



SUPPORT GROUPS

(Information subject to change. Please contact the group directly for up-to-date information.)

Bereavement

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| Albany | St. Vincent de Paul - Meets the 4th Wednesday of each month at 7PM for those pre-registered. Time is adjusted for the Thanksgiving and Christmas holidays. There are no summer meetings. To pre-register, please call Sister Eleanor at 518-489-5408. |
| Albany | Compassionate Friends/For families who have had a child(ren) die – Meets the 3rd Tuesday of each month from 7:30 - 9PM at Westminster Presbyterian Church, 85 Chestnut Street. Please contact coleaders Jan Messina at 518-439-0346 or Kathleen Kelleher at 518-439-1114 for additional information. |
| Albany | St. Peter's Hospital - CARES/For parents coping with stillbirth, miscarriage or newborn death - Meets the 1st Thursday every other month (beginning Jan, March, May, etc.) at 7:30 PM at the Chapel at St. Peter's Hospital, 315 South Manning Boulevard, Albany. Please contact Sandi Michael, 518-525-1873 for dates & locations. |
| Albany | St. Peter's Hospital/Post-Abortion Bereavement Group - Meets for 6 consecutive Tuesdays from 7-8:30PM. Free. Pre-registration is required. Please contact Maureen Cavanaugh, RN, MS at 518-525-1872 for more info. |
| Albany | Wave Riders Support Group for grieving children and teens (Grades K-8). This is a free, 6 week program. Pre-registration is required. To register, or for more information, please call Mary Crea at 518-724-0248. |
| Albany | Living with Loss - Grief Support Group for Adults - The Community Hospice of Albany/Schenectady, 445 New Karner Road, Albany, NY 12205. For more information, please call Suzanne Morrison at 518-724-0200. |
| Amsterdam | Community Hospice of Amsterdam/Living with Loss - Meets the 2nd Tuesday of each month at St. Mary's Hospital, 427 Guy Park Road, Amsterdam. Please contact Amy Weiner at 518-843-5412 for more information |
| Averill Park | St. Henry's Church/For anyone who is mourning a loss - Meets first Wednesday of the month, 6 PM. There is no age restriction. Please contact Linda Banker at 518-674-3818 for the start of the next group. |

Ballston Spa	St. Mary's Bereavement Support Group - Meets on the 1 st Tuesday of each month at 4:00 PM at St. Mary's. Please call 518-885-7411 for more information.
Catskill	Compassionate Friends/For families who have had a child(ren) die - Meets the 2nd Wednesday of each month at 7PM at the United Methodist Church, 40 Woodland Avenue, Catskill. Please contact Al at 518-225-5851 or Carol at 518-537-6098 for more information.
Catskill	Community Hospice of Columbia-Greene/Living with Loss/Bereavement Support. Please call Albany office M-F during business hours, at 518-724-0200 for specific dates/times.
Catskill	Wave Riders Support Group and Camp Erin are for grieving children and teens (Grades K-8). Wave Riders is a free monthly program. Camp Erin is a weekend overnight camp in the Adirondacks, pre-registration is required. To register, or for more information, please call Albany office M-F during business hours, at 518-724-0200.
Clifton Park	Grief Care Group meets every Thursday, 10:00 AM, at the Shenendehowa UMC, 971 Route 146, Clifton Park. Please call 518-371-7964 or contact Denise Walling at dwalling@shenumc.org for more information.
Clifton Park	Bereavement Support Group - 8 consecutive weeks - Meets on Wednesday evenings at 6:30 pm at St. Edward the Confessor Church. For more information and starting dates, please contact Mary Ann Sekellick at 518.371.7372, ext. 224.
Clinton Heights (E	Grief Support Group meets the first Tuesday of each month at 1 pm at the Church of St. Mary in Clinton Heights (East Greenbush). For more information, please call the church at 518-449-2232.
Cobleskill	Catskill Area Hospice & Palliative Care of Schoharie County - Meets on the 4 th Wednesday of each month from 10:00-11:00 AM at Cobleskill United Methodist Church, 109 Chapel Street, Cobleskill. Please contact Jessica Weeden at 607-432-5525 for more information.
Crescent	Bereavement Support Group for those grieving the death of a loved one. Meets on the first Wednesday of each month at 2:00 pm, St. Mary's Crescent, 86 Church Hill Road, Waterford, NY 12188. For more information, please contact Jeanne Gracon at 371-9632, ext. 11.
Glenville	Bereavement Support Group - For those grieving the death of a loved one. Sessions will meet the 1st and 3rd Tuesday of each month from 6:30 pm 8:00 pm at the Faith Formation Building at Immaculate Conception Church, 400 Saratoga Raod, Glenville, NY 12302. Pre-registration is required. For more information, please contact Rachel Winters, Pastoral Care Coordinator, at 518-399-9168, ext. 226 or Pam DeAngelis, Activity Associate, Glendale Nursing Home, at 518-502-6310.
Greenfield Center	Pathways to Hope Bereavement Support Group. Meets on the 2nd Tuesday of month, 6:30 pm, at St. Joseph's Catholic Church, Greenfield Center. For more information, leave a message for Deacon Gary Picher at 518-893-7680.

