

Tri-County Area Support Groups and Programs

Go to www.211.org if you don't find your need listed or your need listed in your geographic area. This list is not an exhaustive list of all supports and programs available. 211 also offers comprehensive information about food, shelter, parenting, employment, healthcare, counseling, legal services, etc.



Alcohol/Substance Use Disorder

Alcoholics Anonymous (AA)

Lansing Central AA

1915 E. Michigan Ave, Ste. D

Lansing, MI 48912

(517) 337-1444

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

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/>

Women's Center of Greater Lansing

1710-1712 E. Michigan Ave

Lansing, MI 48912

16 Steps of Discovery and Empowerment meets every Wednesday from 6:00 p.m. to 7:30 p.m. Contact the Women's Center for more information at (517) 372-9163.

Alzheimer's Disease

Alzheimer's Association

Capital Area Region

2111 University Park Dr, Suite 200

Okemos, MI 48864

(800) 272-3900

www.alz.org/mglc/in_my_community_support.asp

Caregiver support groups offered by the Alzheimer's associations are confidential, free and open to the public. If you need assistance finding someone to stay with your relative while you attend a support group meeting, call (800) 272-3900 for a directory of Respite and Home Care Providers.

- Charlotte
Meets third Tuesday of the month at 1:30pm.
Connect, support and cope with the struggles of having a loved one who has Alzheimer's disease.
ALIVE, 800 W. Lawrence Ave
- East Lansing
 - Caregiver Support Group 3rd Friday (1:30-2:30 p.m.)
Burcham Hills Retirement Community
Second Floor Private Dining Room
2700 Burcham Drive
 - 1st Thursday (11:00a.m. – 12:00 p.m.)
Early Stage Discussion Group
Call (517) 999-3004 for information
Coral Gables Restaurant
2838 E. Grand River Ave.
Meet in the East Room
- Eaton Rapids
2nd Tuesday (6:30-8:00 p.m.)
Eaton Rapids Senior Center
201 Grand Street
- Grand Ledge
2nd Monday (12:00-1:30 p.m.)
Dart Bank, 1020 Charlevoix D.
Lower Level Community Room (Bring brown bag lunch)
- Holt
2nd Monday (5:30-7:00 p.m.)
Holt Presbyterian Church
2021 N. Aurelius Rd
- Lansing
 - 2nd Wednesday (1:00- 2:30 p.m.)
Delta Enrichment Center 4538 Elizabeth Rd
Lansing, MI 48917
 - 3rd Wednesday (10:00 a.m. -12:00 p.m.)
Male Caregiver Discussion Group
Delta Enrichment Center 4538 Elizabeth Rd
Lansing, MI 48917
- Mason
Respite Care Available
3rd Monday (5:30- 7:30 p.m.)
First United Methodist of Mason
201 East Ash Street
- Okemos
1st Thursday (7:00-8:30 p.m.)
Ingham County Medical Care Facility
3960 Dobie Rd
- St. Johns
1st Monday (7:00-8:30 p.m.)
Pilgrim United Methodist Church
2965 W. Parks Rd.

Aphasia

Aphasia Support Group (East Lansing)

4th Wednesday (2:00-3:00 p.m.)
2275 East Lansing Dr, East Lansing
(517) 332-1616

Brain Injury Association Support Group

East Lansing Chapter
3498 East Lake Lansing Rd, STE 300, East Lansing
1st Wednesday (7 p.m.)
(800) 444-6443

Sparrow Burcham Hills Center

Health and Rehab
East Lansing
1st Thursday (1:30 -2:30 p.m.)
Contact Marylou Mitchell
(517)364-3167

Arthritis/Joint

Arthritis Mutual Support Group

Meets the 3rd Tuesday of the month at 6:30 p.m.
Presbyterian Church of Okemos, 2258 Bennett Rd.
Contact Larry Vert (517) 323-4355

Arthritis Foundation Aquatic Program- Ingham County Medical Care Facility

Warm water exercise program that is for every fitness level and are held two to three times per week for 6 to 10 weeks.
Ingham County Medical Care Facility, 3860 Dobie Rd. Okemos
Contact facility for more information (517) 381-6054

Bereavement

Eaton Rapids

Meets the 2nd and 4th Wednesday of the month at 6 p.m.
First United Methodist Church, 600 S. Main St. Eaton Rapids.
Call the church for more information (517) 663-3524. No prior registration needed.

