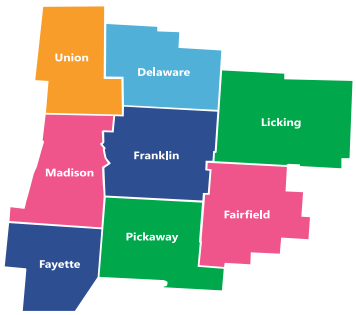
Central Ohio Area Agency on Aging

Support Group Guide

Updated July 2026





Counties served: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway and Union.

Call us at 800-589-7277 or visit our website www.coaaa.org.

This information is provided by:
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.

Request a copy or download our other guides from our website: www.coaaa.org/guides

- Central Ohio Older Adults Resource Guide
- The Caregiver Toolbox: Guide to Independent Living
- Central Ohio Long-Term Care and Hospice Guide
- Central Ohio Pet Care Guide
- Central Ohio In-Home Care and Hiring Guide
- Central Ohio Utility Guide
- Central Ohio Transportation Guide
- Central Ohio Support Group Guide
- Central Ohio Transitions and Moving Guide
- Central Ohio Kinship Care Guide

The COAAA also provides monthly Caregiver Support Groups & Information Sessions. For more information call 800-589-7277 or visit www.coaaa.org. Call your local county agency below:

SourcePoint
800 Cheshire Dr.
Delaware, OH 43015,
740-363-6677
www.mysourcepoint.org

The Senior Hub of Fairfield County
1515 Cedar Hill Rd.
Lancaster, OH 43130
740 681-5050
www.theseniorhubfc.org

Fayette County Commission on Aging
1179 S. Elm Street
Washington CH, OH 43160
740-335-2159
www.fayette-co-oh.com

For Caregiver Services:

Community Action Commission of Fayette County
1400 Co. Hwy. 22
Washington CH, OH 43160
740-335-7282
www.cacfayettecounty.org.

Franklin County Office on Aging
280 E. Broad St., 3rd Floor,
Columbus, OH 43215
614-525-6200
www.officeonaging.org

Licking County Aging Program
1058 E. Main Street
Newark, OH 43055
740-345-0821
www.lcap.org

Madison County Senior Center
280 W. High Street
London, OH 43140
740-852-3001
www.mcsenior.org

Pickaway County Senior Center
2105 Chickasaw Dr., PO Box 565
Circleville, OH 43113
740-474-8831
www.pickawayseniors.org

Central Ohio Support Group Guide

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This resource guide is brought to you by the Central Ohio Area Agency on Aging. Any unauthorized use and/or duplication of this material without the prior express and written permission from the Central Ohio Area Agency on Aging is strictly prohibited.

This guide is not a substitute for professional advice and care. If you have specific needs, please see a professional provider. Links to web sites are provided for convenience and do not constitute or imply endorsement. Every reasonable effort is taken to ensure accurate information; however, we cannot guarantee completeness or timeliness. COAAA assumes no responsibility for outcomes resulting from the use of information contained in this guide.

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. Some groups are traditionally face to face but there are also a growing number of online options. Be sure to check with the organizations listed to see if they host any online groups if you areinterested.

- 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.

NOTE: Support Groups may change dates, meeting times, or locations.
Please check beforehand with the organization to verify any information on this list.

Listings of Support Groups in Central Ohio

Addictions Support

Many Central Ohio treatment programs and hospitals sponsor support and education for individuals suffering from addictions and their families. A website with many excellent materials is www.recoveryohio.gov.

Other Resources include:

- Alcoholics Anonymous, 614-253-8501, www.aa.org
- Al-Anon/AlaTeen, 614-547-1550, www.al-anon.org
- Narcotics Anonymous, 614-252-1700, www.naohio.org

Information on problem gambling:

- Ohio for Resonsible Gambling: ohio.gov/responsible-gambling
- Central Ohio Al-Anon Family Groups: https://coafg.org/
- The Problem Gambling Helpline of Ohio: www.gamblinghelpohio.org
- Gambler's Anonymous: www.gamblersanonymous.org

ALS (Amyotrophic Lateral Sclerosis) Support

- ALS Society, 614-273-2573, web.alsa.org.

Offers support groups for both persons with the disorder and families. Have both online and face to face options.

