



SUPPORT GROUPS

SEPARATED/DIVORCED/WIDOWED

Clifton Park: **St. Edward's the Confessor Church**-*A Healing Place*-2nd Saturday of mo., 7PM-contact Laurie O'Brien 518-371- 3831

SEPARATED/DIVORCED ONLY

Clifton Park: **Clifton Park Center Baptist Church**-meets on Wednesdays from 6:30PM- 8PM (9/21/11-12/14/11) at 713 Clifton Park Center Rd., call 518-371-6023 for more information or visit [DivorceCare](#)

Gloversville: **DivorceCare**- held at Gateway Pentecostal Church, 180 Kingsboro Ave., group is based on need, call for more information, 518-654-2944

Loudonville: **Loudonville Community Church**-meets on Tuesdays from 6:30PM-8PM (9/13/11-12/06/11) at 372 Loudon Rd., call 518-426-0751 for more information or visit [DivorceCare](#)

Rensselaer: **DivorceCare**- meets for 13 weeks, Mondays at 6:30 PM, in affiliation with the Grace Fellowship Church, facilitated by Janet Burke, call 518-378-4593

So. Glens Falls: **DivorceCare**-held at Pine Knolls Alliance Church, The Potter's House, 614 Ganesvoort Rd., meets on Wednesdays at 6:30 PM, contact Mike or Sue for more information 518-251-2099

WIDOW/WIDOWER

Delmar: **St. Thomas the Apostle Church**, Rectory-1x mos.-loss of spouse within past 2 yrs.-contact Donna Faddegon 518-729-5233 or Parish Office 518-439-4951

Latham: **Our Lady of the Assumption Church**-1st Thursday of mos., 6:30 PM- Varden Room-loss of spouse within past 2 yrs.-contact Diane Welch 518-783-8917 or Parish Office 518-785-023

Rensselaer: **Community Hospice of Rensselaer County**- held every 1st and 3rd Wednesday from 3-4:30 PM, contact Julia Soto at 518-285-8100 for more info.

BEREAVEMENT



Albany: **St. Vincent de Paul Church**-meets every 4th Wednesday at 7PM, time is adjusted during the Thanksgiving and Christmas holidays, no summer meetings, contact Sr. Eleanor 518-489-5408

Albany: **Compassionate Friends**- 3rd Tuesday of mos., 7:30 PM-for families who have had a child(ren) die, Westminster Presbyterian Church, 85 Chestnut St., contact Jan at 518-439-0346

Albany: **St. Peter's Hospital-CARES**- 1st Thursday/bi-monthly, support group for parents coping with stillbirth, miscarriage or newborn death. Contact Jen DeWolf, 518-525-1381

St. Peter's Hospital-Post-Abortion Bereavement Group-meets for 6 consecutive Tuesdays from 7-8:30PM, free, pre-registration is required, contact Maureen Cavanaugh, RN, MS at 518-525-1872 for more info.

Averill Park: **St. Henry's Church**-once a month, Oct.-June, no age restriction, anyone who is mourning a loss. Contact Sr. Rosemary Cuneo, 518-674-3818

Ballston Spa: **St. Mary's Church**-meets on the 3rd Wednesday of the month at St. Mary's School library at 6PM, contact Josephine Perniciaro at 518-596-6886

Cambridge: **Open Bible Baptist Church- GriefShare**-13 weeks, Tuesdays from 6:45-8:30PM, 3 W. Main St., call Carol for the start of next group 518-677-8845

Catskill: **Compassionate Friends**-2nd Wednesday of the month at 7PM for families who have had a child(ren) die, United Methodist Church, 40 Woodland Ave., contact Judith at 518-622-4023

Chatham: **St. James Church**-1x week /6 weeks-morning, open to all Chatham area residents who have experienced the loss of a loved one, contact Joanne Knauss 518-392-1529

Cobleskill: **Catskill Area Hospice & Palliative Care**- meets 3rd Tuesday of the month from 1-2:30 PM, 795 E. Main St., SCCAP Conference Room- 2nd fl., contact Natasha Singer, LCSW, CASAC at 607-432-5525