Estes Leadley Funeral Home

Offers the Together Living and Coping support group which is a monthly luncheon meeting for widowed individuals. It is held the second Tuesday of every month at Buddies Grill in Holt at 1 p.m.
Buddies Grill Holt, 2040 Aurelius Rd, Holt.
Contact Janet Pierson for more information (517) 482-1651

Eaton Community Palliative Care Survivors Support Group

Offers a Survivors Support Group meeting every Monday at 12:30 p.m. There is no support group on Christmas or New Years. If the Monday falls on any other holiday you can make an appointment to meet privately with the grief facilitator.
Eaton Community Palliative Care Residence, 2675 South Cochran Charlotte.
For more information call (517) 543-5310

Gorsline Runciman Funeral Homes

Offers a monthly support group for all bereaved, a suicide support group, a educational series for all bereaved and Supportive Soles which is a walking breakfast group for individuals dealing with grief. Contact the funeral for a calendar of the groups dates and times. Call (517) 482-1692, ext. 242

Palmer Bush and Jensen Family Funeral Homes

Offers an all ages grief support group the 3rd Tuesday of every month from 7 p.m. to 8 p.m. Barbara Koulp, a grief counselor, facilitates the meetings and can also make appointments at one of the funeral homes to meet individually with someone. Contact the funeral home directly to schedule an individual appointment. St. David's Episcopal Church, 1519 Elmwood Rd, Lansing.
Call Palmer Bush and Jensen for more information (517) 484-5349

Sparrow Hospice Bereavements Program

Provides support to individuals who are experiencing grief and loss related to the death of a loved one. The services are available to the families of hospice patients as well as the community for free.

Open Monthly Support Group

Ongoing Grief Support for any loss, no registration required.

Sparrow St. Lawrence Campus/West Entrance

1st Tuesday of each month from 10 a.m. to 11:00 a.m.

First Floor Chapel

4th Wednesday of each month from 4:30 p.m. to 5:30 p.m.

Second Floor Hospice Conference Room

Six- week Grief Education Series

Education classes on grief-related topics, including what to expect while grieving, coping skills and self-care. | For dates, times and registration call (517) 364-7223

Cancer

Sparrow Cancer Support Groups

- *Social Worker*
The Herbert-Herman Cancer Center has an Oncology Social Worker that can assist with the psychological, social and practical issues that affect patients, families and caregivers facing a cancer diagnosis. Ask your physicians or nurses to connect you with the oncology social worker.
- *Breast Cancer Support Group*
A support group for those have breast cancer, or anyone who has known someone with breast cancer. Meets the 2nd Monday of each month from 7 p.m. to 9 p.m.
Herbert-Cancer Center, 1st Floor conference rooms A & B.
Call (517) 364-9421 for more information.
- *Prostate Cancer Support Group*
Support group for men diagnosed with prostate cancer, their family and friends. Meets the 1st Thursday of the month from 7 p.m. to 9 p.m.
Herbert-Cancer Center, 1st Floor Conference Room B.
Call (517) 364-9421 for more information.
- *Healthy Steps*
A supportive therapeutic exercise group for women with breast cancer and/or breast cancer survivors.
Sparrow Professional Building
Every Monday from 5:30 p.m. to 6:30 p.m.
St. Johns Rehab and Wellness Center
Every Tuesday from 9:15 a.m. and 10:15 a.m.
Call (517) 364-9426 for more information.

Charlotte CanHope Support Group: Meets third Monday of the month at 6:30pm.

Support for cancer patients, survivors, family and friends, and caregivers. Gatherings involve informal conversations and sometimes feature presentations from medical professionals. Occasional opportunities to take on projects to help those dealing with cancer or to support cancer-related events.

ALVE, 800 W. Lawrence Ave

JEM Turning Point Program For Breast Cancer Survivors

ALIVE partners with the YMCA of Lansing to provide fitness sessions for breast cancer survivors. Sessions include health and fitness assessments, nutrition education and more – all focused on participants' specific needs. *Registration required; call (517) 541-5812.*

Cost: FREE

Fitness: Mon. 8 a.m. – 8:45 a.m.

Thurs. 5:30 p.m. – 6:30 p.m.

Yoga: Wed. 8 a.m. – 8:45 a.m.

