



## Free Support Groups

**Bipolar Support Group (Discussion Group)**  
**(Peer-led group for adults and families)**  
2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Mondays | 7 p.m. - 8:30 p.m.  
630 Janet Ave., Blair Room, Lancaster, PA 17601

**Bipolar Educational Group**  
**(Peer-led group for adults and families.)**  
1<sup>st</sup> & 3<sup>rd</sup> Mondays | 7 p.m. - 8:30 p.m.  
630 Janet Ave., Blair Room, Lancaster, PA 17601

**Bipolar Support Group**  
**(Group for adults and families led by MHALC)**  
2<sup>nd</sup> Thursdays at NOON (Lunch Provided)  
Hempfield United Methodist Church  
3050 Marietta Ave., Lancaster, PA 17601

**D.A.W.N. Group**  
**Depression Awareness and Women's Needs**  
**(Peer-led group for women)**  
1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Tuesdays 7 p.m. - 8:30 p.m.  
630 Janet Ave., Room B-103, Lancaster, PA 17601

**D.A.M.N. Group**  
**Depression Awareness and Men's Needs**  
**(Peer-led group for men)**  
On hiatus until further notice. For questions or concerns,  
please call 717-397-7461.

**Anxiety, Panic & OCD Support Group**  
**(Peer-led group for adults and families)**  
1<sup>st</sup> and 3<sup>rd</sup> Thursdays 7 p.m. - 8:30 p.m.  
630 Janet Ave., Room B-103 or Blair Room  
(Please check the message board for confirmation of the  
room for each evening.)

**Finding Our Way Group**  
**(Depression Support Group)**  
2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Mondays | 6 p.m. - 7 p.m.  
630 Janet Ave., Room D-155, Lancaster, PA 17601

**Moms Supporting Moms Group**  
**(This group welcomes all moms struggling with emotional  
wellness, postpartum depression and/or postpartum  
anxiety.) Moms, babies, and young children are welcome.**  
2<sup>nd</sup> Wednesdays, 6:00 PM – 7:00 PM.  
Hamilton Park United Church of Christ (UCC)  
1210 Maple Avenue, Lancaster, PA 17603  
Contact: 717-9791, [akatchur@mhalancaaster.org](mailto:akatchur@mhalancaaster.org)

**Meeting rooms are listed under each group.  
Groups locations may be changing to 245 Butler  
Avenue, Suite 204, Lancaster, PA 17601 in the fall of  
2019. Please check out website for changes.**

### **Additional Support Groups by Community Organizations**

#### **Sibling Support Group**

Children ages 8 - 12 who have a sibling with a mental illness  
or disability.

2<sup>nd</sup> Mondays | 6:30 p.m.

Meets September through May

116 W Airport Road, Suite A, Lititz, PA 17543

Group Contact and Sponsor:

Arc of Lancaster Lebanon at 717-394-5251

Registration required.

#### **Landis Communities Family Support Group**

4<sup>th</sup> Sundays (except December) | 3 p.m. - 5 p.m.

Rossmere Mennonite Church

741 Janet Ave., Lancaster PA

Educational program runs from 3 p.m. – 4 p.m.

Share and Care Groups meet from 4:10 p.m. – 5 p.m.

#### **Combat Veterans Group**

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays | 7 p.m. - 8:30 p.m.

Amvets Post 19, 715 Fairview Ave., Lancaster, PA 17603

Contact: Ryan McGinnis 717-286-6573 or

Charles McKiddy 717-327-0067

#### **Survivors of Suicide Support Group**

1<sup>st</sup> & 3<sup>rd</sup> Thursdays | 7:30 p.m. – 8:45 p.m.

St. Peter's Lutheran Church

10 Delp Rd., Lancaster, PA 17601

Contact: Kevin Eberle at 717-394-3541 or

[eclipse5694@aol.com](mailto:eclipse5694@aol.com)

### **For More Information Contact:**

245 Butler Avenue, Suite 204

Lancaster PA 17601-4585

717-397-7461 (tele) 717-517-8466 (fax)

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

# What to Expect... at Your First Support Group

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It is a big step to attend your first support group, but it doesn't need to be UNCOMFORTABLE. Here's what you can expect:

- MHALC's groups are peer-facilitated, which means the group leader has been in your shoes. He or she will truly understand what you're going through, and can provide insights and advice based on firsthand experience.
- All groups are free and held on a drop-in basis. You don't have to sign-up in advance, and if you attend one time and it doesn't feel like the right fit, you don't have to come back. However, we do recommend that you give the group a few chances, as the dynamic can change every meeting and you might find your place after a few tries.
- All meeting groups are confidential – this helps us build an environment where individuals can be honest and open.
- You do not have to share your story at your first meeting; you can choose to come and just listen to others share, as you may feel more comfortable hearing how others have dealt with situations that are familiar to you. Or, you should feel welcome to share if you're ready to do so and could use a caring ear to listen to your own story.

Peer-facilitated support groups are a great place to start your recovery journey. We hope you'll find that by hearing others' stories, you'll feel less alone in your experiences. Reach out today – we're here to support you.

If you have any questions regarding support groups, feel free to call MHALC at (717) 397-7461.

*Student observers of Support Groups are asked to call the MHALC office to register for observations. Not all support groups are open to observers. You must be registered to attend as an observer; without a registration, you will be asked to leave the support group and return on a different evening. Thank you for your understanding.*