

[www.feeling-blue.com](http://www.feeling-blue.com) -

## **RESOURCES – Lancaster County Support Groups:**

### **Al-Anon/Alateen Support Groups, Lancaster**

Meetings held at many locations throughout the county

877-298-5027

[www.pa-al-anon.org](http://www.pa-al-anon.org)

### **Alcoholics Anonymous of Lancaster County**

Call for meeting locations and times

717-394-3238

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

### **Anxiety and Panic with Obsessive Compulsive Disorder Support Group**

Hosting: Mental Health America of Lancaster County

1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Monday, 7 PM

630 Janet Avenue, Lancaster, PA 17601

717-397-7461

### **Bipolar Education Support Group**

Hosting: Mental Health America of Lancaster County

1<sup>st</sup> and 3<sup>rd</sup> Monday, 7 to 8:30 PM

630 Janet Avenue, Lancaster, PA 17601

717-397-7461

### **Bipolar Support Group**

Hosting: Mental Health America of Lancaster County -

2<sup>nd</sup> and 4<sup>th</sup> Monday of the month, 7:00 PM

630 Janet Avenue, Lancaster, PA 17601

717-397-7461

### **Coping with the Loss of a Child (of any age)**

Hosting: Hospice & Community Care

4<sup>th</sup> Tuesday, 6:30–8 PM

Pathways Center, 4075 Old Harrisburg Pike, Mount Joy, Pa. 17552

(717) 391-2413 or (800) 924-7610

### **Coping with the Loss of a Companion/Spouse**

Hosting: Hospice & Community Care

4<sup>th</sup> Tuesday, 2:30–3:30 PM

Pathways Center, 4075 Old Harrisburg Pike, Mount Joy, Pa. 17552

and

3<sup>rd</sup> Tuesday, 6:30–8:00 PM

Hospice & Community Care, 685 Good Drive, Lancaster

(717) 391-2413 or (800) 924-7610

**Coping with the Loss of a Parent or Sibling**

Hosting: Hospice & Community Care

1<sup>st</sup> Tuesday, 6:30–8:00 PM

Pathways Center, 4075 Old Harrisburg Pike, Mount Joy, Pa. 17552

(717) 391-2413 or (800) 924-7610

**Gamblers Anonymous Support Group**

Every Wednesday, 7:30pm to 9:30 PM

Ephrata Church of the Brethren, 201 Crescent Avenue, Ephrata, PA 17522

717-269-1867

**Men's Depression Support Group**

Hosting: Mental Health America of Lancaster County

1<sup>st</sup> and 3<sup>rd</sup> and 5<sup>th</sup> Tuesday, 7:00 PM

630 Janet Avenue, Lancaster, PA 17601

717-397-7461

**Mother-to-Mother Group**

Hosting: Mental Health America of Lancaster County

2<sup>nd</sup> and 4<sup>th</sup> Monday, 12 PM

630 Janet Avenue Lancaster, PA 17601

717-397-7461

**NAMI Support Group**

Hosting: National Alliance on Mental Illness, Pennsylvania - Lancaster County Affiliate

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 7 PM (July and August, 1<sup>st</sup> Tuesday only)

790 New Holland Ave., Rm 119, Lancaster, PA 17601

717-293-9250

**Nar-Anon Family Group**

Meeting every Tuesday, 7:45 PM to 8:45 PM

First United Methodist Church, North Duke & East Walnut Streets, Lancaster, PA 17602

717-285-2909 - Kris / 717-569-6212 - Dan

**Narcotics Anonymous**

Meetings held at various times and locations throughout Lancaster County

717-393-4546

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

**Paths to Discovery at No Longer Alone Ministries**

1<sup>st</sup> Thursday, 11 AM to 12:30 PM

630 Janet Avenue Lancaster, PA 17601

717-390-4891

**Women's Depression Support Group**

Hosting: Mental Health America of Lancaster Count

1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesday, 7 PM

630 Janet Avenue Lancaster, PA 17601

717-397-7461