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

Albany:  
Detours on the Journey - 10 week support ministry for divorced men and women,
evenings, 40. N. Main Ave., contact Mary Fay in OECFL for the start of next program at
518-453-6630

Clifton Park:  
Clifton Park Center Baptist Church - meets Wednesdays from 6:00-8:00
PM at 713 Clifton Park Center Rd., (03/04/2013 – 05/27/2013) call 518-371-6023 for
the start of the next group 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
(4/16/13-7/9/13) at 374 Loudon Rd., call 518-426-0751 for more information or visit
DivorceCare

Rensselaer:  
Divorce Care - meets for 13 weeks, Mondays at 6:30 PM (beginning in the fall after
 Labor Day) in affiliation with the Grace Fellowship Church, facilitated by Janet Burke,
call 518-378-4593

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

WIDOW/WIDOWER

Catskill:  
Comm. Hospice of Columbia/Green meets at 47 Liberty St., register with Joseph
Zanchelli at 518-943-5402

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 the mo., 6:30 PM- Varden Room- loss of spouse within past 2 yrs.- contact Marge Jones 518-461-1719 (begins the first Thursday in September)

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** – Meets the 4th Wednesday of every month at 7PM for those pre-registered. Time is adjusted for the Thanksgiving and Christmas holidays, no summer meetings. To pre-register contact Sr. Eleanor at 518-489-5408

**Compassionate Friends** – meets every 3rd Tuesday of the month at 7PM, for families who have had a child(ren) die, at Westminster Presbyterian Church, 85 Chestnut St. Before attending, Contact Jan Mesina at 518-439-0346

**St. Peter’s Hospital- CARES**- support group for parents coping with stillbirth, miscarriage or newborn death, meets the 1st Thursday every other month (beginning July, Sept., etc.) at 7:30 PM in the Chapel, 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.

**Community Hospice of Albany- Living with Loss** meets every 2nd and 4th Tuesday at 445 New Karner Rd., contact Sue Emanuele at 518-724-0200

Amsterdam:  **Community Hospice of Amsterdam- Living with Loss** meets every 4th Thursday at 246 Mannys Corners Rd., contact Amy Weinar at 518-843-5412

Averill Park:  **St. Henry’s Church**- once a month, no age restriction, anyone who is mourning a loss. Contact Sr. Rosemary Cuneo at 518-674-3818 for the start of the next group

Ballston Spa:  **St. Mary’s Church**-meets on the 3rd Wednesday of the mo. at St. Mary's School library at 6PM (exception: July-Sept. at 6:30 PM) 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 mo. at 7PM for families who have had a child(ren) die, United Methodist Church, 40 Woodland Ave., contact Judith at 518-622-4023

**Comm. Hospice of Columbia/Greene- Living with Loss** meets at 47 Liberty St. every 3rd Thursday of the mo., register with Joseph Zanchelli at 518-943-5402

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 for the start of the next group/check St. James’ bulletin

Cobleskill:  **Catskill Area Hospice & Palliative Care**- meets 3rd Tuesday of the mo. from 1-2:30PM, 795 E. Main St., SCCAP Conference Room- 2nd flr., 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 mo. from 3-4:30 PM, United Ministry Church, Court St., contact Natasha Singer, LCSW, CASAC at 607-432-5525

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

**St. Joseph's Provincial House** - Parent's bereavement group meets the 3rd Wed. of the month, 7 PM; call Sr. Rose Troy at 315-725-5592

Loudonville: **St. Pius X Church** - From Grief to Grace, 2-3 part bereavement group, held Wednesdays 7-8:30 PM, contact Gayle Bouchard for next meeting, 518-462-1336

**Loudonville Community Church** - GriefShare, 13 weeks, Tuesdays 6:30-8:30 PM, (Jan. 8th-April 2nd), call 518-426-0751

Oneonta: **Compassionate Friends** - 3rd Thursday of the mo. at 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 mo. from 5:30-7PM at the Hospice Office, 1 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 the mo., 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 of the mo. at 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](#)

**Community Hospice of Saratoga** - Living with Loss meets every 1st and 3rd Wednesday at 179 Lawrence St., contact Sarah Etkin-Sefcik at 518-581-0800
St. Clement’s Church
231 Lake Ave.
Saratoga Springs, NY 12866
First and Third Wednesday of the Month at the parish Center
Open to the whole community
Contact Mary Beth Wing (518) 584-2299

Schenectady:  
**Compassionate Friends**- 1st Wednesday of the mo., 7 PM, for families who have had a child(ren) die, Woodlawn Reformed Church, 1858 State St., contact Peggy, 518-887-5204

**Community Hospice of Schenectady** - *Living with Loss* meets every 2nd and 4th Wednesday at 1411 Union St., contact Toni Pellech at 518-377-8816

**Parents of Murdered Children,** Albany NY Chapter, meets 3rd Monday of every month, 7:00 PM-9:00 PM, Woodlawn Reformed Church 1858 State Street, Schenectady, New York, call Patricia Gioia 518-377-1660 or Martha Lasher-Warner 518-426-2213. This group is open to anyone who has experienced a loss due to violence.

