

# Support Groups

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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.

**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.

■ **ABQ Brain Tumor Support Group:** Meets 6:30 p.m. first Wednesdays of every month at Erna Fergusson Library, 3700 San Mateo NE; and 10 a.m. third Tuesdays at Palo Duro Senior Center, 5221 Palo Duro 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. Nonsmoking, 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. No meetings in January, June and July. Mary Lou Cooper, 296-2193.

■ **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.

■ **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 2-10 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.

■ **Albuquerque Parents Support Group:** (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.

■ **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. Mary, 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 Intergrupual 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.

■ **Alliance Caregivers Support Group:** To provide emotional support, information and links to community resources. Guest speaker for every group meeting. 11:30 a.m.-12:30 p.m. first Mondays in the Alliance Conference Room, 4209 Montgomery NE. Free. RSVP to Roberta Rivera, LMSW, 884-4080.

■ **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-B Jefferson NE. Michael Gray, 872-9301.

■ **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.

■ **ALSA-NM (Lou Gehrig's Disease) Support Group:** For caregivers or people with ALS (PALS). Meets 1-3 p.m., fourth Saturdays, at Kaseman Hospital, Conference Room B, Martha, 881-7359.

■ **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 Better Breathers 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:** Josephine Raczkowski, 892-9545.

■ **Angel Flight West:** Free, nonemergency 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 and Personal Empowerment Group:** Art, visualization, dialogue and education to develop skills. Open to men and women. 6-7:30 p.m. Wednesdays, near the Women's Hospital at Jefferson & Montgomery. Lyssa Danehy, LISW, 881-2217.

■ **A.R.T.S. (Artists Recovering through the Twelve Steps):** 9-10:30 a.m. Saturdays,

Presbyterian Room at Presbyterian Hospital, 1100 Central SE. 265-7618.

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

■ **Autism/Asperger Support Group:** For teens and adults. 7 p.m. second Tuesdays at Friends Meetinghouse, 1600 Fifth NW. 843-6450, e-mail lif@ianford.com or visit grasp.org.

**B**

■ **BabyNet:** Provides information to families to locate medical and support services for their child. 272-8549 or (800) 552-8195. E-mail infonet@unm.edu or visit cdd.unm.edu/babynet

■ **Benign Essential Blepharospasm and Cranial Dystonia:** Also includes Meige syndrome. 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. New Mexico Grief Services Program, 272-3397.

■ **Bereavement Support Group "New Mexico Share":** For parents who have lost 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. Christy, 883-5657. Or visit nationalshareoffice.com.

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

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

■ **Bereavement Support Groups:** Call for days and times of support groups. One-on-one sessions also available. 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, 3228 Candelaria 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 9 a.m.-noon third Saturdays at New Mexico Veterans' Memorial, 1100 Louisiana SE, near the Gibson gate to KAFB. Go to nmrgvluestar Mothers.org.

■ **Body Image Peer Support Group:** 2-3 p.m. Saturdays through Dec. 6 in the UNM Women's Resource Center Group Room, Mesa Vista Hall. Facilitated by Alayna Orozco and Blair Doner. Providing a safe, supportive and confidential environment to explore body image issues. This group is affiliated with the National Association of Anorexia Nervosa and Associated Disorders (ANAD).

■ **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. 7 p.m. third Wednesdays, HealthSouth Rehabilitation Hospital, 7000 Jefferson NE. 344-9478.

■ **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 in the Northeast Heights. Call 292-5777. 5:30 p.m. Thursdays, St. John's United Methodist, Santa Fe. 770-0809. Call Phoenix, 243-1937.

**C**

■ **Cancer Friends and Family Writing Together:** Journaling in a supportive group setting for friends and family of cancer patients. Meets 4-5:30 p.m. Thursdays at UNM Cancer Research and Treatment Center. Parking passes provided. 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. antitabeach2@yahoo.com or 681-1971.

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

■ **Cancer Survivors Journaling Support Group:** 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, 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, MSW, LISW; and Freda Bauer, RN. 841-1561.

■ **Cancer — Women's Heights Support Group:** Affiliated with People Living Through Cancer, 7-8 p.m. first Thursdays, Covenant Presbyterian Church, 9315 Candelaria NE. Elaine Conant, 332-9643, or Judi Miller, 821-6949.

■ **Cardiac Support Group:** For men and women with concerns about heart disease. Topics include risk factors, stress management, support systems, depression, anxiety and work concerns. 3-4:30 p.m. Wednesdays, Age to Age Counseling PC, 2530 Virginia NE, Suite 400. 291-6314.

