



Support Groups General

Adcare Hospital
107 Lincoln Street Worcester, MA 01605
(508) 799-9000 www.adcare.com/

ADHD Children and Teens 60 Hospital Road in the Guild Conf. Room
978-537-7848
CHADD (Children with ADD) Leominster, MA 01453
meets every 3rd Wednesday

Heywood Hospital
AIDS 978-630-6490
GRASP - Gardner Regional AIDS Support Program
242 Green Street , Gardner, MA 01440

ALANON Family Groups
57 East Main St. Westborough MA, 01581
508-366-0556 24 hour service
508-366-4663 (voice mail)
www.ma-al-anon-alateen.org/

Alcoholics Anonymous
978-840-8416 24 HOUR ANSWERING SERVICE
www.aa.org/

Alcohol & Drug
LUK, Inc.
545 Westminster Street
Fitchburg, MA 01420 978-345-0685
www.luk.org

Alliance for the Mentally Ill
Milton-Whitinsville Regional Hospital
14 Prospect Street
Milford, MA 01757
508-473-1190 x 2206
www.MilfordRegional.org

ALZHEIMERS DISEASE

Alzheimer's Awareness Group
Highlands Adult Day Health center
September-June 1st Thursday
HealthAlliance Burbank Campus
275 Nichols Road
Fitchburg, MA 01420 978-343-5368

Alzheimer Community and Family Support Group
2nd Wednesday 4:00-5:00pm
Wachusett Manor
32 Hospital Hill Road
Gardner, MA 01440
978-632-5477-contact Brenda Mildish

www.geneshcc.com/WachusettManor

Bariatric Surgery Patient Support Group

Heywood Hospital's Community Education Conference Room
242 Green Street, Gardner, Ma 01440

The meeting will be held monthly on the third Tuesday of the month from 6:30 - 8:30 pm. For more information please contact Lynne Shaw, RN, BSN, MBA at Phone/Fax: 978-724-0040 or

Email: quabbinHCC@gmail.com.

Battered Women

Battered Women's Resource Center
14 Monument Sq # 400
Leominster, MA 01453
Hotline 877-785-2020
Leominster: 978-537-8601

Bereavement Support Group

3rd Tues. of the month
2:00p.m- 3:30pm. 978-249-3511
Athol Memorial Hospital
2033 Main Street
Athol, MA 01331
www.atholhospital.org

Bereavement Group
Gardner VNA HealthCare, Inc.
2nd Monday of the month from 6:30pm – 8 pm or
4th Monday of the month from 2:00pm – 3:30 pm
34 Pearly Lane
Gardner, MA 01440 978-632-1230
www.gardnervna.org/

Better Breather's Group

Meets on the first Monday of every month (except for January, February, July, August & September) from 2:30pm - 3:30pm in the Heywood Hospital Dining Room Conference Room. The Better Breathers Club is designed to provide a source of ongoing education and support for individuals with breathing problems and lung disease, along with their families and friends. The topics of the meetings are suggested by the group members and are presented by a variety of guest speakers. The meetings are held in a relaxed atmosphere and conversation between group members on experiences or coping techniques is encouraged. The program is co-sponsored by the American Lung Association. For more information regarding the Better Breathers Club, contact Pauline in Cardiopulmonary Services at (978) 630-6222.

Bipolar Support Group
Every Monday
Hiatt Auditorium 1st fl, rm.608
University Campus
55 Lake Avneue, North
Worcester, MA 508-835-3316

Birth/Loss Support Group
(Meets 1st Thursday of every month) 7pm-8:30pm
Heywood Hospital - OBS Conference Room
242 Green Street
Gardner, MA 01440
www.heywood.org 978-630-6383

Burbank Hospital
(General Info. of Support Group Programs Provided)
Nichols Road
Fitchburg, MA 01420 978-343-5000

