

## Support Groups

*Please note Support Group locations and times are subject to change, call to verify prior to attending*

Group Type	Organization Name and Group Location	Dates and Times
<p style="text-align: center;"><b>Alcoholics Anonymous</b></p>	<p><b>Al-Anon</b> (518) 292-0577 Multiple support group locations offered throughout the Capital District</p>	<p>For a full listing of locations, dates and times visit: <a href="http://www.al-anon-8ny.org/">http://www.al-anon-8ny.org/</a> or call (518) 292-0577</p>
<p style="text-align: center;"><b>Alzheimer's and Dementia</b></p>	<p><b>Bright Horizons at the Beltrone Center</b> 6 Winners Circle Colonie, NY 12205 Facilitator: Maura Fleming (518) 867-4999 x209</p>	<p style="text-align: center;">9:00 am 3<sup>rd</sup> Monday of the month</p>
<p style="text-align: center;"><b>Alzheimer's and Dementia</b></p>	<p><b>Alzheimer's Association NENY Office</b> 4 Pine West Plaza Suite 405 Albany, NY 12205 Facilitator: Shannon Lawler (518) 867-4999 x306</p>	<p style="text-align: center;">2:30pm Last Wednesday of the month</p>
<p style="text-align: center;"><b>Alzheimer's and Dementia</b></p>	<p><b>Telephone Support Group</b> <i>through Alzheimer's Association NENY</i> Facilitator: Jim Hardman (518) 915-3115</p>	<p style="text-align: center;">10:00am 1<sup>st</sup> Wednesday of the month (712) 770-4010 Access code #919600</p>
<p style="text-align: center;"><b>Alzheimer's and Dementia</b></p>	<p><b>Eddy Village Green Campus</b> 421 Columbia Street Bldg. 300 Facilitator: Sandy Monahan (518) 238-4167 *Pre-registration is suggested</p>	<p style="text-align: center;">2:30pm 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday of the month</p>
<p style="text-align: center;"><b>Alzheimer's and Dementia</b></p>	<p><b>Bethlehem Town Hall</b> 445 Delaware Avenue Delmar, NY 12054 Facilitator: Jane Sanders (518) 439-4955 x174</p>	<p style="text-align: center;">10:30am 4<sup>th</sup> Wednesday of the month</p>

Group Type	Organization Name and Group Location	Dates and Times
<p><b>Alzheimer's and Dementia</b></p>	<p><b>Christ the King Church</b>            20 Sumter Avenue            Guilderland, NY 12203            Facilitator: Sue Griffith (518) 456-2898</p>	<p>1:00pm            1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday of the month</p>
<p><b>Alzheimer's and Dementia</b></p>	<p><b>Marjorie Doyle Rockwell Center</b>  <b>*Group is designed for Husbands only</b>            421 Columbia Street            Cohoes, NY 12047            Facilitator: Sandy Monahan (518) 238-4167</p>	<p>10:00am            1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday of the month</p>
<p><b>Alzheimer's and Dementia</b></p>	<p><b>Bright Horizons Guilderland</b>            Karner Plaza            10 New Karner Road            Guilderland, NY 12084            Facilitator: Susan Conlon (518) 250-5718  <b>*RSVP preferred</b></p>	<p>5:00pm            3<sup>rd</sup> Monday of the month</p>
<p><b>Bereavement and other emotional difficulties</b></p>	<p><b>Jewish Family Services</b>            877 Madison Avenue            Albany, NY 12208            (518) 482-8856            Note: Open Monday – Thursday 9:00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• Individual, Couples, Family counseling services available</li> <li>• Specialize in: grief, loss, depression, anxiety, abuse, trauma, stress management, life transitions and more</li> <li>• Support groups available – call to inquire</li> </ul>
<p><b>Bereavement</b></p>	<p><b>The Community Hospice</b>            445 New Karner Rd            Albany, NY 12205            (518) 724-0200            Facilitator: Sue Emanuele</p>	<ul style="list-style-type: none"> <li>• Short term one to one counseling for individuals and families who have experienced recent loss</li> <li>• Individuals and families will be referred to most appropriate support group</li> <li>• One time pet loss counseling session available</li> </ul>