■ **Care Net Pregnancy Center of Albuquerque:** Free pregnancy testing, limited ultrasounds, counseling, referrals; parenting and childbirth classes; post-abortion counseling; clothing closets. 9809 Candelaria NE, Suite 1A. Help line 880-0882, fax 881-8220. Satellite offices: East Mountains, 150 State Road 344, Edgewood, 281-5408; Rio Rancho, 1520 Deborah, Suite 1, 880-2305; South Valley, 1414 Vito Romero SW, 873-0108; Valencia County, 601 Main St. SE, Suite 26, Los Lunas, 565-3838. carenetabq.org.

■ **Caregivers Support Group:** For those who care for a loved one who is terminally ill, has dementia or suffers from a debilitating chronic illness. 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.

■ **Celebrate Recovery:** Open to anyone in pain. 6:15-9 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 all who struggle with emotional hurts, unhealthy habits or addictions. 7 p.m. Mondays at Faith Church, 900 Southern Blvd. Call 891-0393 or visit FaithChurchRR.org.

■ **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. Lorraine Johnson, 298-0922; Marilyn Johnson, 299-5283; or Bob Wemple, 298-2048. New Mexico Chapter of CSA.

■ **Central New Mexico HIV-Positive Support Group:** All welcome. Bring a snack. 6:30-8 p.m. Tuesdays, Metropolitan Community Church of Albuquerque, 1103 Texas NE. Kory Montoya, 315-6908.

■ **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.

■ **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 248-3165.

■ **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.

■ **Circle of Parents for Bipolar Kids:** A support group for the parents of children with bipolar illness and their families. Meets at All Faiths Receiving Home, 1709 Moon NE. Free child care, snacks provided. For directions and meeting times, call 450-2223 or 271-0329.

■ **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, 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, ceahownm.org or 265-6383.

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

■ **COPEs (Coalition of Parents Enduring Suicide):** For parents who have lost a child through the tragedy of suicide. The group also educates the public on suicide awareness and prevention, as well as suicide-causing antidepressants. Visit COPEsfoundation.com.

■ **COSA (Codependency On a Sex Addict):** (763) 537-6904. E-mail outsideofthetrest@gmail.com or go to COSA-recovery.org.

■ **Crohn's Disease and Ulcerative Colitis Support Group:** For patients, friends and family. 2-4 p.m. third Sunday of odd months (January, March, May, July, September, November) at Presbyterian Kaseman Hospital, Taos Room. Facilitator Andrew Tubising, 328-6633.

■ **Cystitis Support:** Jeanie, 898-2947.

**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 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, DDS. 268-4484.

■ **Depression and Anxiety Education and Support Group:** 6-7 p.m. Wednesdays, 2501 San Pedro NE, 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. Also offering rap sessions weekly with family group first Thursdays, with a guest speaker on fourth Thursdays. 889-3632.

■ **Depression and Bipolar Support Alliance (DBSA) — Rio Rancho Chapter:** Weekly support group meetings 11 a.m. Mondays, Elks Lodge, 1530 Barbara Loop SE. Call 867-9667.

■ **Diabetes Support Group:** monthly meetings to allow people diagnosed with diabetes (and their friends and families) to exchange stories, information and ideas. A registered dietician and certified diabetes educator will facilitate. All meetings 7-8 p.m. Thursdays at St. Mary's Episcopal Church, 1500 Chelwood Park NE. Next meeting Dec. 11. E-mail Amy at amyscott\_rd@yahoo.com.

■ **DivorceCare:** Let us "lend you our hope" as you walk through what some consider one of the most painful and stressful experiences you will have: divorce. Call Hoffmantown Care Ministries at 858-8650.

■ **DivorceCare For Kids:** when a divorce occurs, the children are affected also. Why not help your children heal? For information on an upbeat children's program to help children ages 5-12 navigate through a divorce or separation, call Hoffmantown Care Ministries at 858-8650.

■ **DivorceCare For Kids:** 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.

■ **Domestic Violence — Hot line and Services:** Alternatives to Violence offers: Crisis intervention, 24-hour confidential safe shelter for women and children, individual and group counseling, women's life skills, child victim witness program and children's group, legal and personal court advocacy, community education, in-school violence prevention programs, assistance with crime victim reparation applications, assistance with filing orders of protection and referral services. Springer, N.M. (575) 445-5778 or (800) 799-6484.

■ **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. Call 256-0417.

■ **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. Call 896-4869. For an emergency, call the 24-hour/seven-days-a-week crisis hot line at (800) 526-7157.