Alzheimer's & Dementia Related Disorders Support

- Extensive types of groups for persons with the disorder or caregivers 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.

- COAAA hosts a Virtual Dementia Support Group every Monday from 10am-12:00pm. For information or to receive an invitation, contact our Caregiver Support line at 614-645-7250.

- Grove City EL Evans Senior Center hosts a monthly support group for care partners of those with dementia. It is the 3rd Tuesday of each month from7-9pm. Contact facilitator ptaliafer@gmail.com for more information.

- Support for African American Caregivers can be found at www.africanamericanalz.org.

Amputee Support

- The Amputee Coalition: www.amputee-coalition.org

Several different types of groups meet in Central Ohio.

Arthritis Support

- The Arthritis Foundation Helpline, 800-283-7800, www.arthritis.org.

They also offer online information and support.

Brain Injury/ Spinal Cord Injury Support

- Central Ohio hosts a variety of different types of support groups. Go to the Brain Injury Association of Ohio's website: www.biaoh.org for times and locations or call the helpline: 614-481-7100/ 800-444-6443.

- Ohio Health's Dempsey Family Education and Resource Center offers several support groups. Call 614-788-6115 or go to visit the Dempsey Center wepage for event descriptions and times: www.ohiohealth.com/locations/neuroscience/the-dempsey-center

Cancer Support

Check to receive updated times and locations. Check with your cancer provider to see if they have suggestions to meet your need.

- **Cancer Support Community Central Ohio**: www.cancersupportohio.org or 614-884-4673
- **The Ohio State University Comprehensive Cancer Center (JamesCare for Life):** Visit cancer.osu.edu or call 800-293-5066
- **Mount Carmel Health**: www.mountcarmelhealth.com or 614-234-LIFE (5433)
- **American Cancer Society:** www.cancer.org or 800-227-2345
- **Ohio Health:** www.ohiohealth.com or-614-566-4321 or 800-752-9119
- **Zangmeister Cancer Center**: www.zangcenter.com or call 614-383-6000
- **Blood Cancer United:** bloodcancerunited.org or call 800-955-4572
- **Veterans Cancer Support Group** – Meets at Chalmers P. Wiley VA Outpatient Clinic, Columbus, contact 614-257-5200 x2120 for more information.

General Caregiver Support (Non-Disease Specific)

- **Central Ohio Area Agency on Aging**
  Caregivers Toolbox Education Programs available. Call 614-645-7705 or go to www.coaaa.org to arrange to have a program presented to your group.
- **Syntero Caregiver Consultation Program**: 614-889-5722 ext. 133, or www.syntero.org.

Developmental Disabilities Support for Individuals and Families

- **County Boards of Developmental Disabilities** — the websites vary by county but many of them list different types of support groups available in a county. To access county websites, go to www.oacbdd.org. Go into the members' area and click on the map for links or call 614-431-0616.
- **Nationwide Children's Hospital:** www.nationwidechildrens.org; call 614-722-6300 or 614-722-2252.
- **Nisonger Center at OSU** has the Aspirations Ohio group described at www.nisonger.osu.edu or 800-983-9955/614-685-3192.
- **Downs Syndrome Association of Central Ohio (DSACO)** has a variety of support opportunities and services for families at www.dsaco.net or call 614-263-6020.
- **The Autism Society of Central Ohio** has support & activities for individuals & families at www.autismcentralohio.org and 614-284-6323.

Diabetes Support

- **LifeCare Alliance**: www.diabetesohio.org or call 614-278-3130 for education meeting times and locations.
- Also many of the hospitals in Central Ohio have Diabetes Education and Support Available. Call or checktheir websites for more information.

Domestic Violence Support

- **Ohio Domestic Violence Network** offers county specific information on services and shelters. Visit www.odvn.org or call 800-934-9840.
- In Central Ohio, there are peer led support groups available through www.lssnetworkofhope.org or call 614-228-5200.

Epilepsy Support

- Several types of groups in Central Ohio. Go to: www.epilepsy-ohio.org or call 614-725-1015 for the most up-to-date list.

Grief and Loss Support

- **Children's Advocacy Project:** has many different types of grief support groups. Visit www.cap4kids.org for a comprehensive list.

- **Compassionate Friends of Central Ohio** has several types of support groupsavailable for those who have lost children. Call 380-223-1256 or go to www.compassionatefriends.org for more information.