Loudonville	St. Pius X Church/"Seasons of Hope" Support Group for the Bereaved This is a six-week program that meets in the fall and in the spring. Please contact Pastoral Ministry of St. Pius X Church, Susan Ikenhoffer or Linda Green, for the next meeting at 518-462-1336.
Loudonville	Loudonville Community Church/GriefShare - This is a 13 week program on Saturdays from 10-12 PM. Please contact Harry & Prudy Bombard, 518-864-5545, email bomb@juno.com or Dorrie Szetela, 518-982-0928, email lagacycove@gmail.com . Loudonville Community Church, 374 Loudon Rd, Loudonville, NY 12211, tel: 518-462-1336.
Middleburgh	Bereavement Support Meeting - Our Lady of the Valley parish. For more information, please contact Laura Pelton or pastor at 518-827-3301.
North Greenbush	Grief Support Group – Meets at Hope Lutheran Church, 470 Winter Street Extension, North Greenbush. Please call 518-283-1372 for more information.
Oneonta	Compassionate Friends/For families who have had a child(ren) die - Meets on Zoom. Please contact Kathryn Divino at 607-746-7396 for more information; email tcfoneonta@gmail.com https://www.tcfoneonta.org/
Rensselaer	Wave Riders Support Group for grieving children and teens (Grades K-8). This is a free, 6-week program. Pre-registration is required. To register, or for more information, please call Albany office, M-F during business hours, at 518-724-0200.
Rensselaer	Grief Support for Adults - Daughter's Group - A six-week program on at The Community Hospice of Rensselaer, 295 Valley View Blvd. Rensselaer, NY 12144. For more information, please call Albany office, M-F during business hours, at 518-724-0200.
Rensselaer	The Community Hospice of Rensselaer/Living with Loss (a general Loss group) - Meets at 295 Valley View Boulevard, Rensselaer, NY 12144; pre-registration is required. For more information, call Albany office, M-F during business hours, at 518-724-0200.
Rotterdam	Wave Riders Support Group for grieving children and teens (Grades K-8). This is a free, 6-week program. Pre-registration is required. To register, or for more information, call Albany office, M-F during business hours, at 518-724-0200.
Round Lake/Clifton Park	Corpus Christi Church Bereavement Support Group - For those who have lost a loved one through death. 10 monthly sessions will be held beginning Thursday, March 20, 2025, at 1:00 pm in Room 10 of the Parish Hall at Corpus Christi Church, Route 9 at Ushers Rd., Clifton Park; and 10 monthly sessions will be held beginning Thursday, April 3, 2025, at 6:00 pm at the same address. The sessions will continue throughout the year. You do not need to be Catholic or a parishioner to attend. Everyone is welcome. The facilitators will be Meg Mihalko and Sharon Ryan. If you are interested in taking part in this group, or for more information, please contact Sharon at: 518-441-5138 or email at: jcsar1949@gmail.com ; or Meg at: 518-383-6649 or email at mnbm37@gmail.com to secure your spot in either group.

