Central Ohio Support Groups

What Are Support Groups?

- Support groups are a place for people to give and receive both emotional and practical support as well as to exchange information.
- People with long term health conditions, as well as their friends and families find support groups to be a valuable resource — a place where people can share medical information, get confirmation that their feelings are "normal," educate others, or just let off steam.
- Support groups are made up of people with common interests and experiences. People who have been through, or are going through, a similar circumstance can do more than sympathize with you — they can relate to what you are going through and keep you from feeling like you are alone.
- However, many people are unaware of the additional benefits of joining a support group — support groups can be a great place to find practical tips and resources.
- There are many types of groups available: general, disease condition related, and even online groups. Listed below are some of the many support groups for older adults and their caregivers in the Central Ohio region.

Note: Support Groups may change dates, meetings times or locations. Please check before hand with the organization to verify any information on this list.
This information is provided by the: The National Family Caregiver Support Program. This is a nationally funded program operated in Central Ohio by the Central Ohio Area Agency on Aging (COAAA). It offers caregiver workshops and funds services designed to assist caregivers on a short term basis. The services include: information and assistance, counseling, respite, and other supplemental services.

For more information call 1-800-589-7277 or visit the COAAA website (www.coaaa.org) Or in your county, call one of these agencies:

- **Delaware**-Council for Older Adults 740-363-6677
- **Fairfield**-Meals on Wheels Older Adult Alternatives of Fairfield Co. 740-681-5050
- **Fayette**-Community Action Commission of Fayette Co. 740-335-7282
- **Franklin**-Franklin Co. Office on Aging 614-525-6200
- **Licking**-Licking Co. Aging Program 740-345-0821 or 1-800-452-0097
- **Madison**-Madison Co. Senior Center 740-852-3001
- **Pickaway**-Pickaway County Senior Center 740-474-8831
- **Union**-Union County Senior Services 937-644-9629

**Located In Franklin County**

**ALS(Amyotrophic Lateral Sclerosis) Support Groups**

Contact: ALS Society- 866-273-2572 www.alsohio.org
- 1st Monday of every month, 7-8 pm
  ALS Association, Western Ohio Chapter
  1810 Mackenzie Dr., Columbus
  **For Both Patients & Caregivers**
- 1st non-holiday Monday of the month, 6:30 pm- 8:30pm
  The Forum at Knightsbridge,
  4625 Knightsbridge Blvd., Columbus
  **For Both Patients & Caregivers**

**Alzheimer’s & Related Disorders Association Support Groups**

Extensive types of groups in Central Ohio. Go to: www.alz.org (type in your zip code) or call 800-272-3900 for the most up-to-date list.

**Amputee Support Group**

Association website is www.americanamputee.org or call (1-888-267-5669)
A company active in providing amputee information in Central Ohio is American Orthopedics at www.ameriontho.com or 614-291-6454.

Updated 8-2012
Arthritis Support Groups

Go to www.arthritis.org or call (614)876-8200 for times and locations.

Arthritis & Fibromyalgia
1st Wednesday of each month, 6:30
Faith Lutheran Church, Adult Lounge
Contact Judy Pressler (614) 476-2115

For Both Patients & Caregivers

Arthritis Peer Network
1st Thursday of each month, 6:30-8:00
Contact: Arthritis Foundation (614) 876-8200

For Both Patients and Caregivers

Chronic Pain & Fibromyalgia
2nd & 4th Wednesday of the month; 6:00pm
Faith Lutheran Church, Adult Lounge,
Contact: Cindy Darby (614) 570-1764

For Both Patients and Caregivers

Northeast Arthritis Support Group

Brain Injury/ Spinal Cord Injury Support Groups

Go to www.biaoh.org(Brain Injury Assn. or Ohio) or call (614)481-7100 or 800-444-6443 for times & locations.

Grandview Support Group
4th Wed. of the month, 6:30-8:00 pm
Grandview Public Library,
Contact: Brain Injury Association of Ohio For Both Patients and Caregivers

Ohio Brain Aneurysm Awareness
2nd Thursday of the month, 6-7:30 pm
OSU Medical Center Eye & Ear Institute, Contact Sue Bell (614) 293-3143

For Both Patients and Caregivers

Spinal Cord Injury Support Group
1st Thursday of the month, 4-5:30 pm
Dodd Hall- Purple Room 1st floor,
Contact: Juanita Ash (614) 366-4270 For Patients