Schuylerville:  
**Notre Dame – Visitation Church:** *Seasons of Hope* 6-week Christ-centered support group with an educational component, fall and spring, (beginning at the end of Sept./ start of Oct.), 6:30 – 8:00 pm., contact Steve Bodner 518-695-3135.

So. Glens Falls:  
**Pine Knolls Alliance Church** - *GriefShare*, The Potter's House, 614 Gansevoort Rd., meets Tuesdays from 7-9PM, contact Tom at 518-798-6931

Troy:  
**St. Mary’s Hospital/ Seton Health**- those who are experiencing symptoms of disbelief, anger, resentment, loneliness or guilt from the loss of a loved one are encouraged to attend. Meets on the 1st and 3rd Tuesday of the month from 4:45-5:45PM in Conference Room D. To register or for more information call 518-371-1400 x162.

Waterford:  
**Temple Baptist Church** - *GriefShare*, 142 Lower Newton Rd., meets Mondays from 7-8:30 PM, begins March 4th-May 27th, 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](#)

Albany:  
**Redeemer Church**- 183 Schoolhouse Rd., Fridays 7:30-9PM, contact Tim Gilbert at 315-796-5276

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., Tuesdays at 7PM, child care is provided when told in advance, contact Pastor Ron Sutler at 518-725-5040

Queensbury:  
**Church of the King**- 635 Bay Rd., meets Thursdays from 7-9PM call Ron at 518-745-8906 for more info.

Rotterdam:  
**Sonrise Bible Church**- 1082 Dunnsville Rd., Fridays at 7PM, contact Ian at 518-542-1129
So. Glens Falls:  **Pine Knolls Alliance Church** - 614 Gansevoort Rd., Sundays from 6-8:30PM, contact Rob at 518-793-7101

Troy: **Victorious Life Christian Church** - 1838 5th Avenue, Thursdays from 7-9PM, contact Jennifer Wilks at 518-272-4237

### CANCER SUPPORT

**Hope Club** 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. This program is currently offered in Albany, Amsterdam, Glens Falls, Latham, Schenectady, Troy, and Valatie. To find a program in your area, visit [Look Good, Feel Better](#).

**Cancer Support Community (CSC)** provides professional programs of emotional support, education and hope for those impacted by cancer. This program is for the newly diagnosed, individuals in treatment, family and friends, or for those looking for resources and support. For more information visit [Cancer Support Community](#).

Cobleskill: **Schoharie Co. Cancer Support Group**- (for those with cancer) meets the 2nd Tuesday of the mo., 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 mo. 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: **Cancer Support** (for women who experience reoccurrences/in the later stages)-meets every 3rd Wednesday of the mo. from 7:30-8:30PM at the To Life! Building, 410 Kenwood Ave, contact Kim at 518-439-5975

**Cancer Support** (for the newly diagnosed) - meets every 4th Wednesday of the mo. from 6:30-7:30pm at the To Life! Building, 410 Kenwood Ave., contact Kim at 518-439-5975
**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, meets in Resource Room/Library in C.R. Wood Cancer Center (Glens Falls Hospital) at 4 PM on the 3rd Wednesdays of the mo., contact Earla (518-793-1321); Carol (518-793-0565); Mary (518-656-9321)

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

**Saratoga:**  
**Cancer Support Group** meets on the 3rd Tues. of the mo. from 5:30-6:30PM in the Lobby of the Mollie Wilmot Radiation Oncology Center at the Saratoga Hospital, contact Kim at 518-439-5975

**CAREGIVERS SUPPORT**

**Albany:**

**Telephone Support Group for Family Caregivers of Frail Elders** – meets for 12 weeks via telephone, Monday 7-8PM, advance Registration, Contact Tianna Pettinger LMSW, 518-694-3511