■ **Domestic Violence — Urban Indian Advocacy Program (formerly Morning Star House):** Assisting American Indian women and children fleeing abusive relationships with safety issues, education, advocacy, information and assistance services. Weekly classes/groups. Second and fourth Wednesdays at 6 p.m.: Empowerment Support Circle/Children's Classes/Childcare and Potluck. First and third Thursdays at 6 p.m.: Educational/Life Skill Classes. Call 232-8299 for class topics and location.

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

■ **D.R.A. — Dual Recovery Anonymous:** Free 12-step meeting for those living with a mental health diagnosis and addictions. Noon-1:30 p.m. Tuesdays and Thursdays in "The Space Between" Meeting Room at The Source, 1111 Carlisle SE. Adabel, 453-4393 or visitdraonline.org.

**E**

■ **Eating Disorder Support Group For All Ages:** Contact Dr. Cindy Keeran, 830-2729.

■ **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:** For women dealing with 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.

■ **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. endofflifechoices.org or 888-7375.

■ **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 those who have Essential Tremor, and for those who care for them. Group meets the third Saturday of each month at Palo Duro Senior Center from 10 a.m.- noon.

**F**

■ **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 Incarcerated Loved Ones:** 144 Harvard SE. 268-9557 or 818-3861.

■ **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. Kandace, 345-9109.

■ **Family Support Program:** New Mexico Parent and Child Resources Inc. 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. Tuesdays, Van deVanter Room at Presbyterian Hospital, 1100 Central SE. Call Joan F., 869-9402.

■ **Forensic Behavioral Health Associates:** Mental health training and consultation to families, individuals, couples, schools, government agencies and private corporations. Specific programs offered include Violence, Threat Assessment & Prevention, Trauma Reduction, Early Childhood Development, Continuing Professional Education and Substance Abuse. 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.

■ **Friends and Family of People with Eating Disorders:** 2-3 p.m. every other Saturday through Dec. 6 in the UNM Women's Resource Center Group Room, Mesa Vista Hall. Facilitated by Alayna Orozco and Blair Doner. Do you have a friend or family member who suffers from an eating disorder? Do you wonder how to support them? Open meeting in a safe environment for networking, sharing information, and to get support for yourself.

**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; 7 p.m. Fridays, Christ Lutheran Church (west hall), 7701 Candelaria NE. Visit gam-anon.org.

■ **Gamblers Anonymous Albuquerque Area:** Recovery and unity for those who desire to stop gambling. Groups meet every day. 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 (Sunday 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 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; Web site, commonbondnm.org.

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

■ **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 Schaeer, 296-3589.

■ **Grief and Bereavement Support Group:** 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.

■ **GriefShare:** Have you lost a loved one? Call Hoffmantown Care Ministries at 858-8650.

■ **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. In Albuquerque, call for time and location. Call Rabbi Min Kantrowitz, 291-1818, ext. 5481 for time and location. Visit www.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.

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

**H**

■ **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.

Continued on back

■ **Healing is a Choice:** Having difficult making peace with and moving beyond your past? Call Hoffmantown Care Ministries at 858-8650.

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

■ **Hearing Loss Association of Albuquerque:** For people with hearing losses, their families and friends, held from September-June. West Side meeting 10 a.m. second Saturdays at Taylor Ranch Community Center, 4900 Kachina NW. East Side meeting 10 a.m. third Saturdays at Los Altos Christian Church, 11900 Haines NE. Information, call 881-8824 (ask for the HLA specialist). Address is P.O. Box 36792, Albuquerque, NM 87176, or e-mail HLAAbq@juno.com. HLAAbq.com.

■ **Hepatitis C Support Group:** 5 p.m. third Tuesdays, UNM Hospital, Manzano Room. Louise K. Smith, R.N., C.national accreditation in ambulatory care nursing (taking care of people in clinics), 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, (505) 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 home-school families, Christian Association of Parent Educators-New Mexico. 898-8548.

■ **Home Schooling:** For parents teaching their children. 899-0652.

■ **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 five days a week at 3:15 p.m., as well as a seven-month program for alcohol and substance abuse. Information, call Good Shepherd Center at 243-3663.

■ **Hospice of the Sandias:** Grief support groups and workshops offered regularly, designed to help anyone whose friend or family member has died. For information and to register, call Victoria Cain at 881-5342.

■ **Huntington's Disease Support Group:** 888-4120.

■ **IBD-Crohn's and Colitis:** Support, 2 p.m. third Sundays, Taos Room, Presbyterian Kaseman Hospital, 8300 Constitution NE. 328-6633 or (877) 259-2104.

