Nar-Anon's Twelve Steps, Twelve Traditions and Twelve Concepts. Nar-Anon meets every Monday at New Beginnings Church, 3601 Montgomery Blvd NE (Corner of Carlisle and Montgomery), 7:00 - 8:30 PM, contact Elaine Gutierrez - 505-974-3152 or Jennifer Weiss 505-363-9684.

■ **National Alliance on Mental Illness (NAMI) Albuquerque affiliate**

- Spanish-speaking/bilingual support group, 5:30 p.m. Mondays, Youth Development Inc. Amistad Shelter on Centro Familiar SW
 - Connection Recovery Support Group for people living with mental illnesses, 6:30 p.m. Mondays, 6001 Marble NE, Suite 7
 - Family Support Group, 7 p.m. Tuesdays, 6001 Marble NE, Suite 7
- Call 256-0288, e-mail nami_abq@juno.com or visit nami.org/sites/albuquerque

■ **New Mexico Family Network (formerly Parents for Behaviorally Different Children):** Free workshop and support group for parents of neurologically challenged children. Held the second Wednesday of each month at alternate locations: Kidpower Therapy Associates PC, 3530 Pan American Frwy NE, Suite D and Zia Family Focus Center 441 Monroe NE 87108. Workshop 6 p.m., support group 7-8:30 p.m. Contact New Mexico Family Network at 265-0430.

■ **New Moms Support Group:** Addresses various issues with having a new baby, including stress management, growth and development and post-partum depression. Learn new skills and socialize with other new mothers. No cost to attend. No registration required. 10-11 a.m. Wednesdays at Lovelace Women's Hospital, 4701 Montgomery NE. Call 727-6085.

■ **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; 1:30 p.m. Saturdays at Jo's Chameleon Café, 5 Kuhn Rd, Tijeras, 286-0973; 5:30 p.m. Sunday at the Friendship Club, 1915 Rosina St, Santa Fe 470-9064

O

■ **Ostomy Association of Albuquerque:** Monthly support meetings for ostomates, families and friends. The meetings take place at Presbyterian Kaseman Hospital, 8300 Constitution NE Call 830-2135 or e-mail oa.albuquerque@gmail.com for schedule.

■ **Ovarian Open Arms Cancer Support:** 10:30 am-noon 3rd Saturdays, Covenant Presbyterian Church, 9315 Candelaria NE. Connie Souza, 296-0179; or Margaret Goga, 293-5866 AFFL Cancer SOS

■ **Overeaters Anonymous:** Call for meeting times and locations 261-3553

P

■ **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

■ **Parents, Families and Friends of Lesbians and Gays:** (PFLAG Albuquerque) Support, education, advocacy. 7PM third Tuesdays 873-7373, Rio Rancho 892-5680

■ **Parkinson's Support of NM:** Meets 2pm 2nd Sundays in members' homes. Call Phyllis, 298-0512

■ **Pet Loss Support group:** A group supporting those who have lost or anticipate the loss of an animal companion. Various locations in Albuquerque, day and evening. Call Ann Beyke, MA, LPC, at 505-265-3087, email petlosscounselor@aol.com or visit www.petgriefcounselor.com.

S

■ **Sandia Breast Cancer Group:** 1st and 3rd Tuesdays of the month, 12 noon to 1 pm on Sandia Base. Call Cancer Support Now, Inc. 255-0405.

■ **Sexaholics Anonymous:** For meeting times & locations call 899-0633, www.sa-abq.org email: abq_sa@hotmail.com

■ **Sex and Love Addicts Anonymous:** For meeting schedule, write SLAA, P.O. Box 3783, Albuquerque, NM 87190. 212-7149. slaa.albuquerque@gmail.com

■ **Stem Cell Transplant Support Group:** For patients who have undergone or will be undergoing stem cell transplants and their loved ones. 2nd Tuesday of the month at UNM Cancer Center. Call Cancer Support Now, Inc. 255-0405.

■ **Stuttering Support Group:** Discussion, therapy techniques. 6:30-8pm First Tuesdays, UNM Speech & Hearing Sciences, 1700 Lomas NE, Suite 1300. Call Tom Fisher at 823-9322 or email tfisher45@gmail.com.

■ **SURVIVORS of SUICIDE:** A support group for those who have lost someone they love to suicide. Four Meetings a Month in Albuquerque. 1st & 3rd Monday at Shepherd of the Valley Presbyterian Church, 1801 Montano Rd. NW. Call AI or Linda Vigil, 505-792-7461 for more information. 2nd & 4th Monday at St. Paul Lutheran Church NE, 1100 Indian School Rd. NE. Call Marion, 505-890-4464 for more information.

■ **Survivors Writing Together:** Writing support group every Monday, 3 to 4:30 pm at UNM Cancer Center. Call Cancer Support Now, Inc. 255-0405.

T

■ **Transplant Awareness Program:** Offers support for recipients and candidates of organ donation and their families/caregivers. Participates in information sharing, public education events and fundraising for awareness projects. Visit: www.otapnm.org or call 505-299-6305.

U

■ **United Way 2-1-1 line:** Information and referrals to health and human services agencies. Toll Free: 2-1-1 or 245-1735

W

■ **Wings for L.I.F.E.:** Life-skills Imparts to Families Through Education: Fun, interactive program that provides support, life skills & family enrichment for former inmates & their family members. Child care is available 6-7:30pm 1st & 3rd Mondays at Trinity United Methodist Church, 3715 Silver Ave. 2nd & 4th Mondays at Second Presbyterian Church, 812 Edith NE. Call Ann Edenfield Sweet at 291-6412 or visit Wingsministry.org.

■ **The Women's North Valley Group:** Every other Thursday night, 6:30 to 8:30 pm in the North Valley. Call Cancer Support Now, Inc. 255-0405.

Please call 823-3300 to reserve space for the next run date