Spouses of Persons with Traumatic Brain Injury

Cancer Support Groups

Websites & Phone Numbers---check to receive updated times & locations

- Cancer Support for Community Central Ohio
  www.wellnesscolumbus.org or (614)791-9510
- www.jamesline.com or call 800-293-5066
- www.mountcarmelhealth.com or call 614-234-LIFE (5433)
- www.cancer.org or call 800-227-2345
- www.ohiohealth.com or call -800- 837-7555
- www.zangcenter.com or call 866-926-4336
- www.lls.org or call 800-955-4572(Leukemia & Lymphoma Society)
Caregiver Support Groups  
(General-Non Disease Specific)

- Central Ohio Area Agency on Aging:
  o “Caregivers Toolbox” Education Programs available. Call Lynn Dobb at 614-645-3885 or go to the website www.coaaa.org to arrange to have a program presented to your group.
  o **Starting in 2013** - Monthly Caregiver Support Groups at the Central Ohio Area Agency on Aging, 174 E. Long St., Columbus, OH, 3rd Wednesday of each month, two groups 12-1pm and 5:30-7pm. Call Lynn Dobb or go to the Website for more information.

- Sharing While Caring
  3rd Tuesday of each month, 6:30-7:30 pm
  Westminster-Thurber in New Life Enrichment Center
  Contact Jennifer Heston (614)228-8888 ext 366

Diabetes Support Groups

- Go to [www.diabetesohio.org](http://www.diabetesohio.org) or call (614) 844-4400 for meeting times and locations
- Go to [www.americanidiabetesassociation.org](http://www.americanidiabetesassociation.org) or call 436-1917 for meeting times & locations
- **Diabetes Support Group - McConnell / Columbus**
  Contact: (614) 566-5356 for more information.
  For Both Patients and Caregivers
- **Diabetes Support Group-Mt Carmel**
  Contact: (614) 546- 4582 for details
  For Both Patients and Caregivers

Epilepsy Support Groups

Several types of groups in Central Ohio. Go to [www.epilepsy-ohio.org](http://www.epilepsy-ohio.org) or call (614)358-0874 for the most up-to-date list.
**Grief Support Groups**

- **Mount Carmel East, Mount Carmel Hospice and Evergreen Center**
  Contact: (614)234-0265 or [www.mtcarmelhealth.com](http://www.mtcarmelhealth.com) for details on each location and to register.

- **LGBT A Grief Support Group** Contact Stonewall Columbus at 614-930-2277 for more information.

- **Ohio Health and Kobacker House**
  A wide variety of support groups call (614-414-0500) or [www.ohiohealth.com/griefsupportclasses](http://www.ohiohealth.com/griefsupportclasses) for dates and times.

- **Odyssey Health Care Grief Support Groups**
  Contact: (614) 414-0500 for offerings.

- **Widows-Widowers Support Group**
  Maple Grove United Methodist Church 7 W. Henderson Rd, Columbus
  Call for dates and times: (614) 566-4509.

**Heart & Cardiovascular Diseases Support Groups**

- Go to [www.mountcarmelhealth.com](http://www.mountcarmelhealth.com) or 614-234-LIFE (5433)
- Go to [www.medicalcenter.osu.edu/patientcare](http://www.medicalcenter.osu.edu/patientcare) or 800-293-5123
- **Heart to Heart Support Group**
  Ross Heart Hospital, 452 W. 10th Ave.
  Contact: (614) 293-6081 or (800) 657-7136 for details
  For both Patients and Caregivers

**Huntington’s Disease Support Group**

- **Huntington’s Disease Support Group**
  2nd Thursday of each month
  Atonement Lutheran Church, 1621 Francisco, Rd,
  Contact: (614) 460-8880 or 866-877-4372 or [www.hdsacentralohio.org](http://www.hdsacentralohio.org)
  For both Patients and Caregivers

Updated 8-2012
**Mental Health Support Groups**

- **Mental Health Association of Franklin County** sponsors a variety of groups. Go to [www.mhafc.org](http://www.mhafc.org) or call (614)-221-1441 for times and locations.
- **National Alliance on Mental Illness-Ohio Office** sponsors a variety of groups. Go to [www.namiohio.org](http://www.namiohio.org) or call (614)224-2700 or 800-686-2426 for times and locations of groups.