Saratoga	Compassionate Friends/For families who have had a child(ren) die - Meets the 1st Tuesday of each month at 7:30 PM at the Wesley Health Care Center, 131 Lawrence Street, Saratoga. Please call Ginny & Phil at 518-793-3618 for more information.
Saratoga	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. There is an annual memorial walk every October at Saratoga Spa State Park. For more information, please contact 518-654-2411 Angel Names Association
Saratoga	Community Hospice of Saratoga/Living with Loss - Meets at 179 Lawrence Street, Saratoga. Please call Albany office, M-F during business hours, at 518-724-0200, for more information.
Saratoga	St. Clement's Church - Meets at the St. Clement's Parish Center, 231 Lake Avenue, Saratoga Springs. This group is open to the whole community. Please call Albany office, M-F during business hours, at 518-724-0200.
Saratoga	Wave Riders Support Group for grieving children and teens (Grades K-8). This is a free 6-week program. Pre-registration is required. To register or for more information, call Albany office, M-F during business hours, at 518-724-0200.
Saratoga	Grief Support for Adult Daughters - The Community Hospice of Saratoga/Washington, 179 Lawrence Street, Saratoga, NY 12866. For more information, call Albany office, M-F during business hours, at 518-724-0200.
Saratoga Springs	Pathways to Hope Bereavement Support Group. Meets on the 2nd Thursday, 6:30 PM and 4th Tuesdays, 1:30 PM at St. Joseph's Catholic Church Rectory, Greenfield Center. For more information, leave a message for Cathy Burch at 518-893-7680.
Schenectady	Compassionate Friend/For families who have had a child(ren) die - Meets the 1st Wednesday of each month at 7 PM at the St. Kateri Parish Center Library, 1803 Union Street, Schenectady. Please call JoAnn Bomeisel at 518-372-8215 or email her at tcf1389@gmail.com, or call John Powers at 275-9448 for more information.
Schenectady	Parents of Murdered Children, Albany NY Chapter/Open to anyone who has experienced a loss due to violence - Meets the 3rd Wednesday of each month on Zoom. Please call Martha Lasher-Warner at 518-426-2213.
Schenectady	Healing Together Support Group - A bereavement group which meets the 2nd Monday of each month at 2 PM at St. Kateri Tekakwitha Parish, The Community Room (under the church), 2216 Rosa Rd., Schenectady, NY 12309. For more information, please contact Pat Herman at 518-281-2325.

Schenectady	The Journey Bereavement Ministry: Saint Anthony's Parish, 331 Seward Pl., Schenectady sponsors a Bereavement Ministry Session for those who have suffered the loss of a loved one. For more information, please call 518-374-4591, ext. 103.
So. Glens Falls	Pine Knolls Alliance Church/GriefShare - Meets Tuesdays from 6-8PM at Pine Knolls Alliance Church, 614 Gansevoort Road, South Glens Falls. Please contact the Church Office at 518-793-7101 for more information.
Stamford, NY	A Bereavement Support Group, Sacred Heart Parish, Stamford, NY 12167. For more information, please contact Father Paul Mijas, Pastor, at 607-652-7170, extension 101.
Troy	St. Mary's Hospital/Seton Health/For those who are experiencing symptoms of disbelief, anger, resentment, loneliness or guilt from the loss of a loved one - For more information, please call 518-268-5000, for more information.
Valatie	"Never Alone" is a bereavement support group at St. John the Baptist Church, 1025 Kinderhook St./Route 9, Valatie. For more information, please call the church office at (518) 758-9401.