- **GriefShare**: An online resource with types of online groups listed: www.griefshare.org.

- **Stonewall Columbus LGBTQA Loss Support Group:** Call 614-299-7764 or visit www.stonewallcolumbus.org.

- **Mount Carmel Health Systems**: Contact: 614-234-0100 or www.mountcarmelhealth.com for details on each location and to register.

- **Ohio Health & Kobacker House**: A wide variety of support groups call 614-533-6060 or www.ohiohealth.com for dates and times.

- **Syntero Counseling Center:** Offers widowhood support and other support groups at www.syntero.org or call 614-889-5722 ext. 133

- Most Central Ohio Hospice providers have grief support groups available. For a list of those providers, go to www.coaaa.org/guides and consult the resource manual called "Central Ohio Long Term Care and Hospice Guide."

Heart and Cardiovascular Disease Support

A variety of education and support groups are available at the hospitals:

- **Mount Carmel Health**: Visit www.mountcarmelhealth.com or call 614-234-5433.

- **Ohio State University Medical Center**: Visit www.medicalcenter.osu.edu/patientcare for a list or call 800-293-5123

- **Ohio Health:** Visit www.ohiohealth.com for a list or call 614-566-5356.

Huntington's Disease Support

Support group for both patients and caregivers:

- **Huntington's Disease Society of America (Central Ohio Chapter):** Contact 614-872-2961 or 800-345-4372 or www.hdsa.org\ceoh

Kinship Care/ Grandparents Raising Grandchildren Support and Information

- **Ohio Grandparent/ Kinship Coalition:** Information on support groups and services around Ohio can be found at www.ohiograndparentkinship.org or call 614-670-7366.
- **Clintonville-Beechwold Resources Center**: Kinship Support is available. Call 614-268-3539 or visit www.clintonvillecrc.org.
- **Ohio KAN Network (Ohio Kinship and Adoption Navigation through the Ohio Department of Children and Youth):** Visit ohiokan.ohio.gov or call 1-844-644-6526
- Central Ohio Area Agency on Aging: COAAA has a Central Ohio Kinship Care Guide available to download at www.coaaa.org/guides.

Lupus Support

- **The Lupus Foundation Greater Ohio Chapter:** There are a variety of types of groups in Central Ohio. For an updated list, dates, and times, go to www.lupus.org or call 440-717-0183.

Lung Disorders Support

- **The Breathing Association:** Offers Better Breathing Clubs, Support, and information. Call 614-457-4570 or go to www.breathingassociation.org for more information, times, and locations.

LGBTQ+ Support

- There are a wide variety of support groups available and listed on the **Stonewall Columbus** website: www.stonewallcolumbus.org or call 614-299-7764 for more information.

• **Syntero Counseling Services:** offers a variety of support groups, visit www.syntero.org.

Mental Health Support Groups

- **Mental Health America of Ohio** sponsors a variety of groups. Go to www.mhaohio.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 or call 614-224-2700 or 800-686-2426 for times andlocations of groups. Also has groups on addictions support and education andtrauma support.

Multiple Sclerosis Support

- **National Multiple Sclerosis Society:** Go to www.nationalmssociety.org or call 800-344-4867 for times and locations of other groups.

Parkinson Disease Support

- Extensive types of support, education and exercise groups in Central Ohio. Go to www.parkinson.org or call the phone number for the Great Lakes Chapter at 440-568-0093 or 866-920-6673 for the most up-to-date lists.

- **Ohio Health:** Visit www.ohiohealth.com offers support and exercise/yoga options.

- **The Ohio State University Medical Center Parkinson's Disease Center** offers support and other options: wexnermedical.osu.edu/ or call 614-293-4969.

- Also many other organizations in Central Ohio such as the YMCAs offer exercise programs called Delay the Disease which have evidence to prove they slow the progression. This can be for care partners as well.

Stroke Support

- **The National Stroke Association:** Central Ohio hosts several different groups. For more information visit www.stroke.org.

- **Mount Carmel Health:** Go to www.mountcarmelhealth.com or call 614-234-5433.

- **Ohio Health:** Go to www.ohiohealth and look up programs at the Dempsey Family Center or call 614-788-6115.