Breast Feeding Support Group

Meetings are held the first Wednesday of every month from 10:00am-11:00am in the Lactation Room on the Maternity Unit. Heywood Hospital
LaChance Maternity Center's Lactation Room , 242 Green Street Gardner, MA 01440 **For more information please call the LaChance Maternity Center at 978-630-6216.**

Cancer Support Group

The group meets on the fourth Wednesday of every month from 7:00pm - 8:00pm in the Oncology Department Waiting Room at Heywood Hospital.The Cancer Support Group is designed to provide support for patients and their families through participation in group discussion with people with similar life experiences. The group is sponsored by Heywood Hospital. **For more information regarding the Cancer Support Group, contact the Oncology Department at (978) 669-5642.**

Caregivers Support Group
Last Wednesday of the month 12:30pm
Fitchburg Adult Day Health Center
481 Electric Avenue
Fitchburg, MA 01420
978-342-9428

www.gardnervna.org/Adult-Day-Health-Services.html

Caregivers Support Group
2nd Wednesday of the month from 3:00pm – 4:00pm
(This support group is specific to Alzheimer's or related disorders)
North Quabbin Adult Day Health Center
1471 Main St. Rear (behind Dr. Funa's Office)
Athol, MA 01331
978-248-9470

www.gardnervna.org/Adult-Day-Health-Services.html

Caring Friends
Parish hall of Our Lady of The Lake Church Meets at 7:00 Once a Month
1400 Main Street
Leominster 01453 978-342-2978

Compassionate Friends
1st Wed. of the month 7:30p.m
United Way Church, 2nd floor
Main St. Jaffrey, NH 603-352-4209

New Beginnings Support Group (Every other Wednesday 1:00-2:30pm)
Gardner VNA Bethany Evangelical Lutheran Church
62 Cheney St., orange MA

NAMI Family Support Group (National Alliance on Mental Illness of North Central Massachusetts), First and Third Thursday, 7-8:30 p.m., Messiah Lutheran Church, 750 Rindge Road, Fitchburg. Contact: Diane, 978-302-170, or Guy, 508-736-3887; www.NAMINorthCentralMA.org.

NAMI Family Support Group (National Alliance on Mental Illness of North Central Massachusetts), Second and Fourth Friday, 6:30-8:30 p.m., Heywood Hospital, 2nd floor, Conference Rooms A & B. Contact: Edie, 978-3452214; www.NAMINorthCentralMA.org.

NAMI Connection Recovery Support Group (National Alliance on Mental Illness of North Central Massachusetts), Thursday, 7:00-8:30 p.m., Messiah Lutheran Church, 750 Rindge Road, Fitchburg. Contact: Caryl, 508-574-0603; www.NAMINorthCentralMA.org.

NAMI Connection Recovery Support Group (National Alliance on Mental Illness of North Central Massachusetts), Tuesday, 7:00-8:30 p.m., Heywood Hospital, Dining Room, Conference Room B, 242 Green St., Gardner. Contact: Cortney, 508-331-2921; www.NAMINorthCentralMA.org.

CANCER

ACS Cancer Support Group
4th Wed. of the month
7:00-8:00pm
Heywood Hospital
Medical Arts Building
242 Green Street
Gardner, MA 01440 978-630-6457

ACS Breast Cancer Support Group
Second week of the month
Alternating Wed. 7:00pm or Sat. 9:00am

250 Smith Street
Gardner, MA 01440 978-632-5491

Cancer Support Group 978-249-3511
1st Wed. of every month 4:00p.m
Athol Hospital
2033 Main Street
Athol, MA 01331

Wachusets Early Intervention
(Children up to age three with a special needs or delays
31 Lake St.Gardner, MA 01440
978-632-4432

DIABETIC

Diabetic Support Group
Mon. 6:30p.m. Wed. 2-3p.m
Heywood Hospital
242 Green Street
Gardner, MA 01440
Heywood hospital dining room
978-630-6289
www.heywood.org