Colonie: **St. Clare's Church**-contact Parish Nurse, Connie Stalker RN, 518-456-8794

Delhi: **Catskill Area Hospice & Palliative Care**-meets 2nd Tuesday of the month from 3-4:30 PM, United Ministry Church, Court St., contact Natasha Singer, LCSW, CASAC at 607-432-5525

Latham: **Our Lady of the Assumption Church**-1st Thursday of mos., 6:30 PM, Varden Room -loss of spouse within past 2 yrs.-contact Diane Welch 518-783-8917 or Parish Office 518-785-0234

Latham: **St. Ambrose Church-Grief/Loss Group**-1x month, Tuesday, 7 PM., facilitated by trained Grief Counselor and Registered Nurse, contact Nancy Acemoglu, RN, 518-785-1351, ext 304.

St. Ambrose Church-Support Group for children who have lost a parent, contact Nancy Acemoglu, RN, 518-785-1351, ext 304

St. Ambrose Church-Bereavement Support, Individual support provided by Registered Nurse, contact Nancy Acemoglu, RN, 518-785-1351, ext 304

- Loudonville: **St. Pius X Church- *Understanding Grief and Loss***-8- week Educational Bereavement Support Group, fall & spring, contact Jeanne Pitkin 518-462-1336
- St. Pius X Church- *Grief to Grace***, 2-3 part bereavement group, held Wednesday 7-8:30 PM, contact Jeanne Pitkin for next meeting, 518-462-1336
- Oneonta: ***Compassionate Friends***- 3rd Thursday of mos., 7 PM, for families who have had a child(ren) die, First United Methodist Church, 66 Chestnut St., contact Paula at 607-433-2492
- Catskill Area Hospice & Palliative Care**- meets every 2nd and 4th Tuesday of the month from 5:30-7PM at the Hospice Office, Birchwood Dr., contact Natasha Singer, LCSW, CASAC at 607-432-5525
- Rensselaer: **The Community Hospice of Rensselaer- *Living with Loss***-every other Tuesday from 5:30-7PM, call Julia Soto at 518-285-8100 for more information
- Rotterdam: **Our Lady Queen of Peace Church**- 3rd Wednesday of mos., 1-2PM, Meeting Room Office Complex, 210 Princetown Rd. Open to anyone who has lost a loved one recently or long ago, contact Joan Petramale LCSW-R at 518-374-3278 ext. 402.
- Saratoga: ***Compassionate Friends***-1st Tuesday, 7:30 PM, for families who have had a child(ren) die, Wesley Health Care Center, 131 Lawrence St., contact Ginny & Phil, 518-793-3618
- Angel Names Association*** is a non-profit, charitable organization dedicated to assisting families of stillborn children through programs designed to provide financial assistance for end-of-life expenses, counseling services and funding for stillbirth research. For more information call 518-654-2411 or visit [Angel Names Association](#)
- Schenectady: ***Compassionate Friends***-1st Wednesday, 7 PM, for families who have had a child(ren) die, Woodlawn Reformed Church, 1858 State St., contact Peggy, 518-887-5204
- Schuylerville: **Notre Dame – Visitation Church: *Seasons of Hope*** 6-week Christ-centered support group with an educational component, fall and spring, 6:30 – 8:00 pm., contact the Parish Office 518-695-4651 or Steve Bodner 518-695-3135.
- So. Glens Falls: **Pine Knolls Alliance Church- *GriefShare***, The Potter's House, 614 Ganesvoort Rd., meets Tuesdays from 7-9PM, contact Tom at 518-798-6931
- Waterford: **Temple Baptist Church- *GriefShare***, 142 Lower Newton Rd., meets Mondays from 7-8:30 PM, contact Marie at 518-664-8658

CHRISTIAN SUPPORT GROUP-HURTS/HABITS/HANG-UPS

Celebrate Recovery is a 12 week, Christ-centered program for individuals who are struggling with hurts, habits and hang-ups. It is free and doesn't require registration. Meetings include fellowship, worship, teachings, testimonies and confidential sharing. [Celebrate Recovery](#)