**Caregivers of Older Adults age 60+** - meets every 2nd Wednesday, 6-7:15PM at Christ the King Parish, 20 Sumpter Ave., Guilderland, contact Eldercare Respite Coordinator at 518-346-1852, ext. 6

**Kinship Caregivers Support Group** - meets every 2nd Wednesday, 11 AM-12:30 PM, 40 North Main Ave., Albany, RSVP in advance, no fee, contact Kinship Program Supervisor at 518-482-8836, ext. 264

**Kinship Caregivers Support Group** - meets every 4th Tuesday, 6:30-8 PM at 31 North Main Ave., Albany, RSVP in advance, no fee, contact Kinship Program Supervisor 518-482-8836 x 264

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

**Atria Group** - meets on the 1st Wednesday of the month at 6 PM, Atria Shaker, 345 Northern Blvd, Albany, 518-465-4444 for more information

**Pine West Plaza Group** - meets the 1st and 3rd Monday of the month, 9:30-11:00 AM, Alzheimer's Association Northeastern NY, 4 Pine West Plaza, Albany, 800-272-3900 for more info.

**Albany Med Group** - meets the last Wednesday of the month, Alzheimer's Center at Albany Med, 47 New Scotland Ave., Albany, 518-262-6808 for more info.

**Clifton Park:**  
**Christ Community Group** - meets the 2nd and 4th Wednesday of the month at 1:00 PM, Christ Community Reformed Church, 1010 Route 146, Clifton Park, 518-399-3262 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 Eldercare Respite Coordinator at 518-449-2001 x 120

The Eddy Group- meets the 1st and 3rd Thursday of each month at 2:30 PM, The Eddy- Cohoes Campus, 421 Columbia St., 518-238-4170 for more info.

E. Greenbush: Caregivers of Older Adults age 60+- meets every 4th Tuesday, 6-7:15 PM at the East Greenbush Library, 10 Community Way, East Greenbush, contact Eldercare Respite Coordinator at 518-346-1852, ext. 6

Hawthorne Ridge Group- meets the 1st Tuesday of each month at 1:00 PM, Hawthorne Ridge, 32 Community Way, 518-867-4999 for more info.

Hudson: Caregivers of Older Adults age 60+- meets every 4th Wednesday, 1-2:15PM at St. Mary’s (Holy Trinity Parish), 429 E. Allen St., contact Eldercare Respite Coordinator at 518-449-2001 x120

Johnstown: Grandparents Raising Grandchildren- meets 3rd Fridays from 12 noon at Office for Aging, 19 N. William St., contact Barbara or Andrea at 518-736-5650 for more info.

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 mo. 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, at St. John’s and St. Joseph’s Parish House, 50 Herrick St., Rensselaer, contact Eldercare Respite Coordinator at 518-346-1852, ext. 6

Schenectady: Kinship Caregivers Support Group- meets 1st Wednesday, 11 AM-12:30PM at St. Luke’s, Schenectady, RSVP in advance, no fee, contact Kinship Program Supervisor at 518-482-8836, ext. 264

Kingsway Manor Group- meets the 3rd Tuesday of every OTHER month, 7:00 PM, Kingsway Manor Assisted Living, 357 Kings Road, 518-382-8481 for more info.

Schaghticoke: Schaghticoke Group- meets on the 3rd Wednesday of the month, Transfiguration Parish, 17 South Main St., 518-461-6696 for more info.

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 Support Group- meets every 2nd Tuesday, 6-7:30 PM at Sunnyside Center, 9th & Ingalls Ave., Troy, RSVP in advance, no fee, contact Kinship Program Supervisor at 518-482-8836, ext. 264

Waterford: Halfmoon Senior Center- meets on the 3rd Thursday of every month at 12:00 PM, 287 Lower Newtown Rd., 518-371-3892 for more info.
SUICIDE SUPPORT

National Hopeline Network: 1-800-SUICIDE (784-2433) National Suicide Prevention Life:
1-800-273-TALK (8255) Online Emotional Support (12hrs. /7days)

Youth America Hotline- (Counseling for Teens by Teens): 1-877-YOUTHLINE (968-8454)

Albany: SOS (Survivors of Suicide), P.O. Box 2143, Ballston Spa, NY 12020 – adults and teens (13-18) meets every 1st and 3rd Wednesday, 6-8 pm. For more information, please contact Sue Emanuele or Tom O’Clair at 518.899.0021.

