

A user-friendly GUIDE TO

Support Groups

FOR FAMILIES in Macomb County



About This Book

This *Small Book* is designed to assist families in locating free or low-cost community services in Macomb County and is designed to be user-friendly.

The book first lists a "SITUATION" followed by a short descriptive phrase about each of the known services listed for that situation, an explanation of the services and eligibility requirements (if applicable), and finally, the telephone number for the service.

This book lists services by a service category, not by agency. This helps to speed the finding of needed services. For the most part, only Macomb County resources are listed. Exceptions to this are out-of-county resources included if a Macomb County facility is filled or county or state services that may be accessed in Macomb County.

To aid you in your use of this book, you will notice the following format: Each "*Situation*" is enclosed in a black box to differentiate it from other situations.

The symbol (~) is placed in front of each new service under that category. All known services for a situation are grouped under it regardless of what agency offers those services.

As names of agencies and programs frequently change, please note that the former name is indicated in brackets { }.

Every effort has been made to assure that the information is up-to-date and accurate. Due to the dynamic nature of organizations, information changes often.

We hope that you enjoy this resource and that you are able to locate help more quickly. For your information, *Small Books* are available on the following topics:

Adoption	Literacy
Child Abuse	Mental Health
Child Care	Parenting
Dementia	Recreation/Leisure
Dental	Runaway Services
Domestic Violence	Senior Citizen Services
Employment & Training Services	Sexual Assault
Fetal Alcohol Spectrum Disorder	Special Needs
Financial Assistance	Substance Abuse
Food	Suicide Prevention
Gambling Addiction/Problems	Support Groups
Resources	Teen Pregnancy Service
Health	Transportation
Homeless Services	Utility Assistance
Housing	Vision and Hearing Services
Legal Issues	Glossary

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SUPPORT GROUPS

SITUATION: A youth needs an empathetic group to share similar experiences.

- ❖ **Schools throughout Macomb County offer education-based support groups for youth around many issues.** Check with the school counselor, social worker or Student Assistance Specialist at your school to determine if a group is available.

ADOPTION ISSUES

- ❖ **Adoptive Parent Support Group** is a *free* monthly support group for parents who have adopted. Available from Catholic Services of Macomb* - Post Adoption Resource Center*, Clinton Twp., (586) 416-2300.

AIDS

- ❖ **Educational support group for persons affected by AIDS and HIV positive individuals, their families, friends, and partners.** Contact the Michigan AIDS* Hotline*, (800) 872-AIDS.

ALLERGIES

- ❖ **Support group for children allergic to foods.** Available at the Clinton-Macomb Library North Branch, (586) 416-0288.

ALZHEIMER DISEASE

- ❖ **Support groups for persons with Alzheimer's and their families:**

Presbyterian Village East of Chesterfield Chesterfield Township, MI	(586) 725-6030
Arden Courts Alzheimer's Assisted Living Sterling Heights, MI	(586) 795-0998
A Friend's House Adult Day Services Clinton Township, MI	(586) 412-8494
Bon Secours Nursing Care Center St. Clair Shores, MI	(586) 779-7032

ANXIETY, PANIC DISORDERS AND DEPRESSION

- ❖ **Support group for persons with anxiety, panic disorders and depression** are available at St Mark Church in Warren. For more information, call (586) 759-3026.

AMPUTEE

- ❖ **Support group for amputees** is available at Rose Garden Condominium Clubhouse, Mt. Clemens, MI. For more information, call (586) 463-5547 or amputeesupport@comcast.net

ANXIETY

- ❖ **Support group for persons experiencing anxiety.** Available from *ACTION (Anxiety Changing Techniques In Operation Now) Self-Help*, at Peace Presbyterian Church, Clinton Township, (586) 949-5987.
- ❖ **Support group for persons with anxiety panic attacks and/or depression.** Available at St. Athanasius Church, Roseville, (248) 547-0400.
- ❖ **Support group for those who suffer from anxiety, depression, tension and more,** meets weekly in Macomb County and in other locations; call Recovery, Inc. at (313) 561-2521 or visit www.recovery-inc.org.

APHASIA

- ❖ **Support group for persons with aphasia** is available at St. John North Shores Hospital, 26755 Ballard Road, Harrison Township, MI, (586) 466-5203.

ASTHMA, EMPHYSEMA AND CHRONIC OBSTRUCTIVE PULMONARY LUNG DISEASE

- ❖ **Support groups for persons with asthma, emphysema and chronic obstructive pulmonary lung disease** are available at St. John Hospital, Warren, MI, (586) 573-5233.