- Clifton Park: **Northway Church Clifton Park**, 1208 Rt 146, Mondays at 7PM, contact Mark Tremblay at 518-899-1200

- Gloversville: **Gloversville Wesleyan Church**, 68 Grand St., Saturdays-Dinner at 6PM, Large group at 7PM, small group at 8PM, child care is provided when told in advance, contact Pastor Ron Sutler at 518-774-7447
- Queensbury: **Church of the King**, 635 Bay Rd., contact Ron and Gloria at 518-798-3541 for more information
- Rotterdam: **Sonrise Bible Church**, 1082 Dunnsville Rd., Fridays at 7PM, contact Ian at 518-542-1129 or bonthron@juno.com
- So. Glens Falls: **Pine Knolls Alliance Church**, 614 Ganesvoort Rd., Sundays at 6PM, contact Rob at 518-793-7101

CANCER SUPPORT

HopeClub is a Non-Profit Organization that offers many support services and educational programs for those who are living with cancer or for the caregivers of someone with cancer. For more information and support group listings, visit [Hope Club](#).

Caring Together is an ovarian cancer support, education, and awareness group located in the Capital District of New York State. They are dedicated to providing support, education, and advocacy for women with ovarian cancer and to supporting research efforts aimed at finding an early detection test and a cure. For more information and support group listings, visit [Caring Together](#).

Look Good, Feel Better teaches beauty techniques to female and male cancer patients to help them combat the appearance related side effects of cancer treatment. Currently offered in *Albany, Glens Falls, Latham, Saratoga, Troy and Valatie*. To find a program in your area, visit [Look Good, Feel Better](#).

Cobleskill: **Schoharie Co. Cancer Support Group**- (for those with cancer) meets the 2nd Tuesday of the month, contact Susan Cimino Cary at 518-254-3271 for more information

Schoharie Co. Cancer Support Group-(for those with cancer and their families) meets the 4th Tuesday of the month from 10AM-12 noon in the Cafeteria Conf. Room at the Cobleskill Regional hospital, contact Susan Cimino Cary at 518-254-3271 for more info.

Delmar: **Caring Together Too**- for newly diagnosed woman/1st year of treatment, meets 3rd Monday of each month, from 6:30-8PM at To Life! Building, 410 Kenwood Ave, 518-439-5975 for more info.

Glens Falls: **Glens Falls Hospital**-Support Groups, activities and classes are offered, for more information, visit [Glens Falls Hospital](#)

Rays of Hope-Ovarian cancer support group, meet in Resource Room/Library in C.R. Wood Cancer Center (Glens Falls Hospital) at 4PM on the 3rd Wednesday of each month, contact Earla at 517-793-1321, Carole at 518-793-0565 or Mary at 518-656-9321



Latham: **St. Ambrose Church**-*Faith, Hope and Share*, education and support, along with networking and events. Contact Nancy Acemoglu, RN, 518-785-1351, ext 304.

Caring Together-family members and friends are welcome, meets 2nd Wednesday of the month from 6:30-8PM at HopeClub, 1Penny Ln., Latham, 518-782-9833 for more info.

CAREGIVERS SUPPORT



Albany: **Telephone Support Group for Family Caregivers of Frail Elders**-Meets weekly for 12 weeks via telephone, Mondays 7-8 PM, Advance registration required, contact Tianna Pettinger, LMSW, 518-694-3511

Caregivers of Older Adults age 60+- meets 2nd Wednesday, 6-7:15 PM at Christ the King Parish 20 Sumpter Ave (Guilderland), contact Mary Moller at 518-449-2001 x120

Kinship Caregivers/Relatives Raising Children- meets every 2nd Wednesday, daytime 11 AM-12:30 PM, 100 Slingerland St., Albany, RSVP in advance, no fee, contact Renee Benson at 518-449-2001

Caregiver Mentor Meeting- meets on the 3rd Tuesday of the month at 100 Slingerland St., Albany from 10-11:30 AM, call 518-449-2001 for more info.