Amsterdam: Survivors of a Loved One's Suicide (SOLOS) meets at St. Mary's Hospital in Amsterdam on the 2nd and 4th Wednesdays of each month. For time and meeting information, please contact Marianne Reid Schrom at 518.209.3569 or mariannereid@hotmail.com

Guilderland: The Further Along Survivors of Suicide- meets on the 1st Tuesday of the mo. from 6-8PM at Guilderland Town Hall, Western Ave, Rt. 20, past the Carman Rd. entrance, contact David Grapka 518-791-1544

Schoharie: Schoharie Survivors Support Group- group is formed based on need, meets at Co. Annex Building in Office for Aging Conference Room, 113 Park Pl., contact Marlene at 518-295-8336

American Foundation for Suicide Prevention - Laura Marx Capital Region, NY Area Director, 518.791.1544

Albany: Samaritans Survivor Support Group – meets at the Family and Children’s Services of the Capital Region, Inc., on the 2nd and 4th Thursday of each month. For more information, please contact Grace Kaplan at 518.462.6531, ext 125

Granville/Hebron: SOS-Ray of Hope – meets on Morrison Ave in Granville on the first Saturday of the month from 10 am – 11:30 am. For more information, please contact Lillian M. Hansen at llnora@myway.com or 518.854.9969 or PO Box 262, Granville, NY 12832

Hudson: Grieving Survivors of Suicide, a support group for family & friends – meets at the Columbia County Human Services Bldg, 325 Columbia Street, Hudson, NY 12534 on the 1st and 3rd Thursday of each month. For more information, please contact Fr. Gus Calvo, 518.828.6016
**Oneonta:**  **Suicide Survivors Group** – meets in closed groups 6-8 sessions, several times per year, every other Wednesday, 7 pm – 8:30 pm. For more information on location and how to register, please contact Janet Ballute, LCSW-R, 607.432.7174

**Rensselaer:**  **Samaritans Survivor Support Group** – meets at the Brunswick Baptist Church, 385 Grange Road, Troy, NY 12180 on the 1st and 3rd Wednesday of each month. For more information, please contact Grace Kaplan at 518.462.6531, ext 125.

**Saratoga:**  **Safe Place,** 18 Mahogany Ridge, Gansevoort, NY 12831; meets at Catholic Charities on the 2nd Monday of each month from 7-8:30 pm. For more information, please contact Lori LoPresti at 518.580.0872 or angellpl@nycap.rr.com

**Schenectady:**  **Samaritans/ Haven Survivor Support Group** - meets on the 2nd and 4th Tuesday of each month at the Haven Grief Counseling Center, 703 Union St., Schenectady, NY 12305. For more information, please contact Grace Kaplan at 518.462.6531, ext 125

**South Glens Falls:**  **Support Group for Survivors of Suicide Loss** – meets on the 2nd and 4th Tuesday of each month. For details about times and meeting location, please contact Andrea Bello at abello2003@yahoo.com or 518.223.3401

**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 Equinox Inc., 500 Central Ave., Albany, contact Sabrina Balbuena, LMHC at 518-435-9931 x229

**PROS (Personality Recovery Oriented Services)**- integrates treatment, skills training, vocational rehabilitation, and support to facilitate a participant’s recovery, group-based, contact the Admissions Dept. at 518-435-9931 x237 for more info.

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, enter through 1st set of double doors, contact Christine Jasikoff at 518-580-106

**Depression and Bipolar Support Alliance (DBSA) Clifton Park**- (18+) meets on Tuesdays from 7-8:30PM at St. George’s Episcopal Church, 912 Rt. 146, enter through 1st set of double doors, contact Christine Jasikoff at 518-580-1064

Glens Falls:  **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

**NAMI** - meets at 7pm on the 3rd Monday of each month, meetings are held in the conference room on the 2nd floor at 230 Maple Street, Maple Street Entrance. If you are a caregiver or you know someone who is affected by mental illness, this forum may be a great resource and opportunity for support and hope, Contact Irene (668-3367) or Nancy (793-9472).

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

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
**Voices of the Heart-Intentional Peer Support (IPS) Group** meets Wednesdays from 3-4:30PM. Join us at VOH 294 Bay Road, call 518-798-1100 for more information

Saratoga: **DBSA Saratoga Springs** - (18+) Fridays at 6:30PM-8PM at YMCA, 290 West Ave., meets in upstairs Board Room 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 mo. at 7:30 PM at Transitional Services, 127 Union St., contact Marge at 518-583-0169 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 Kathryn at 518-346-8817

Warrensburg: **Voices of the Heart- Intentional Peer Support Group (IPS)** meets on Mondays from 3-4PM at the Warrensburg Public Library-Richard’s Library at 36 Elm St., call 518-798-1100 for more information

**DOMESTIC VIOLENCE**

... Control ...Lack of Respect ... Isolation ... Jealousy ... Threats Intimidation ... Determining who you see ...

