

ALZHEIMER'S AND DEMENTIA-RELATED SUPPORT GROUPS:

- Alzheimer's Association Support Groups meet on multiple dates and times. For details contact Teresa Stitcher-Fritz, 402-420-2540, or teresa.stitcher-fritz@alz.org.
- Alzheimer's Support Group, 7 p.m. first Monday of each month, Alzheimer's Association Chapter Office, 1500 S. 70th St. 402-420-2540.
- Alzheimer's Support Group, 4 p.m. second Tuesday of each month, Lancaster Manor, 1001 South St., Room 1344. Fran, 402-770-7907 or fran.oleary@homerealestate.com; Barb, 402-483-5509 or basibley@huskeraccess.com.
- Young Onset Dementia (age 65 and younger) and their caregivers, 10:30 a.m. second Wednesday of each month, Alzheimer's Association Chapter Office, 1500 S. 70th St., Suite 201. 402-420-2540.
- Traditional Onset Dementia (ages 65 and over) and their caregivers, 10:30 a.m. fourth Wednesday of each month, Alzheimer's Association Chapter Office, 1500 S. 70th St. 402-420-2540.
- Men's Alzheimer's Support Group, 2 p.m. second Thursday of each month, Alzheimer's Association Chapter Office, 1500 S. 70th St. Harold, 402-464-4927 or Ted, 402-484-7113.
- Alzheimer's Support Group, 1:30 p.m. third Wednesday of each month, Trinity United Methodist Church, 7130 Kentwell Lane. Ted, 402-484-7113.
- Alzheimer's Support Group, 7 p.m. third Thursday of each month, Northview House, 2355 Superior St. Cindy, 402-761-8973 or northview@theindependence.com.
- Alzheimer's Support Group, 7 p.m. fourth Monday of each month, The Arbors, 3777 N. 58th St. Michele, 402-466-3777 or Michele@legacyretirement.com.
- Women's Breakfast Group Alzheimer's support group, 9 a.m. last Tuesday of each month, Pantry Restaurant, 48th and Van Dorn streets. Norma, 402-483-1965.
- Alzheimer's Support Group, 4 p.m. last Thursday of each month, Independence House, 4610 Mandarin. Brandy, 402-488-2755 or mandarin@theindependencehouse.com.
- Alzheimer's Support Group, 1:30 p.m., third Friday of each month, 1900 S. 105th St. Information, Peg, 402-488-7942.

OTHER SUPPORT GROUPS:

- Alcoholics Anonymous, 402-438-5214, www.lincaa.org or 877-226-3632; 24 hours both numbers.
- Alopecia Areata Support Group for people with unusual, patchy hair loss. Ross, 402-420-2422 or Abby, 402-679-3665.
- ALS Association of America - The Keith Worthington Chapter (Lou Gehrig's disease), 866-762-6361.
- American Arthritis Foundation/Nebraska Chapter. 402-330-6130 or 800-642-4292.
- American Cancer Society, 5733 N. 34th St., Suite 500. 402-423-4880.
- American Diabetes Association/Lincoln, 402-481-3055 or 800-342-2383.
- Autism Society of Nebraska. Jean, 402-431-0166.
- Beyond Limb Loss Amputee Support Group. Kenny, 402-466-0268 or 402-540-0748.
- Brain Injury Caregivers Support Group, 7 pm. first Thursday of each month, Piedmont Park Seventh-day Adventist Church, 48th and A streets. Teresa, 402-325-9232.
- Brain Injury Support Group, 7 p.m. second Tuesday of each month, First United Methodist Church, 2723 N. 50th St. Nita, 402-890-4521.
- Breast Cancer Support Groups, St. Elizabeth Community Health Center. 402-486-7567.
- Bright Ideas Traumatic Brain Injury Support Group, 6:30 p.m. second Friday of each month, Barkley Memorial Center, University of Nebraska-Lincoln East Campus, east of 40th and Holdrege streets. Gina, 402-472-5462.
- Cancer Support Group, meets second and fourth Tuesdays of each month, 7-8 p.m., in the Education Center, Classroom 2, at BryanLGH West, 2300 S. 16th St. Pam, 402-421-8688.