Cobleskill: **Stroke Support Group**- meets every 1st Wednesday at 2-4PM in the Morrissey Conference Room, Lower Level, offered by Cobleskill Regional Hospital, call 518-254-3207 for more information

Alzheimer's Support Group-meets every 1st Wednesday at 7-8:30PM in the Cafeteria Conference Room, Lower Level, offered by Cobleskill Regional Hospital, call 518-254-3424 to register before attending

Cohoes: **Caregivers of Older Adults age 60+**- meets every 1st Monday, 6-7:15 PM at Holy Trinity Parish Center, 1 St. Marie's Ln., contact Mary Moller at 518-449-2001 x 120 or

East Greenbush: **Caregivers of Older Adults age 60+**- meets every 4th Tuesday, 6-7:15 PM at the East Greenbush Library, 10 Community Way, contact Mary Moller at 518-449-2001 x120

Johnstown: **Grandparents Raising Grandchildren**- meets 3rd Fridays from 12 noon- 2PM, contact Barbara or Andrea at 518-736-5650 for more information

Alzheimer's & Other Caregivers- 1st Mondays at 7PM at Offices for Aging Conference Room, 19 N. William St., no reservation needed, contact Rebecca or Andrea at 518-736-5650

Middleburgh: **Multiple Sclerosis Support Group**-meets 1st Saturday of the month from 10:30AM-12:30PM at Middleburgh Library, 323 Main St., contact Linda Rouleau at 518-827-4105

- Rensselaer: **Caregivers of Older Adults age 60+-** meets every 3rd Thursday, 12-1:15 PM at St. John's/ St. Joseph's, contact Mary Moller at 518-449-2001 x120
- Schenectady: **Kinship Caregivers/Relatives raising children-** meets 1st Wednesday, 11 AM-12:30PM at St. Luke's, RSVP in advance, contact Renee Benson at 518-449-2001
- Schoharie: **Caregivers to parents, family or friends 60+-** meets 3rd Tuesday at 2PM at the Schoharie Co. Office for the Aging-Annex Bldg., contact Linda Goodreau at 518-295-2001 for more info.
- Troy: **Kinship Caregivers/Relatives raising children-** meets every 3rd Wednesday, daytime at 10- 11:30 AM at Sunnyside Center, 9th & Ingalls Ave., RSVP in advance, contact Renee Benson at 518-449-2001

SUICIDE SUPPORT

Amsterdam: **SOLOS (Survivors of a Loved One's Suicide)-** meets every 2nd and 4th Wednesday at 7PM, free, call for more information: Marianne Reid, 518-209-3569

Ballston Spa: **SOS (Survivors of Suicide)-** adults and teens (13-18) meet every 1st and 3rd Wednesday, 6-8PM, call for meeting place, contact Sue Emanuele or Tom O'Clair at 518-791-1544



- Glens Falls: **Survivors of Suicide Loss-** meets the 2nd Wednesday of the month from 7-8PM at Maple St., contact Amy Molloy at 518-791-1544
- Guilderland: **The Further Along Survivors of Suicide-** meets on the 1st Tuesday of the month from 6-8PM at Guilderland Town Hall, Western Ave, Rt. 20, past the Carman Rd. entrance, contact David Grapka 518-791-1544
- Saratoga: **Support Group for Survivors of Suicide Loss-** meets on the last Monday of each month from 7-8PM, call for meeting place, contact Amy Molloy, 518-791-1544
- Schoharie: **Schoharie Survivors Support Group-** group is formed based on need, meets every other Monday from 5:30-6:30PM at Co. Annex Building in Office for Aging Conference Room, 113 Park Pl., contact Maureen at 518-295-8336

ST. PETER'S COMMUNITY HOSPICE

Support Groups for Adults, Teens, Adolescents, Children (Grades K-12); Daughters; Sons; Loss of Pets

Albany: **Community Hospice of Albany County-**445 New Karner Rd., contact Sue Emanuele, 518-724-0200

Wave Riders for grieving children and teens (Grades K-8), 6 week program, call Mary Crea at 518-694-4968 for more information, free, pre-registration required