Controlling Finances Domestic Violence is the most common form of violence in our society. Domestic violence is not only physical abuse; it is any kind of behavior that one person uses to control another through fear and intimidation. It includes emotional and psychological abuse, battering and sexual assault. Violence, whether committed against family members or strangers, is against the Judeo-Christian message of love and respect for the human person.

**Local Help Listed by County**

**National Domestic Violence Hotline**: 1-800-799-SAFE (7233)

**NYS Domestic and Sexual Violence Hotline**: 1-800-942-6906  
**Spanish**: 1-800-942-6908

Albany: **Equinox, Inc.**, 95 Central Ave., 24 hr. Hotline: 518-432-7865  
Domestic Violence Outreach Services: 518-434-6135  
Domestic Violence Shelter: 518-432-8950  
HATAS Domestic Violence Program: 518-463-2124
**Catholic Charities**, 40 N. Main Ave., 518-453-6650

**Columbia:**  **Columbia-Greene Domestic Violence Program** assists and provides shelter, legal services, social services, counseling, emotional outreach, alcohol/drug counseling and batterer’s programs. Greene Co.: 518-943-9205, Columbia Co.: 518-822-0849 24-Hour Hotline: 518-943-9211

**Herkimer:**  **Domestic Violence Program of Herkimer Co.** offers crisis and supportive services to victims of domestic violence and their children; safe, temporary shelter for battered women and children, supportive counseling; support, accompaniment and advocacy through legal, medical, housing and social services systems. We provide support group activities as well as information and referral. Community education and professional training programs are also offered.

24-Hour Hotline: 315-866-0458

**Johnstown:**  **Catholic Charities Domestic Violence/Crime Victims Services** include counseling, legal advocacy, personal advocacy, community outreach/education, info./referrals, bilingual staff and services, transportation, support groups, safe housing, cell phone program, and claims assistance. For more information call 518-762-8313

Hotline: 518-842-3384

**Mechanicville:**  **Mechanicville Domestic Violence Advocacy Program** is a non-residential domestic violence program licensed through NYS Division of Criminal Justice Services provides victims of domestic violence and their children with comprehensive services. For more information, contact Lisa 518-664-8322 x312 or Jill 518-664-8322 x303. DV Hotline: 518-664-4008

**Montgomery:**  Domestic Violence Services and CVS/CCMC: 1-800-721-2173

**Nassau:**  Circulo de la Hispanidad Inc. / Salva Domestic Violence Program: 516-889-2849

**Nassau County Coalition Against Domestic Violence:** 516-542-0404

**Otsego:**  **Violence Intervention Program** provides comprehensive support services to victims of domestic violence, sexual assault, and violent crimes. The program promotes safe environments, self-determination, self-worth, and envisions a future where people are free from abuse and oppression. For more information call 607-433-8038 or 800-986-5463.

24/7 Crisis Hotline: 607-432-4855

**Saratoga:**  **Domestic Violence and Rape Crisis Services** for more information call 518-583-0280.

Emergency Hotline: 518-584-8188

**Catholic Charities**, 142 Regent Street, Saratoga Springs, DV Services: 518-587-5000

**Schenectady:**  **YWCA of Schenectady** offers support and empowerment groups for 8 weeks, counseling, Young Families Programs, Persimmon Project. For more information on the services provided call 374-3394 x131. Hotline: 518-374-3386
Schoharie:  **Domestic Violence Program of Schoharie County**, 489 West Main St., Cobleskill, 518-234-3581.

24-hour DV Crisis Hotline: 518-234-2231

**Catholic Charities**, 489 West Main St., Cobleskill, DV services: 518-234-3581

Troy:  **Unity House of Troy** provides victims of domestic violence and their children with a range of comprehensive services. In collaboration with the Troy Police Department, Police Court, Family Court, Probation, Child Protective Services and the Department of Social Services. Unity House helps victims obtain orders of protection, accompanies police on calls and works with DSS to move families to safety. Trained domestic violence counselors are available to provide crisis intervention, info/ referrals to victims. For more information call 518-274-2607.

24-Hour DV Hotline: 518-272-2370

Domestic Violence Emergency Services (911 cell phones for victims): 518-272-5917