LIMB LOSS SUPPORT GROUP - CENTRAL MASS
Rose Bissonnette 3685-2580

OTHER SUPPORT GROUPS

CELIAC SUPPORT GROUP
Heywood Hospital
Dining room B
6 pm - 7 pm
978-630-6289
Contact: Denise Foresman

Depression After Delivery Support group for sufferers of postpartum depression.
Symptoms of postpartum depression include anxiety, fearfulness, obsessive
thoughts and panic attacks. Symptoms can occur any time within the first year
after childbirth

*****call 1-800-944-4773

Head Injury Survivors
St. Anthony Church
84 Salem Street
Fitchburg, MA 01420

Montachusett Area Mothers of Multiples
September thru May
Tina Raspuzzi

For Caregivers
Held the second Thursday, evenings from 7:00-8:30 p.m.
Auditorium at St. Francis Adult Day Health Center
101 Plantation Street, Worcester
Contact Lisa Karass (508)752-2546
www.saintfrancisrehab.com/adultdayhealth.php

Mother's Talk Group
First Wednesday of each month 11:30-1:00pm (508)473-1190, ext. 5076
Milford-Whitinsville Regional,
Maternity Education Room 14 Prospect Street, Milford, MA

Neuralgia (Trigeminal) Support Group Formerly known as Tic Douloureux
For information contact Mary Anderson 978-537-7936

New Beginning Support Group Meets the 2nd Wednesday of each month from 1pm –
2:30pm.
North Quabbin Adult Day Health Center
1471 Main Street Rear
Athol, MA 01331
www.gardnervna.org/Adult-Day-Health-Services.html

Nicotine Anonymous of New England 1-800-622-6828

North Worcester County Association for Retarded Citizens
558 Main Street 978-342-2670
Fitchburg, MA 01420
www.specialneedsma.com/The%20Arc.htm

Overeaters Anonymous Central Mass Intergroup 508-754-7712
www.centmassint.org/

Parents Helping Parents

108 Water Street

Watertown, MA 02472

617-926-5008 ex: 105

1-800-882-1250 Stress Hotline & 1-800-632-8188 24 Hours Helpline

Fax: 978-372-0226 Parentshelpingparents.org

Parkinson's Disease Contact: Jane 978-342-2846

Huntington's Disease

Meets: 2nd thursday of the month Meets: 3rd Monday of the month

630pm-8pm 7pm-830pm

Springfield, MA

Umass Medical School

413-582-3908 or 1-888-872-8102 ext 16

Smokers Quit Line/A division of the American Cancer Society 1-800-879-8678

www.cancer.org/

Teen Pregnancy Program

Second and third Wednesday of each month 3:00-5:00 p.m

Maternity Education Room at Milford/Whitinsville Regional Hospital

14 Prospect Street, Milford, MA

Pre-registration required

Contact Childbirth Education Dep. (508)473-1190, ext. 5076 www.milfordregional.org/

Montachusett Mother of Twins

Meets 3rd Wednesday of the month

Christ Church

Fitchburg, MA Contact : Kathy Hautula 978-939-2785 or

Sue Piaseczny 978-939-8507

Sickle Cell 1542 Tremont St, Roxbury Crossing, MA 617-427-4100

Twins Association

Retarded Child Parent Support Program 508-839-4394

Veterans Services Fund

support and other services for veterans 800-521-0198 NatVetSvc@nvsf.org

Widow and Widowers Support Group
Gardner VNA
95 Mechanics Street
Gardner, MA 01440 978-632-1230 or 508-839-4394

A Widowhood Support Group 978-537-7411 or 1-800-734-7312
Every Thursday 2-4pm
MHCC Conference Room
680 Mechanic Street
Leominster, MA 01453

SEX ABUSE

Rape Crisis Hotline Support Groups for Men and Women. Ages 12 and up 1-800-870-5905

Substance Family Support Program 242 Green St. Gardner, Ma 978-630-6221 www.heywood.org/

Transgender Support Group 242 Green St. Gardner, Ma 978-630-6166 www.heywood.org/