Group Type	Organization Name and Group Location	Dates and Times
<b>Brain Injuries</b> <i>through Brain Injury Association of NYS</i> (518) 459-7911	<b>Women's Support Group</b> Living Resources 300 Washington Ave Ext. Albany, NY 12205 Facilitator: Rosella Elliott (518) 526-1596 <a href="mailto:ElliottR@nycap.rr.com">ElliottR@nycap.rr.com</a>	10:30am 1st Tuesday of the month
<b>Brain Injuries</b> <i>through Brain Injury Association of NYS</i> (518) 459-7911	<b>Survivors and Caregivers</b> Hannaford Community Room 900 Central Avenue Albany, NY 12206 Facilitator: Lori Randle (518) 757-1021 <a href="mailto:LRandle@bianys.org">LRandle@bianys.org</a> *Group location also offered in Schenectady- contact Lori for inquiry	7:00pm 2 <sup>nd</sup> Tuesday of the month
<b>Cancer</b>	<b>American Cancer Society</b> 1 Penny Lane Latham, NY 12110 (518) 220-6960 Facilitator: Joanne (518) 220-6964 *Call Joanne to set up a new member meeting	Men to Men Group (Couples welcome) <ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Wednesday of the month 6:00pm</li> </ul> Family and Friends Group <ul style="list-style-type: none"> <li>• Every Tuesday 6:00pm</li> </ul> General Group <ul style="list-style-type: none"> <li>• Every Tuesday 6:00pm</li> </ul>
<b>Diabetes</b>	<b>Diabetes Sisters</b> <b>*Group is designed for women only</b> Capital Care Medical Group 501 New Karner Rd 1 <sup>st</sup> floor Albany, NY 12205 Facilitator: Connie (518) 225-7229 *Group location also offered in Clifton Park-contact Connie for inquiry	6:30pm 4 <sup>th</sup> Tuesday of the month

Group Type	Organization Name and Group Location	Dates and Times
<b>Disabilities</b>	<b>Capital District Center for Independence</b> 1716 Central Avenue Albany, NY 12205 (518) 459-6422	Self-Advocacy Group <ul style="list-style-type: none"> <li>• Every Monday 12:00pm</li> </ul> Transportation Group <ul style="list-style-type: none"> <li>• Every Monday 2:00pm</li> </ul>
<b>Elder Caregiving</b> <i>(Not specific to Alzheimer's/Dementia)</i>	<b>Catholic Charities</b> Christ the King Church 20 Sumter Avenue Albany, NY 12203 Coordinator: Francine Mead (518) 372-5667 x205	6:00pm 2 <sup>nd</sup> Wednesday of the month
<b>Kinship (Grandparents Raising Grandchildren)</b>	<b>Catholic Charities</b> 29 North Main Avenue Albany, NY 12203 Facilitator: Kari Correria (518) 482-8836 x260 *Group locations also offered in Rensselaer and Schenectady-contact Kari for inquiry	11:00am 3 <sup>rd</sup> Wednesday of the month *Other support and case management services related to Kinship available-contact Kari for inquiry
<b>Kinship (Grandparents Raising Grandchildren)</b>	<b>Parsons Child and Family Services</b> Neil Hellman School 60 Academy Road Albany, NY 12208 (518) 426-2641 *Monthly trainings available held with clinicians for new kinship/adoptive families	6:00pm 1 <sup>st</sup> Tuesday of the month
<b>Parkinson's Disease</b>	<b>Capital District Parkinson's Support Group</b> 41 Beverwyck Lane Slingerlands, NY 12159 Facilitator: Jud Eson (518) 281-3466 <a href="mailto:eson.jud@gmail.com">eson.jud@gmail.com</a>	7:00pm 2 <sup>nd</sup> Thursday most months

Group Type	Organization Name and Group Location	Dates and Times
<p><b>Stroke Survivors</b>  <i>through American Heart Association</i>  (518) 626-8761</p>	<p><b>Stroke Survivors Support Group</b>  Albany Memorial Hospital  Marar Conference Room  600 Northern Blvd  Albany, NY 12204  Facilitator: Mike Wacholder (518) 421-1152  <a href="mailto:mikewacholder@gmail.com">mikewacholder@gmail.com</a></p>	<p>2:00pm  1<sup>st</sup> Sunday every month</p>
<p><b>Stroke Survivors</b>  <i>through American Heart Association</i>  (518) 626-8761</p>	<p><b>Steps for Stroke Support Group</b>  Albany Medical Center  43 New Scotland Avenue Room MS 103  Albany, NY 12208  Facilitators:  Adrienne Weitzel RN: <a href="mailto:weitzea@amc.edu">weitzea@amc.edu</a>  Lauren Marozzi: <a href="mailto:marozzl@amc.edu">marozzl@amc.edu</a>  Rosella Elliott: <a href="mailto:stepsforstroke@gmail.com">stepsforstroke@gmail.com</a></p>	<p>3:00pm  3<sup>rd</sup> Monday every month</p>