■ **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.

■ **Information Center for New Mexicans With Disabilities:** Provides free statewide disability-related information and referral for individuals with disabilities, families, advocates, health professionals, case managers and others. 272-8549 or (800) 552-8195. E-mail infonet@unm.edu or visit cdd.unm.edu/babynet.

■ **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.

■ **Keratoconus Support Group:** Geri DeBoo, 293-9562.

■ **La Leche League:** a non-profit group providing breastfeeding support and education, holds monthly meetings for pregnant women, breastfeeding moms and their families. Meeting location or more information, call 821-2511.

■ **Learning Disabilities Association:** Support for parents of people with learning disabilities. 821-2545.

■ **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.

■ **Life Hurts, God Heals for Teens:** The teen years are difficult. We want to help. If you have a teenager, ages 13-17, this group may help them address the difficulties many will face. Call Hoffmantown Care Ministries at 858-8650.

■ **Lupus Acupuncture Network:** Information on the role of acupuncture in treatment of lupus. 298-9550.

■ **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.

## 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; or Barbara Free, 275-9952.

■ **MaMa (Mother Against Methamphetamine):** Support group T.O.S.S. (Tears of Strength and Support) meeting at New Awakenings. 7-8 p.m. Mondays, 600 First NW. New Awakenings, 224-9124; Roseanna Bacon, 293-5922; Earry Schray, 864-3676 or Patty Gutierrez, 859-0447.

■ **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 with Multiple Sclerosis:** Self-help group. (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.

■ **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.

■ **Mom 2 Mom Club — West Side:** Playgroups, activities and support for stay-at-home moms. Great way for you and your kids to socialize in your area. Visit blueskyfun.org.

■ **MOMS Club (Moms Offering Moms Support):** For stay-at-home moms, park days, children's activities, more. Visit momsclub.org or e-mail for a chapter in your area at momsclub@aol.com.

■ **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 Manitoba NE. Visit freewebs.com/abmothersandmore.

■ **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.

■ **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

■ **Narcotics Anonymous:** Support group helps people quit using drugs. 260-9889.

■ **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\_abq@juno.com. For additional information visit www.nami.org/sites/albuquerque.

■ **West Side affiliate:** Connections support meetings, 6 p.m. Fridays; support groups 10-11:30 a.m. first Wednesdays, 7:30-9 p.m. second and third Tuesdays. Meetings at Educational Building, St. Thomas Aquinas Church on Sara Road in Rio Rancho. P.O. Box 45074, Rio Rancho, NM 87174-5045. Anna, 792-9514, or Jon, 892-2532.

■ **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:** Support group for people with osteoporosis, their families and friends, second Thursdays, Yvonne Brusuelas, 855-5627.

■ **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 for those going through or have been through a divorce. 7 p.m. every other Tuesday, children's building, Legacy Church, 7201 Central NW. 831-0961.

■ **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. Gerri, 259-6277 or Romelia, 232-6625.

■ **New Mexico Heart Institute:** Monthly support group for those with congestive heart failure, 4 p.m. first Wednesdays, 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. 2563.

■ **New Mexico Interstitial Cystitis Support Group:** 1-2:30 p.m. July 12 and Oct. 11 at Presbyterian Kaseman Hospital Conference Room B, 8300 Constitution NE. Information or phone support, Teresa McCoy, ICA patient advocate, 463-2918 or e-mail jcnewmex@aol.com.

■ **New Mexico Pregnancy Confinement Line:** Telephone support for women confined to bed during pregnancy. 768-9227 (pager).

■ **New Mexico Survivors of Homicide:** Support group for the survivors of a murdered loved one. 400 Gold SW, Suite 500, No. 27. Second and fourth Thursdays, Nativity of Blessed Virgin Mary Church, 9502 Fourth NW. Judy Valles, 232-4099 (office) or (505) 804-6047, or visit nmsoh.org.

■ **New Mothers Group:** 5-6 p.m. Tuesdays through Dec. 9 in the UNM Women's Resource Center Group Room, Mesa Vista Hall. An open group for UNM student, staff, and faculty moms and moms-to-be, facilitated by Lesley Davidson-Boyd, MS, LPC, and Summer Little, MA. Gather for networking, support and to discuss the ups and downs of new motherhood. Babies always welcome.

■ **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 Women's 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.

■ **Nuestros Cambios Parent/Child Communication Support:** Abstinence and healthy lifestyle support group, provides support and education to ages 12-18 in the South Valley. Get Loud members provide service by coaching Little League teams and visiting rest homes and hospitals. Contact Jasmin Hendrickson at Planned Parenthood of New Mexico, 265-5976.