ATTENTION DEFICIT HYPERACTIVE DISORDER

- ❖ **Support group for parents of children with Attention Deficit Hyperactive Disorder** is available from CHADD (Children and Adults with Attention deficit). For more information call (586) 949-2845.
- ❖ **Support groups for children and adults with Attention Deficit Disorder.** Second Tuesday of the month at the Macomb Intermediate School District, Clinton Township (586) 447-2845.

AUTISM

- ❖ **Support group for families with a child with autism.** For more information, call the Macomb Chapter of the Autism Society of America, (810) 357-1679.

BRAIN INJURY

- ❖ **Support and recreational activities for Brain Injury Survivors, Family Members, Friends and Caregivers** available in Macomb County and special event locations in Oakland and Wayne Counties. Available from Macomb Chapter Brain Injury Association of Michigan, call: Marty Zobrovitz,(586) 774-0135, or e-mail: biamimacomb@aol.com

BREAST CANCER

- ❖ **Support groups for person with breast cancer** are available at St. John Surgery Center, St. Clair Shores, MI, (313) 343-3684.

BREAST FEEDING

- ❖ **Support groups for mothers who are breast feeding** is available on the first Monday of each month. For more information, call the LaLeche League, (586) 774-8064.

CANCER

- ❖ **Support group for well children aged 6 -16 years who have a parent, sibling, or other special person with cancer.** Contact the Karmanos Cancer Institute - Friends Like Me Support Group, (800) 527-6266.

CARDIAC

- ❖ **Cardiac Support groups** are available at St. John Macomb Hospital, Warren, (586) 573-5233

CANCER

- ❖ **Time for Caregivers**, for those caring for someone with chronic or long-term medical problems, St. John North Shores Hospital, Harrison Township, (586) 466-5320.

COMMUNICATION DISORDERS

- ❖ **Post-therapy support group for adults with communication disorders.** Available at St. John North Shores Hospital, Harrison Township. For more information, call (586) 466-5203.

DEPRESSION

- ❖ **Support group for persons with depression.** Available at Christ Lutheran Church. For more information, call Ms. Bobbi Knapp (586) 469-6708.

DIABETES (YOUTH)

- ❖ **Support group for children with diabetes:**

St. John Medical Center Macomb Township, MI	(888) 757-5463
Mount Clemens General Hospital Mount Clemens, MI	(800) 779-7178

DIABETES (ADULT)

- ❖ **Support group for adults with diabetes** is available at Mt. Clemens General Hospital, Mount Clemens, (586) 779-7178.

DISABILITIES

- ❖ **Support group for adults with disabilities.** Available on the fourth Monday of the month starting at 11:00 A.M. at Rose Family Dining, St. Clair Shores, MI. For more information, call (586) 997-3619.

DIVORCE

- ❖ **Eight-session educational support group for children in grades 1 through 8 who have experienced a loss in their life as a result of family separation or divorce.** Available from *Rainbows for All God's Children* at St. Isaac Jogues School, St. Clair Shores. For more information, call Sharon Hanson (714) 826-1140.
- ❖ **Divorce**, free self-help group for people dealing with grief due to loss because of divorce. For more information, call Renaissance Unity Church, Warren (586) 353-2300
- ❖ **Divorce**, eight-session educational support group for children in grades 1 through 8 who have experienced a loss in their life as a result of family separation or divorce. For more information, call Sharon Hanson, (714) 826-1140
- ❖ **DivorceCare for Kids**, to help children 5-12 heal from hurt caused by separation or divorce of their parents, 13-week program takes place 7 PM Tuesdays, Faith Lutheran Church, Troy, (248) 689-4731, ext. 217
- ❖ **Divorce Support Groups** in dealing with painful issues of divorce is available at Trinity Family Counseling Center, Utica (586) 254-3663
- ❖ **Late Life Divorce Support Group** is available at the VerKuijen Building, Clinton Township. For more information, call (586) 469-6708.

DOMESTIC VIOLENCE ISSUES

- ❖ **A 12-week support group for women who may be struggling in relationships that are violent or potentially dangerous** provides information on domestic violence and the cycle of abuse, effects this violence has on children, skills to identify unsafe situations and develop a safety plan for themselves and their children. Available three times per year from Turning Point, (586) 463-4430.
- ❖ **Support Group for female victims of domestic violence** is offered Wednesday afternoons from Turning Point, (586) 463-4430.
- ❖ **Domestic Violence and Sexual Assault Help** 24-hour helplines, (734) 459-5900 or (888) 453-5900; Safe Horizons, (888) 985-5538.
- ❖ **Domestic Violence**, support Group for female victims of domestic violence is offered Wednesday afternoons from Turning Point, (586) 463-4430.
- ❖ **Domestic Violence Issues**, a 12-week support group for women who may be struggling in relationships that are violent or potentially dangerous provides information on domestic violence and the cycle of abuse, effects this violence has on children, skills to identify unsafe situations and develop a safety plan for themselves and their children. Available three times per year from Turning Point, (586) 463-4430.
- ❖ **Domestic Violence Survivors Support Group.** For more information, call (888) 985-5538

EPILEPSY

- ❖ **Support group for persons with epilepsy** is available at Erin Presbyterian Church, 30000 Gratiot, Roseville. For more information, call (800) 377-6226.

