

Grand Rapids-Area Support Groups

| Type of Group | Organization | Description | Fees | Location/Contact |
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| Alcoholics Anonymous | Kent County Central Office of Alcoholics Anonymous | Fellowship of men and women who share their experiences, strength and hope in order to help each other recover from alcoholism. | none - donations accepted | 24 Hour Hotline (616) 913-9149 Office Phone (616) 913-9216 4920 Plainfield NE, Suite 19 Grand Rapids MI 49525 www.grandrapidsaa.org – offers information on AA and time/location for meetings |
| Cancer Information | American Cancer Society | Provides a variety of information to individuals with cancer, their caregivers, and families. Offers several programs. | none | West Michigan Area Service Center 129 Jefferson Ave SE Grand Rapids, MI 49503 616-364-6121 1-800-ACS-2345 www.cancer.org |
| Women’s Empowerment Group | Heartside Ministry | The women work through topics such as listening, respect, etc. as they relate to their own their interpersonal interactions and sense of self. They discuss how these issues effect their past & present and how they hope to have grown in the future (i.e. capitalizing on their successes and learning from difficulties). | none | 54 S. Division Grand Rapids, MI 49503 Telephone: 616-235-7211 Meeting: Thursday 1pm; women only Facilitator Ashley/Carla |
| Domestic Violence Support | YWCA | Master level clinicians specially trained in the areas of domestic violence, child sexual abuse, and sexual assault. | Some free, some sliding scale, some accept private insurances. | 24-hour Domestic Violence Crisis Hotline: (616) 451-2744 For short-term crisis counseling and support groups: YWCA Counseling Center: (616) 459-4652 |

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| Emotions Anonymous | Emotions Anonymous | Based on a 12-step AA program, helps those who have emotional problems and wish to participate in a mutual support group. | None | Meetings: Northeast Community Church of the Nazarene. Tuesday - 7pm 869 Fuller Ave. N.E. New Community Church. Friday – 8pm 2340 Dean Lake Rd. N.E. 651-647-9712 http://www.emotionsanonymous.org/ |
| Families and Friends of Alcoholics | Al-Anon | Fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. | None | http://www.al-anon.alateen.org/ http://www.afgmichigan.addr.com/ Michigan AFG, Inc. PO Box 6854 Grand Rapids, MI 49516 |
| Gamblers Anonymous | Gamblers Anonymous | Twelve-step support group for individuals who have a problem with compulsive gambling. | None | Open Meetings in GR Monday 7pm St. Mark's Lutheran Church 1934 52nd Street SE Friday 7pm St. Andrews 1025 3 Mile Road N.E. GR Hotline Number: (616) 776-0666 http://www.gamblersanonymous.org/ |
| Pet Loss Support Group | Michigan State University Pet Loss Support | The hotline is staffed by veterinary student volunteers from 6:30pm to 9:30 on Tuesdays, Wednesdays, and Thursdays | None | Hotline - (517) 432-2696 Support Group- Meets the 2 nd and 4 th Thursdays of each month in the MSU Small Animal Clinic – SE corner of Bogue St/Wilson Rd. 517-432-5967, lawren45@cvm.msu.edu . |

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| Pregnancy/Childbirth Support | Bethany Christian Services | Stepping Stones offers Christian based support, encouragement, and information to couples facing infertility or pregnancy loss. Stepping Stones is a ministry of Bethany Christian Services. | none - donations accepted | 1-800-BETHANY (238-4269) http://www.bethany.org/ |
| Separation Support Group | Good News Community | Good News Community is a largely volunteer community of persons who, having experienced the trauma and hurt of broken relationships, are committed to helping others. | None | Good News Community 300 68 th St SE, PO Box 165 Grand Rapids, MI 49501 616-831-2603 gnci@iserv.net |
| Sex Addicts Anonymous | Sex Addicts Anonymous | 12 step group based on A.A. Open to anyone who has a desire to stop compulsive sexual behavior. | None | For a list of meetings in GR – http://www.sexaa.org/Meetings/UnitedStates/ |
| Sexual Assault/Incest Support Group | YWCA of Grand Rapids | Groups that provide support and information to women who have been sexually assaulted as adults or molested as children. | None | YWCA 25 Sheldon Boulevard SE Grand Rapids, MI 49503 616-459-4652 Call for current meeting times |
| Smoking Addiction Support Group | Nicotine Anonymous | Supportive fellowship of women and men helping each other to quit and refrain from smoking or using nicotine in any form. | None | Spectrum Health Garden Room Kent Community Campus 750 Fuller NE 11:00am on Saturdays |
| Spouse Loss Networking Group | Gilda's Club | Offers a networking group for those who have recently lost a spouse to cancer. | None | 1806 Bridge St. NW (616) 453-8300 6-7:30 Wednesday http://www.calendar.gildasclubgr.org/ |

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| Substance Abuse Support Group | Greater Grand Rapids Narcotics Anonymous | 12-step group for recovering addicts who live without the use of drugs. The only requirement for membership is the desire to stop using drugs. | None | Meeting times and locations listed at: http://www.michigan-na.org/grand_rapids/ (800) 230-4085 |
| Support Group for Family/Friends of Suicides | West Michigan Survivors of Suicide | Provides support and information for relatives and friends of people who have committed suicide. | None | Meets the 2nd Thursday of every month, 7:30pm at Park Congregational Church, 10 E. Park Place NE, Ransom street entrance (616)971-1000 Ethel Bucek email: ebbucek@aol.com |
| SIDS & Other Infant Death Counseling | Kent County Health Department | This program provides bereavement counseling, education, and support to families of a child who has died. Home visits offer education, bereavement counseling, and advocacy for family members. No longer have support group. Children are considered to be 18 and under. | None | Chris Buczek (616) 632-7039 |
| Weight Loss Support Group | Take Off Pounds Sensibly Club | TOPS a support group for anyone wanting to control weight sensibly. Members follow individual medically approved diets. Provides incentives and recognition for losers. | \$26.00 annually plus various fees at weekly meetings, less for ages 7-17, 1st visit is free. | Area Captain – Jan Hauser (616)826-3362 e-mail: JanSHauser@comcast.net Coordinator - Penny Redner (616)453-7773, e-mail: pennyredner@comcast.net |