Bereavement - Widow/Widower

Catskill	Bereavement Support Group - Community Hospice of Columbia/Greene meets at 47 Liberty Street. For more information, or to register, please call Albany office, M-F during business hours, at 518-724-0200.
Delmar	St. Thomas the Apostle Church, Rectory - Meets once a month. For loss of spouse within past 2 years. For more information, please contact Maura Barrett at 518.439.4951, ext. 104.
Latham	Support Group for Those Who Have Lost a Spouse within the Past 2 Years - Meets at the Varden Room at Our Lady of the Assumption Church, 498 Watervliet-Shaker Rd., Latham, NY 12110, during the day. For more information on day and time, please contact Katie Swartwout at 518.785.0234.
Rensselaer	Widow and Widowers Support Group at the Community Hospice of Rensselaer County. An intake registration is required. For more information, please contact Julia Soto at 518.285.8100.
Schenectady	This is a group for widows and widowers to have fellowship and opportunities to be comforted. There are special lunches and prayer services throughout the year. Contact Mrs. Kristine Rooney at 518-346-6137 ext. 239 or KAFEstkateriparish.org

Bereavement - Women/Pregnancy Loss Support

Albany	http://www.sphcs.org/perinatal-bereavement
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St. Peter's Hospital - CARES/For parents coping with stillbirth, miscarriage or newborn death - Meets the 1st Thursday every other month (beginning January, March, May, etc.) at 7:30 PM, locations vary. Please call 518-525-1388 for dates & location. Memorial Services are offered twice a year in May & November.

Cancer Support

[Hope Club](#)

The American Cancer Society Hope Club of the Capital Region is a nonprofit organization that offers many support services and educational programs for anyone whose life has been touched by cancer; support for everyone. The address is Hope Club, 1 Penny Lane, Latham, NY. For more information, call: 518-220-6960.

[Caring Together](#)

Caring Together offers a support group that creates a supportive atmosphere for sharing tips for coping, current information, and resources for women affected by ovarian cancer and their families. This platform emphasizes the importance of encouragement and support from other people who understand what dealing with cancer is like. We provide a warm and open environment where everyone can share personal experiences and feelings. Please contact us for additional information: 2nd Wednesday of each month, 6:30-8:00 PM, 1 Penny Lane, Latham, NY, 518-783-7600.

[Look Good, Feel Better](#)

The American Cancer Society (ACS) runs the Look Good Feel better Support Group, which is a free service that teaches cancer patients hands on cosmetic techniques to help them cope with appearance related to side effects from chemotherapy and radiation treatments. Areas Served: Broome. Call 800-227-2345. For more information, please contact the 24-hour hotline at 1-800-395-LOOK.

[Cancer Support Community](#)

The Cancer Support Community 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, please call 1-888-793-9355.

Cobleskill Schoharie County Cancer Support Group, for those with cancer and their families. Meets at the Cobleskill Regional Hospital. For more information, please contact Susan Gilchrist at 518-254-3456.

Delmar Breast Cancer Recurrence Support Group - For women who experience recurrences/in the later stages. Meets every 3rd Wednesday of the month, from 6:30-7:30 on Zoom. For more information, please contact Martha at 518-439-5975.

Delmar Cancer Support for the newly diagnosed, or anyone in treatment, or survivorship. Meets every 4th Thursday of the month from 6:30-7:30 pm on Zoom. For more information, please call 518-439-5975, email: info@tolife.org.

Saratoga

Cancer Support Group. Meets on the 3rd Tuesday of the month, from 5:30-6:30PM on Zoom. For more information, please call Jen Baldwin at 518-439-5975.

Caregivers Support

Albany Telephone Support Group for Family Caregivers of Frail Elders - Meets for 12 weeks via telephone, 7-8PM. Please register in advance. Contact Beth Owen, LMSW at 518-694-3511 for more information.

Albany Kinship Caregivers Support Group - Please contact Kinship Program Supervisor, Samantha Rossi, 518-769-2053, for more information.

Albany Beltrone Caregivers of Alzheimer's Patients - Meets the third Monday of the month at 9AM at Beltrone, 6 Winners Circle, Albany, NY. For more information, please call 518-675-7214.