ALIVE, 800 W. Lawrence Ave, Charlotte

Women's Center of Greater Lansing

Hosts a free, confidential, support group for women and men who are living with cancer or are in remission. Individuals can bring a caregiver or support person. The group will meet Tuesdays, starting Oct 21, 2018, from 1:30 to 3:00 p.m. Women's Center of Greater Lansing, 1710 E. Michigan Lansing, Small conference room. Pre-registration is required but drop ins are welcome you've been to the group one time. Call to register (517) 372-9163.

Caregiver

Caregiver Support Group

Holt Methodist Church

2321 Aurelius Rd

Holt, MI 48842

Support group for those who are largely responsible, directly or indirectly for the care of a parent or older adult. Meets the last Tuesday of each month from 7:00 p.m. to 8:30 p.m. For more information contact Sue Nicholson at (517) 420-3666.

Kinship Care (Clinton County): (517) 887-1469. Provides rest and relief for non-parent older adults (55+) who are raising a child 18 years old or younger.

Diabetes

Eaton Rapids Diabetes Management Support Group

Meets the second Thursday of the month 1-2 p.m. in the Eaton Rapids Medical Center Conference Room. The group is free and meets under the direction of Leslie Neubecker-Czubko, Registered Dietician-Nutritionist, 517-663-9453.

Eaton Rapids Medical Center, 1500 S. Main Street, Eaton Rapids, MI

Charlotte Diabetes Support Group: Meets fourth Thursday of the month at 6:30pm

Assistance for all individuals with diabetes and their families. Healthcare professionals and speakers present topics ranging from new medications and treatments to healthy eating.

ALIVE, 800 W. Lawrence Ave, Charlotte, MI

Domestic Violence

Women's Center of Greater Lansing

1710-1712 E. Michigan Ave
Lansing, MI 48912

A support group for individuals who have experienced domestic violence that meets on Saturdays from 12:00 p.m. to 1:30 p.m. Call the Women's center for more information at (517) 372-9163.

Safe Center (Clinton County) Services include; shelter, outreach and help for domestic violence and sexual assault survivors. (989) 723-9716

SIREN/Eaton Shelter, Inc. in Charlotte, MI. Providing emergency shelter & support services to domestic violence survivors & homeless families in Eaton County. <https://sireneatonshelter.org/>

Employment

Women's Center of Greater Lansing

1710-1712 E. Michigan Ave
Lansing, MI 48912

Job seeker support group for women who are looking for work or want to change jobs or careers. It is facilitated by an HR professional and will focus in on specific needs of the group members as it relates to employment using a combination of emotional support and practical tools.

Michigan Works!

We partner with career seekers to enhance education and career opportunities, and have relationships with the top employers in mid-Michigan. <https://www.camw.org> (Lansing Area); www.michiganworks.org

Mental Health

Healing Hearts: Meets second Thursday of the month at 6:30pm

Support group for families with children who have mental health disorders. An opportunity to spend an evening with other parents that understand.

ALIVE, 800 W. Lawrence Ave, Charlotte, MI

National Alliance on Mental Illness (NAMI)

NAMI Connection

A support group for persons with any diagnosis or symptoms of mental illness, whether or not the person has received a formal diagnosis. This 90-minute free support group is held every week on Thursdays from 7:00 p.m. to 8:30 p.m. |

Sparrow St. Lawrence Campus, 1210 W. Saginaw, Lansing. Sparrow Behavioral Health-First Floor-Follow Sign. Call (517) 484-3404 for more information. No registration required.

NAMI Family Support Group

A support group for family members and friends of those affected by mental illness. This 90-minute free support group is held the 2nd and 4th Tuesdays of each month from 7 p.m. to 8:30 p.m.

Sparrow St. Lawrence Campus, 1210 W. Saginaw, Lansing. Sparrow Behavioral Health-First Floor-Follow Sign. Call (517) 484-3404 for more information. No registration is required.

Obsessive Compulsive Support Group

Delta Presbyterian Church

6100 W. Michigan

Lansing, MI 48917

Meets the 3rd Monday of the month from 7:00 p.m. to 8:30 p.m. Contact Jonathan at 517- 944-0477

PTSD

PTSD support for Veterans is available through the Ingham County Dept. of Veteran affairs. Individual and group counseling is available by appointment. Contact 517-887-4331.

