



## **Holiday Support Resources:**

### **First United Methodist Church Eaton Rapids (FUMER) Holiday Grief Support Group and Remembrance Service, 600 S Main St, Eaton Rapids, MI 48827**

**Wednesdays through December 19<sup>th</sup>, 6-7:15 p.m.**

Holiday Grief Support Group Meetings 12/5 and 12/12, 6-7:15 p.m., 1<sup>st</sup> floor library. December 19<sup>th</sup> Remembrance Service, 2<sup>nd</sup> floor chapel. These sessions will focus on the issues of grief that are commonly experienced during the holidays. Participants need not be members of FUMER. There is no charge, and no reservation is required. Call Alice Botti at 663-3423, Kathy Wittman at 517-605-6603, or the church office at 663-3524. <http://www.fumer.org/grief-support.html>

### **Blue Christmas - A Holiday Worship Service for Those Who Are Stressed, Lonely or Hurting**

Wednesday, December 12th, 7 to 8 pm

Delta Presbyterian Church, 6100 W Michigan Ave, Lansing, MI 48917

<http://deltapresby.org/events/2018/12/12/blue-christmas>

### **Alcoholics Anonymous (AA)**

Lansing Central AA, 1915 E. Michigan Ave, Ste. D, Lansing, MI 48912, (517) 337-1444

[www.aalansingmi.org](http://www.aalansingmi.org)

Call the 24/7 Hour hotline or visit their website to find a meeting in the Tri-County area

### **ALANO Club East**

220 Howard St, Lansing, MI 48912, (517) 482-8957

[www.alanoclubeast.org](http://www.alanoclubeast.org) Call or visit their website to get a schedule of meeting dates and times.

**SMART Recovery** is a self-empowering recovery support group. Participants learn tools for substance use disorder-recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups. Meetings are available in person and online: <http://www.smartrecovery.org/>

### **Families Against Narcotics Eaton County**

1<sup>st</sup> Thursday of the Month at 7:00 p.m. A separate grief support group is held before each forum, 5:30pm – 6:45pm.

Real Life Church, 1848 S. Cochran Ave, Charlotte, MI 48813

All are welcome to attend. (Children 10 and older please.)

Contact: 1-517-712-4389; (must dial all digits)

<https://www.familiesagainstnarcotics.org/eatoncounty>

**Narcotics Anonymous** is a support group for people recovering from drug use disorders. Mi-NA.org is dedicated to helping people to overcome the problems of SUD by providing a statewide website to help recovering people find meetings and local NA functions in their communities. <http://michigan-na.org/>

*For a full list of tri-county area support groups, (including women's support, caregiver support, disease specific groups, domestic violence, mental illness, employment support, etc.) go to:* <https://www.tcoa.org/resources/support-groups/>