Castleton-on-Hud Caregivers of Older Adults Age 60+ - Meets at Sacred Heart, 3 Catholic Way, Castleton-on-Hudson. Please call 518-270-2767, for meeting dates and other information.

Clifton Park Christ Community Reformed Church - Alzheimer's Caregivers Support Group - Meets the 2nd Wednesday of each month at 1:00 PM at Christ Community Reformed Church, 1010 Route 146, Clifton Park. Please call 518-399-3262 for more information.

Cobleskill Alzheimer's Caregivers Support Group - Meets the 2nd Friday of each month at 1:00 PM 178 Grandview, Cobleskill. Please call 312-874-7636 for more information.

Cohoes Caregivers Support Group - Meets the 1st and 3rd Thursday of each month at 2:30 PM at Shaker Pointe, 1 Bell Tower, Watervliet. Please call Sarah at 518-410-4277 for more information.

Cohoes Frontotemporal Degeneration (FTD) Support Group, 3rd Tuesday of the month. For more information call 518-262-0241, email melissa.blok@sphp.com

East Greenbush Hawthorne Ridge Group for Caregivers of Alzheimer's Patients - Meets the 1st Tuesday of each month at 1 PM at Hawthorne Ridge, 32 Community Way, East Greenbush. For more information, please call 518-867-4999, ext. 203.

Johnstown Caregiver Support Group, at the Shirley J. Luck Center, 109 E. Main St., Johnstown, NY 12095, 4th Wednesday of the month call 518-762-4643 for information.

Johnstown

Alzheimer's Support Group, at the Gloversville Public Library, 58 E. Fulton St., Gloversville, NY 12078, 3rd Wednesday of the month, call 518-867-4999 for information.

Saratoga

Caregiver's Support Group – Meets 2nd Friday of month, 11:00 AM, Saratoga Senior Center, 5 Williams St., Saratoga, NY. Call 518-675-7214 for more information.

Schaghticoke

Support for Alzheimer's Caregivers - Meets when requested. For more information, please contact Debbie Abreu at 518-235-0337 or email dabreu@alz.org.

Schenectady

Kinship Caregivers Support Group - St. John's Catholic Church, 806 Union Street, Schenectady. Please contact Kinship Program Supervisor, Samantha Rossi, 518-769-2053, for more information.

Troy

Kinship Caregivers Support Group - at Sunnyside Center, 9th & Ingalls Avenue, Troy. Please register in advance. There is no fee. Childcare is available. Please contact Kinship Program Supervisor, Samantha Rossi, 518-769-2053, for more information.

Waterford

Alzheimer's Caregivers Support Group - Meets on the 3rd Thursday of each month at 12:00 PM at the Halfmoon Senior Center, 287 Lower Newtown Road, Waterford. Please register in advance. Please call 518-371-3892 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.

<http://www.nyscadv.org/find-help/program-directory.html>

Local Help Listed by County

[National Domestic Violence Hotline](#)

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

[NYS Domestic and Sexual Violence](#)

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

Albany

[Equinox, Inc.](#)

Equinox, Inc. 95 Central Avenue, 24 hr. Hotline: 518-432-7865

Albany

Domestic Violence Shelter: 518-432-8950

Albany	HATAS Domestic Violence Program: 518-463-2124
Albany	Catholic Charities Catholic Charities, 40 N. Main Avenue, 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. Please call 315-866-0458 for more information.