- Amsterdam: **Community Hospice of Amsterdam**-246 Mannys Corners Rd., contact Sarah Etkin-Sefcik, 518-843-5412
- Catskill: **Community of Hospice Columbia/Greene**-47 Liberty St., contact Joseph Zanchelli, 518-943-5402
- Rensselaer: **Community Hospice of Rensselaer County**-295 Valley View Blvd., contact Julia Soto, 518-285-8100
Wave Riders for grieving children and teens (Grades K-8), 6 week program, call Will Hannah at 518-285-8100 for more information, free, pre-registration required
- Saratoga: **Community Hospice of Saratoga**-179 Lawrence St., contact Mark Kearney, 518-581-0800
Wave Riders for grieving children and teens (Grades K-8), 6 week program, call Mark Kearney at 518-581-0800 for more information, free, pre-registration required
- Schenectady: **Community Hospice of Schenectady**-1411 Union St., contact Toni Pellech, 518-377-8846
Wave Riders for grieving children and teens (Grades K-8), 6 week program, call Lauren Savage at 518-377-8846 for more information, free, pre-registration required

MENTAL ILLNESS

- Albany: **Support and Education for Families and Friends of Adults with a Mental illness**- meets every 1st and 3rd Tuesdays, 5:30-7 PM at ClearView Center, Inc., 500 Central Ave., Albany, contact Sabrina Balbuena, LMHC at 518-435-9931 x229
- Clifton Park: **[Depression and Bipolar Support Alliance \(DBSA\) Clifton Park](#)**- meets on Mondays from 11AM-12PM at St. George's Episcopal Church, 912 Rt 146, in the choir room near large parking area, contact Christine Jasikoff at 518-580-1064, or Sue Pollack at 518-664-1514.
[Depression and Bipolar Support Alliance \(DBSA\) Clifton Park](#)- (18+) meets on Tuesdays from 6:30PM-8PM at St. George's Episcopal Church, 912 Rt 146, in the choir room near large parking area, contact Christine Jasikoff at 518-580-1064, or Sue Pollack at 518-664-1514.
- Glens Falls: **Voices of the Heart-*Intentional Peer Support (IPS) Group*** meets Wednesdays from 4:30-6PM at the Crandall Library at 251 Glen St., call 518-798-1100 for more information
Voices of the Heart- *Hearing Voices Support Group* meets on Friday from 4-5:30 PM at the Crandall Library, 251 Glen St., call 518-798-1100 for more information
- Lake George: **Voices of the Heart- *Advocacy and Outreach Support Group*** is for persons experiencing voices, visions & other unusual or extreme experiences, meets Wednesdays from 5-6PM at the Lake George Library-Caldwell Library at 336 Canada St., call 518-798-1100 for more information

- Oneonta: **NAMI Otsego Co.**- for family members and friends of the mentally ill, meets on the 2nd Wednesday of the month at 6:30 PM, First United Methodist Church, 66 Chestnut St. in the Dauley Room, call Pamela Washburn at 607-547-9544 for more info.
- Queensbury: **Voices of the Heart- Wellness Recovery Action Planning (WRAP)** is an opportunity for those to see themselves as a whole self rather than an “illness”, meets Thursdays from 2:30-3:30PM at Voices of the Heart, 294 Bay Rd., call 518-798-1100 for more information
- Saratoga: **DBSA Saratoga Springs**- (18+) Fridays at 6:30PM-8PM at YMCA, 290 West Ave., contact Christine Jasikoff at 518-580-1064.
- National Alliance for the Mentally Ill (NAMI) Saratoga Springs**-meets on the 1st and 3rd Monday of each month at 7:30 PM at Transitional Services, 127 Union St., contact Marge at 518-583-0169, Thea at 518-399-2925 or Jean at 518-885-2098.
- Schenectady: **DBSA Schenectady County**-meets on Thursdays from 7-8:30Pm at Grace Lutheran Church Niskayuna, 1930 Hillside Ave., Niskayuna, contact Celeste Trotz at 518-374-9753
- Warrensburg: **Voices of the Heart- Intentional Peer Support Group (IPS)** meets on Mondays from 2:30-4PM at the Warrensburg Public Library-Richard’s Library at 36 Elm St., call 518-798-1100 for more information