Ingham County Dept. of Veteran Affairs

Human Services Building, Entrance 2

5303 S. Cedar St.

Lansing, MI 48911

Multiple Sclerosis

National Multiple Sclerosis Society

Sparrow Professional Building, 2nd Floor, Room G

Lansing, MI

Offers a self-help support group for individuals with Multiple Sclerosis and caregivers. Meets the 3rd Saturday of Each month from 11:00 a.m. to 12:30 p.m. For more information call (517) 393-9747.

Narcotics Recovery and Family Support

Families Against Narcotics Eaton County

1st 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/>

Parenting Support

Gift of Heart: Meets first Thursday of the month at 6pm

Offering support for parents of foster children or adopted children. *Childcare provided.*

ALIVE, 800 W. Lawrence Ave, Charlotte, MI

Healing Hearts: Meets second Thursday of the month at 6:30pm

Support group for families with children who have mental health disorders. An opportunity to spend an evening with other parents that understand.

ALIVE, 800 W. Lawrence Ave, Charlotte, MI

Caring & Sharing Family Life Services, Inc. of Clinton County: (989) 224-1010 Grands Plus

(Grandparents/Kinship Care), Parenting Classes (Love & Logic, Nurturing Parents) PATH Classes, Infant Massage, ACT (Against Violence Classes) and Maternal Infant Health Programs.

Eaton RESA

A number of parenting programs are available through Eaton RESA for parents of youth ages 0 to 17. Contact Jamie Park for current offerings: 517-541-8749.

Cristo Rey

Offers a variety of parenting programs for parents of youth 0 to 16.

<https://www.cristoreycommunity.org/services/counseling/>

Parkinson's

Parkinson's Lansing Area Support Group

201 Hillside Court

East Lansing, MI 48823

Parkinson's support group meets the 3rd Tuesday of the month from 6:00 p.m. to 8:00 p.m. Contact Jim Galloway for more information (517) 930-4287.

Physical Activity Groups

Special Olympics Walking Club: Meets weekly, Wednesday evenings at 6:30pm

Special Olympics athletes and families are invited to join this weekly walk. A great way to encourage healthy activity, and see friends outside of regular Special Olympics sports practices. Both indoor and outdoor walking available (weather dependent). Indoor walking path is handicap accessible. *For more information or to register, call (517) 983-1163.*

Wed. 6:30 p.m. – 7:30 p.m.

ALIVE, 800 W. Lawrence Ave, Charlotte, MI

TOPS: Take Off Pounds Sensibly: Meets weekly, Wednesday evenings at 6pm (will begin meeting at 5:30pm as of January 2, 2019)

This weight-loss support and wellness education organization started in 1948. Learn sensible nutrition, receive ongoing support and experience gradual change. Visit www.tops.org for information on pricing and promotions or call (517) 388-0581.

Wed. 6 p.m. – 7:45 p.m.

ALIVE, 800 W. Lawrence Ave, Charlotte, MI

Polio

Polio Survivors Support Group

Edgewood United Church

469 Hagadorn Rd

East Lansing, MI 48823

Provides support for individuals and families affected by Polio. Meetings are held April through November on the 2nd Wednesday of each month from 1:30 p.m. to 3:00 p.m. For more information contact (517) 336-5921.

Sexual Assault

Women's Center of Greater Lansing

1710-1712 E. Michigan Ave

Lansing, MI 48912

Breaking The Silence: Healing from Sexual Violence Through Art Therapy is an art therapy group focused on healing from sexual violence. Contact the Women's Center for more information at (517) 372-9163

EVE- Survivors of Sexual Support Group

8-week closed group for adult women who have experienced sexual violence. Topics may include: learning about trauma, identifying coping skills, and building trust and self-esteem. Contact Rachel to sign up (517) 372-3382 ext.221.

Stroke

Sparrow & Burcham Hills Stroke Support Group

Burcham Hills Center for Health and Rehab
2700 Burcham Dr. 2nd Floor Dining Room
East Lansing, MI 48823

Free support group for those who have been impacted by a stroke that meets the 1st Wednesday of each month from 2:00 p.m. to 4:00 p.m.. Contact Daneille Rhodes for more information at (517) 364-2521 or email Daneille.Rhodes@sparrow.org.



ECSAAG

Eaton County
Substance Awareness
Advisory Group