Mental Health

Albany	Support and Education for Families and Friends of Adults with a Mental Illness - Equinox Inc., 500 Central Avenue, Albany. For more information, please call 518-435-9931, extension 5293.
Albany	PROS (Personality Recovery Oriented Services) Equinox - Integrates treatment, skills training, vocational rehabilitation and support to facilitate a participant's recovery. Group-based. For more information, please contact the Admissions Department at 518-435-9931, extension 237.
Clifton Park	Families Anonymous - This is a 12 Step Fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues. For more information, please visit familiesanonymous.org . Zoom meeting Monday, 7:30, contact Barb at BarbM905@gmail.com .
East Greenbush	National Alliance on Mental Illness - For more information, please call Mary Beth Honsigner (NAMI member) at 518-491-3743. No registration is necessary, please come and fellowship with us.
Albany, Greene, Rensselaer, Saratoga Counties	National Alliance on Mental Illness (NAMI) - If you are affected by mental illness, are a caretaker or know someone who is affected by mental illness, this forum might be a great resource or opportunity for support and hope. Visit namicapitalregionny.org to find local meeting group. For more information, call 518-588-6949 or email namicapitalregionny@gmail.com .

Separated/Divorced

Albany	Detours on the Journey - A 10-week support ministry for divorced men and women, evenings, 40. N. Main Ave., Please contact Mary Fay in the Office of Lay Ministry Formation for the start of next program at 518-453-6644.
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Loudonville

Loudonville Community Church - Meets on Tuesdays on Zoom from 6:30PM-8PM, caregroup@lcchurch.org. Please call 518-426-0751 for more information.

[Divorce Care](#)

St. Peter's Community Hospice

Albany

Community Hospice of Albany County at 445 New Karner Road. For more information, please call M-F during business hours, 518-724-0200.

Amsterdam

Community Hospice of Amsterdam, 246 Mannys Corners Road. For more information, please call Albany office, M-F during business hours, 518-724-0200.

Catskill

Community of Hospice Columbia/Greene Counties at 47 Liberty Street. For more information, please call Albany office, M-F during business hours, 518-724-0200.

Rensselaer

Community Hospice of Rensselaer County at 295 Valley View Boulevard. For more information, please call Albany office, M-F during business hours, 518-724-0200.

Saratoga

Community Hospice of Saratoga at 179 Lawrence Street. For more information, please call Albany office, M-F during business hours, 518-724-0200.

Schenectady

Community Hospice of Schenectady at 445 New Karner Road. For more information, please call Albany office, M-F during business hours, 518-724-0200.

Suicide Support

National Hopeline Network: 1-800-SUICIDE (784-2433) National Suicide Prevention Life: 1-800-273-TALK (8255) 988Lifeline.org

[Online Emotional Support](#)

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

American Foundation for Suicide Prevention – Missy Stolfi, Capital Region, NY Area Director, 518.791.1544

American Foundation for Suicide Prevention - For more information, please contact Missy Stolfi, Director, Capital Region, NY Area at 518-791-1544. mstolfi@afsp.org

Albany

SOS (Survivors of Suicide) - For more information, please contact Suzanne Morrison at 518.724-0200.

Loudonville	The group meets continuously throughout the year. Meetings are held monthly on the second Tuesday of the month from 6:00 pm to 8:00 pm. Our group is not for the newly bereaved but rather for those who are “further along” in their journey of healing. Typically, most people are ready to move to the next level of support after 18 – 24 months. Since each person’s needs are different, please contact the facilitator for more information David Grapka, 518-527-9688, furtheralongsos@gmail.com. Meeting Place: Newtonville United Methodist Church, 569 New Loudon Road, Loudonville, New York 12211
Schoharie	LifeChat - Meets the 4 th Wednesday of each month at 1 PM at The Gathering Place, 127 Kenyon Road, Cobleskill. Please contact Meg Parsons at 518-295-2001 for more information.
Schoharie	Parkinson’s Support Group – Meets 4 th Wednesday of the month at 1 PM at The Gathering Place, 127 Kenyon Rd., Cobleskill. Anyone living with Parkinson’s or affected by Parkinson’s is welcome. Group offers support, encouragement, and comfort. Please contact Lenore at 518-295-2001 for more information.

Twelve Step Programs - Addictions

[Alcoholics Anonymous](#)

[Narcotics Anonymous](#)

[Food Addicts Anonymous](#)

[Overeaters Anonymous](#)

[Compulsive Eaters Anonymous-HOW](#)