- Cancer Support Group, 6-7:30 p.m. Thursdays, Nebraska Union, Room 338, 14th and R streets. Yasmin, 402-472-7450.
 - Caregivers Support Group, first Wednesday of each month, 7-8 p.m., Saint Elizabeth Regional Medical Center. Kristi, 402-219-7936; or Carly, 402-219-7947.
 - Charlie Brown's Kids support group for children ages 3-18 who have experienced the death of a parent. Parents' group meets concurrently, 6-8 p.m., first and third Thursdays of each month, 6955 Old Cheney Road. 402-483-1845.
 - Chronic Pain, Lincoln Chapter, American Chronic Pain Association, 7-8:30 p.m. first and third Tuesdays of each month, First Step Recovery & Wellness Center, 2231 Winthrop Road. Terrance, 402-423-9405.
 - Depression/Bipolar Support Alliance, 7 p.m. first Tuesday of each month. 402-481-5320.
 - Epilepsy Support Group, 7-9 p.m. second Tuesday of each month, BryanLGH East-Medical Plaza, 1500 S. 48th St., Classroom 3. Michele, 402-490-9027 or michele170@hotmail.com.
 - Gynecological Support Group, meets first Thursday of each month, 6:30-8 p.m., at Charles Gere Library, 2400 S. 56th St., 402-430-2527.
 - Leukemia & Lymphoma Society Support Group, second Monday of each month, 7-8 p.m., BryanLGH West, 2300 S. 16th St. 402-438-2242.
 - Leukemia & Lymphoma Society Telephone Support Group, 10-11 a.m. Mondays. Tonya, 402-344-2242 or 888-847-4974.
 - Look Good...Feel Better, information and guidance to help people in cancer treatment enhance their appearance and self-esteem, presented monthly by the American Cancer Society, 402-423-4893.
 - Manic Depressive and Depressive Association. 402-483-8886. • Nebraska Commission for the Deaf and Hard of Hearing, 4600 Valley Road, Suite 420. 402-471-3593 or 800-454-6244.
 - Multiple Sclerosis Society Association Support Group/Lincoln, 10 a.m. first Saturday of each month, BryanLGH East, Classroom 2, 1500 S. 48th St. Alan, 402-489-2787.
 - National Alliance for the Mentally Ill (NAMI), 7 p.m. second Thursday of each month. Kent, 402-474-0470.
 - National Down Syndrome Society/Lincoln. Deb, 402-466-7641.
 - National Multiple Sclerosis Society Support Group, 7 p.m. second Tuesday of each month, First Lutheran Church, 1551 S. 70th St. Karen, 402-486-1885 or Leatha, 402-826-4113.
 - Nebraska Association for Tourette Syndrome, 402-467-9077. • Parkinson's Support Group, 2 p.m. fourth Monday of each month, Madonna Rehabilitation Hospital, 5401 South St. Delene, 402-486-4810 or David, 402-217-3833.
 - Ostomy Support Group, meets first Sunday of each month, 1-2 p.m. at BryanLGH East, 1600 S. 48th St. Information, assistance, inspiration and sharing.
 - Polio Survivors Support Group, Vera, 402-467-5650.
 - Prostate Cancer Support Group, meets second Thursday of each month, 7:30-8:30 p.m., at BryanLGH West, 2300 S. 16th St. 402-481-5400.
 - Reach to Recovery, volunteer visits for women who have undergone breast cancer surgery; support and information; offered through the American Cancer Society, 402-423-4893.
 - Schizophrenics Anonymous Support Group, 7-9 p.m. Fridays, First-Plymouth Congregational Church, 2000 D St.
 - The Arc of Lincoln/Lancaster County, 1101 Arapahoe, Suite 5. 402-421-8866.
 - Thyroid Cancer Support Group, meets first Saturday of each month, 10-11:30 a.m., in Plaza Classroom 3 at BryanLGH East, 1600 S. 16th st. 402-466-6564.
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