- **Aneurysm Support Group** at the OSU James Cancer Center on the 2nd Thursday of each month. Call 614-293-0689 for more information and a calendar of monthly topics.

Trauma Survivors Support

- **Family Center for Safety & Healing:** Visit www.familysafetyandhealing.org or call 614-722-8200. Multiple groups for survivors of trauma (ages 3 and up) and their family members.

Veterans Support

- There are many different types of support groups for active military personnel, veterans and their families. To get connected to some of these options, go to www.va.gov and search for your interest area. The regional veteran's health centers and outpatient.

VA | U.S. Department of Veterans Affairs

- **Ohio Cares for Veterans** at www.ohiocares.gov or call 800-761-0868.

- Caregiver Services and Support at the **Veterans Administration** go to www.caregiver.va.gov or call the hotline at 855-260-3274. The local contact number for caregiver support is 614-388-7141.

- **Columbus Vets Center** which provides support and counseling for veterans & families suffering from PTSD and other trauma related disorders.
  Go to www.va.gov/columbus-oh-vet-center/ or call 614-257-5550 or 866-360-4471

- Each county in Ohio has a county veterans service office and they are listed as follows:
  - **Delaware County:** 149 N. Sandusky Street, Delaware, OH 43025, 740-833-2010
  - **Fairfield County:** 3944 Columbus-Lancaster Rd., Lancaster, OH 43130, 740-652-7920
  - **Fayette County:** 133 E. Main Street, Washington CH, OH 43160, 740-335-1610
  - **Franklin County:** 280 E. Broad St. , Columbus, Ohio 43215, 614) 525-2500
  - **Licking County:** 935 Buckeye Avenue, Newark, OH 43055, 740-670-5430
  - **Madison County:** 1 N. Main St., London, OH 43140, 740-852-0676
  - **Pickaway County:** 141 W. Main Street, Circleville, OH 43113, 740-474-3650
  - **Union County**: 238 W. 6th Street, Marysville, OH 43040, 937-642-7956

Notes:

Notes:

TRUALTA

COAAA
CENTRAL OHIO
AREA AGENCY
ON AGING

Free online training and support is available to caregivers like you

- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

coaaa.trualta.com

Sign up today!



"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

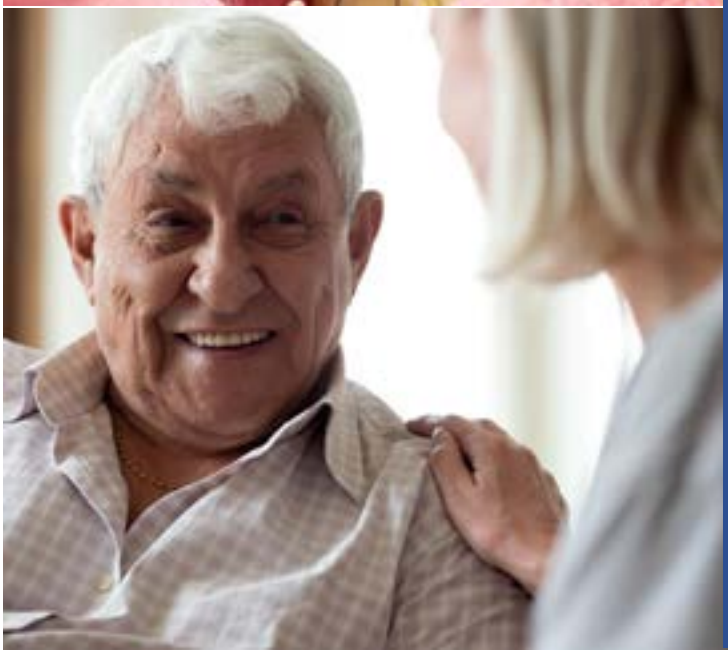
Laura W, caring for her mother

Contact Us to Learn More

Central Ohio Area Agency on Aging
email: caregiver@coaaa.org
phone: 614-645-7250







Do you need help at home?

Are you caring for a loved one?

Call COAAA today!

Central Ohio Area Agency on Aging (COAAA) helps older adults and individuals with disabilities live safely and independently in their homes for as long as possible. We have the knowledge and experience to connect you to the resources and services you need.

COAAA
CENTRAL OHIO
AREA AGENCY
ON AGING

Your Connection to Care

800-589-7277

coaaa.org