■ **Nurses In Recovery:** Nurses supporting nurses in recovery. Meets 3:30-4:30 p.m. Saturdays. 2625 Pennsylvania NE, Suite 500. 506-5586.

## 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 sanctuarylike atmosphere. Dalton and Vicki Jantzen, 286-6111; e-mail dalton@onfireorburnedout.org or vicki@onfireorburnedout.org; or TheRekindling.com.

■ **Organ Transplant Awareness Program of New Mexico:** Support and advocacy for organ transplant candidates, recipients, living donors, donor families, family members and friends. Monthly meetings. Call 843-7672.

■ **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 Gail, 823-9657.

■ **Organ 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. 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.

## 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. 7 p.m. third Tuesdays. 873-7373; (PFLAG Rio Rancho) 7 p.m. third 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 in Rio Rancho. Carmen, 891-5117.

■ **Parents of Children Who Are Incarcerated:** Tuesday evenings in Rio Rancho. Carmen, 891-5117.

■ **Parents of Murdered Children:** For those who survive the violent death of a loved one, held in a nonjudgmental atmosphere with other survivors. One-on-one meetings only. Call Ellie Lee, 281-1147.

■ **Parents of Sexually Abused Children:** All Faiths Family Services, 271-0329.

■ **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 info@parentsreachingout.org; www.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 1:230 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 Bernalillo site, 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.

■ **People Living Through Cancer:** Groups and/or one-to-one matches for survivors and their loved ones. For support or other referral services, call 242-3263 or (888) 441-4439.

■ **Pet Loss Support Group:** For individuals grieving the loss of a companion animal. 6-7 p.m. first Mondays, Sunset Memorial Park, 924 Menaul NE. Ann Beyke, M.A., LPC. 265-3087, e-mail petlosscounselor@aol.com or visit www.petlosscounselor.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.

■ **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. Barcelona. Albuquerque group meets 1 p.m. Saturdays at Presbyterian Hospital, 1100 Central SE; call for room information. (505) 988-2748 (Santa Fe) or 344-0425 (ABQ).

■ **Recovery Support Group:** More Than Conquerors, freedom from obsessive-compulsive addictions, Believer's Center of Albuquerque, 320 Waterfall SE. Judy, 836-3649.

■ **Reformers Unanimous:** Free faith-based addictions program meets 7 p.m. Fridays, Gospel Light Baptist Church, 1500 Southern Blvd., Rio Rancho. Call 892-9463 or visit reformu.com.

■ **RESOLVE NM:** Provides support, education, information and advocacy for people experiencing infertility. Holds a peer support group 7 p.m. second Thursdays. Call (505) 466-4642 for location. RESOLVE NM also holds a monthly teleseminar on infertility topics, 7 p.m., last Wednesday of the month.

■ **Rio Grande Down Syndrome Network:** Bilingual group for families that have a family member with Down syndrome. Nadine, 892-2551 (Spanish), or Monica, 892-6363.

■ **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 and related disorders. Call Don at Peer Bridgers, 272-5935.

■ **Search For Significance:** For support or information, call Hoffmantown Care Ministries at 858-8650.

■ **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, 6:30-8:30 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; or visit 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. 212-7149.

■ **Sexual Abuse Group for Women:** Childhood sexual abuse is one of the most soul-deadening experience anyone can face. For support or information, call Hoffmantown Care Ministries at 858-8650.

■ **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.

■ **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. For meeting times, call 890-1779 or visit www.smartrecovery.org.

■ **Smoke Cessation Group:** American Cancer Society, 262-2333.

■ **SNAP (Survivors Network for Those Abused by Priests):** Peer-to-peer support group for victims and survivors of clergy sexual abuse. Originally started for those abused by Roman Catholic clergy, this international organization now assists all victims of clergy abuse regardless of religious denomination or affiliation. Call 280-3369, e-mail director@nmsnap.org or visit nmsnap.org.

■ **Society of Military Widows, Chapter 45:** Group monitors local, state and federal legislation affecting the benefits of military widows; assists and advocates for them. Meetings are at 2 p.m. second Sunday of every other month. 7708 Osuna NE. Directions or information, call Pat Barberis at 294-2962.

■ **Spinal Cord Injury Support Group:** 5:30 p.m. first Thursdays, Lovelace Rehabilitation Hospital, 505 Elm NE.

■ **Stepfamilies Counseling and Support Group:** 6 p.m. every other Wednesday, 5850 Eubank NE, Suite B32. 884-9411.

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