**Multiple Sclerosis Support Groups**

- Go to [www.msohiobuckeye.org](http://www.msohiobuckeye.org) or call 800-344-4867 for times & locations of other groups
- **Columbus Family and Friends MS Support Group**
  1st Thursday of each month at 7:00 p.m.
  Riverside Hospital, 500 Thomas Lane, Room E.
  Contact Sandy at (614) 443-5926
  **For Caregivers**
- **Columbus Eastside Group**
  2nd Tuesday 12 Noon at MCL Cafeteria at 5240 East Main St, Whitehall, 43213.
  Contact Rachel at 614-860-1968
  **For both Patients and Caregivers**
- **Grove City Group**
  Contact: Debbie at (614) 871-4800 for details.
  **For Both Patients and Caregivers**
- **Worthington Group**
  Meets on the 2nd Tuesday of each month at 7:00 p.m.
  Please call for meeting location, which is subject to change.
  Contact Kathy at (614) 846-2861 or Bobbi at (614) 775-9885.
  **For both Patients and Caregivers**

**Parkinson Disease Support Groups**

Extensive types of groups in Central Ohio. Go to [www.centralohioparkinson.org](http://www.centralohioparkinson.org) or call (614)-890-1901 or 866-920-6673 for the most up-to-date list.
**Stroke Support Groups**

- Go to [www.mountcarmelhealth.com](http://www.mountcarmelhealth.com) or call 614-234-LIFE (5433)
- Go to [www.medicalcenter.osu.edu/patientcare](http://www.medicalcenter.osu.edu/patientcare) or call 800-293-5123
- OSU Stroke Support Group - Worthington
  
  Every Friday, 12:00n to 1:00pm
  Worthington Senior Center, 777 High Street, Worthington
  Contact: Dr. Wanda McEntyre (614) -293-3830
  For both Patients and Caregivers

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**Support Groups Outside Franklin County**

*Franklin County groups are often open to those in other counties*

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**Delaware County**

**General Caregiver**--Council for Older Adults

Contact (740) 363-6677 or (800) 994-2255 or

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

**Diabetes Peer Support Group** - Grady Delaware

Sunbury United Methodist Church,

Contact: (740) 965-3813 for times.

For Both Patients and Caregivers

**Multiple Sclerosis**--Delaware Mighty Souls

Meets 1st Thursday of the month from 6:00 - 8:00 p.m.

Willow Brook At Delaware Run

Contact Thom at (732) 740-4652 or Ron at (740) 815-3837 for details.

For both Patients and Caregivers

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**Fairfield County**

**Brain Injury/ Spinal Cord Injury**--Lancaster

2nd Wednesday of the month, 6:30-8:00 pm

Sunbridge Care Center

Contact: Brain Injury Association of Ohio (614) 481-7100 or (866)-644-6242

For Both Patients and Caregivers

**Multiple Sclerosis Fairfield County**

Day and times are subject to change, please call to confirm. Call Ed at (740) 653-5501 or Vickie at (740) 687-0089.

For Both Patients and Caregivers

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**Licking County**

- **Brain Injury/ Spinal Cord Injury** Pataskala “Headbangers”
  Contact: Effie Parker: (740)927-1836 or Matthew Parker: (740) 927- 7138 for details
  **For both Patients and Caregivers**
- **Traumatic Brain Injury Support Group**-Licking Co.
  3rd Thurs of the month, 6:00 pm
  Licking Memorial Hospital, Room G41, Newark
  Contact Dave Sinclair (740) 344-6110 or Steven Connor (740) 522-6410
  **For both Patients and Caregivers**

**Union County**

**Diabetes Support Groups** Life with Diabetes
2nd Weds of the month, 11am-12n
Memorial Hospital of Union Co.
Contact 937-578-2580 or 937-578-2280
**For Patients**

**Mental Health Support Groups-Several Available-For topics, dates, times, locations please contact**
Wings Enrichment Center, 729 S. Walnut Street, Marysville
Contact: (937) 642-9555 for details

**Mental Health Support Groups—Depression Support Group**
Every Tuesday, 6:00- 8:00 pm
Consolidated Care, 715 S. Plum St, Marysville, OH
Contact: Brenda Milas (937) 644- 9192
**For Patients**

**Mental Health Support Groups—National Alliance on Mental Illness (NAM) Family Support Group**
3rd Tuesday of the month, 7:00- 9:00 pm
Contact: Noreen Runyan (937) 243-2242 for location
**For Both Patients and Caregivers**

**Parkinson’s Disease- Support Group**
2nd Tuesday of every month, 1:00 - 3:00 pm
First United Methodist Church, Marysville
Contact: Betty Crowder (937) 747-3703
**For Both Patients and Caregivers**