FETAL ALCOHOL SPECTRUM DISORDER

- ❖ **A monthly support group for parents of children with fetal alcohol spectrum disorder** is available at CARE, 31900 Utica Road, Fraser, MI 48026. For more information, call Shelly Bania at (586) 541-0033 ext. 222 or sbania@careofmacomb.com. For online support, visit: <http://groups.yahoo.com/groups/FaSAFASD> or visit Macomb County Fetal Alcohol Resource, Education and Support (MCFARES) webpage at; www.careofmacomb.com. Click on "Services," and then "Fetal Alcohol Spectrum Disorder."

FIBROMYALGIA

- ❖ **Support group for persons with fibromyalgia.** Available at St. John Macomb Hospital, Warren, MI. For more information, call (800) 968-3030.

GAY/LESBIAN ISSUES

- ❖ **Support group for gay/lesbian/bisexual and transgender youth 21 and younger.** Meetings are in the Ferndale area (Youth must call first for the actual location.) Available from Affirmations Lesbian/Gay Community Center. For more information, call (248) 398-7105 ext. 28, Monday - Friday 10:30 A.M. - 6:30 P.M. or call the help line, (800) 398-4297 or www.goaffirmations.org.

GRIEF SUPPORT GROUPS FOR YOUTH

- ❖ **Grief Support Group for children 7 - 13 years.** Available on various Mondays from 7:00 - 9:00 P.M. on the fourth Monday of every month at the Center for Counseling, New Baltimore. Call for specific dates. This program sponsored by Gendernalik Funeral Home, (586) 716-0980.

- ❖ **Grief support group for children and teens, 3 - 18 years and their parents or guardians who have experienced the death of a family member, friend or significant other.** Available free in Macomb County in St. Clair Shores (St. Margaret of Scotland Church) and Clinton Township (Chippewa Valley Schools). Offered by Sand Castles, a division of the Hospices of Henry Ford. For more information, call (313) 874-6881.

(Continued next page)

- ❖ **Support group for well children 6 - 16 years who have a parent, sibling, or other special person with cancer.** Contact the Karmanos Cancer Institute* - Friends Like Me Support Group at (800) 527-6266.
- ❖ **Three-day camp (“Healing Hearts”) for children 5 - 18 years** is available every summer for those who have experienced a significant loss due to death. Participants learn through specialized group sessions and art/play activities. Registration: \$100.00. Available from SandCastles*, a division of the Hospices of Henry Ford, (313) 874-6881.

GRIEF SUPPORT GROUPS FOR ADULTS

- ❖ **Monthly support group for older adults** is available from Senior Citizen Services, (586) 469-6708.
- ❖ **Monthly support group sessions for families, friends and individuals affected by the aftermath of suicide; an intensive five-week workshop.** Available from the Macomb County Crisis Center*, (586) 307-9100 (24 hours).
- ❖ **Free self-help group for bereaved people who are grieving from a loss.** Available in Warren and Clinton Township from Hospices of Henry Ford Hospital, (586) 263-2840.
- ❖ **Free self-help group for people dealing with grief due to loss because of death or divorce.** For more information, call Renaissance Unity Church, Warren (586) 353-2300.

- ❖ **Self-help group for people dealing with grief.** Sponsored by Sullivan Funeral home. For more information, call Bobbie Baker, Trinity Counseling, (586) 254-3663.
- ❖ **Support groups for parents who have lost a child is available from** Hospices of Henry Ford, Lakeside Medical Building, (586) 263-2840.

HARD OF HEARING

- ❖ **Self Help for Hard-of-Hearing People**, the Macomb chapter at Knox Presbyterian Church, 25700 Crocker Blvd., Harrison Twp., For more information, e-mail Macomb-co@mi-shhhlo9rg

LOU GEHRIG DISEASE (ALS)

- ❖ **Support group for people with ALS and their families.** Available at Renaissance Unity Church in Warren. For more information, call ALS of Michigan, (586) 882-5764.

MENTAL ILLNESS

- ❖ **Support group for persons with mental illness or related disorders:**

Liberties South Roseville, MI	(586) 777-8094
Liberties North Clinton Township, MI	(586) 954-1590

- ❖ **STARS support group for coping with mental illness**, available from Liberties, Clinton Township, (586) 954-1590.

MULTIPLE SCLEROSIS

- ❖ **Support group for adults affected by multiple sclerosis.** For more information, call (800) LEARN MS.

MUSCULAR DYSTROPHY

- ❖ **Support group for adults affected by any neuromuscular disease.** Available at Macomb Oakland Regional Center's Lounge, 16200 19 Mile Road, Clinton Township. For more information, call (586) 274-9000.

MYASTHENIA GRAVIS

- ❖ **Support group for persons diagnosed with myasthenia gravis and their families.** Available at Amazing Grace Lutheran Church, 29860 Dequindre, Warren. For more information, call (248) 423-9700.

PARENTING

- ❖ **Support group for stay-at-home mothers and parents seeking help in developing functional family systems.** For more information, call Effective Living Inc, (586) 228-8838.
- ❖ **Support group for grandparents rearing grandchildren:**

VerKuijen Building Auditorium Clinton Township, MI	(586) 398-7105 ext. 28
Mt. Calvary Lutheran Church Warren, MI	(586) 493-0664

❖ **Support group for mothers of multiples.** Available at Holy Cross Lutheran Church, Warren, MI. For more information, call (586) 979-6092.

❖ **Support group for mothers of preschoolers:**

Faith Lutheran Church Shelby Township, MI	(586) 731-8112
St. Peter Lutheran Church Eastpointe, MI	(586) 777-6300

PARKINSON'S DISEASE

❖ **Support group for persons aged 28 - 55 diagnosed with young onset Parkinson's Disease.** Available at South Lake Schools Administration Building, St. Clair Shores, MI. For more information, call (800) 852-9781 or (313) 432-7853.

❖ **Parkinson's Disease Support Group** is available at St. John Macomb Hospital, 11800 E. 12 Mile Road, Warren, (586) 573-5123.

SEXUAL ASSAULT

❖ **Sixteen week support group for teen and adult sexual assault survivors.** The teen group is held in the fall and the adult group is held in the winter. Available from Turning Point*, (586) 463-4430.

❖ **Eight-week educational support group for adult sexual assault survivors and their significant others** provides information on various topics including sexual assault, trauma reactions, safety awareness, coping strategies, relationships, etc. Available from Turning Point*, 463-4430.

SPECIAL NEEDS CHILDREN

- ❖ **Support group for parents of children with problems of Attention Deficit Hyperactive Disorder.** Available from CHADD (Children and Adults with Attention Deficit, (586) 447-2845.
- ❖ **Parent-to-parent network of parents who have children with various special needs.** Peer support is offered on a one-to-one basis with a support parent who lives as near as possible and whose child has similar needs. Group meetings are also scheduled. Available from the Family Support Network of Michigan, a service of Children's Special Health Care Services, (800) 359-3722 or the Macomb County Health Department office in St. Clair Shores, (586) 466-6855.

STROKE

- ❖ **A Stroke Support Group for stroke survivors and their loved ones** is available through , offered by St. John Hospital and Medical Center and the American Heart Association(888) 757-5463.
- ❖ **A Stroke Club** for stroke survivors is available from Henry Ford Macomb, Clinton Township, (586) 263-2498.

SUBSTANCE ABUSE

- ❖ **Summer day Youth support camp** is available free for children youth ages 6 - 15 who are concerned about a family member's use of alcohol or other drugs or has a family member in recovery, growing up in homes where substance abuse, mental illness or other family stressors can be a challenge. (Child care is available for children ages 3 -5 for those parents who attend the parent education/support group). Available from CARE*, (586) 541-0033 or visit their website at www.careofmacomb.com.

- ❖ **FREE support program (“Project Focus”)** for parents and youth ages 6- 15 who are concerned about a family member’s use of alcohol or other drugs or have a family member in recovery or are in recovery themselves. FREE child care is available for children ages 3 - 5. Families will learn tools to reduce their anxiety, develop healthy coping skills, learn about addiction and discover they are not alone with their concerns. The program is full of fun activities while using a skill-building approach. Available from CARE*, (586) 541-0033 or visit their website at www.careofmacomb.com.

SUBSTANCE ABUSE RECOVERY GROUPS

- ❖ **Alcoholics Anonymous** is a fellowship of recovering alcoholics who meet regularly to help each other stay sober by sharing their experience, strength and hope. For a list of Macomb County meeting locations call, (877) 337-0611.
- ❖ **Al-Anon** is a peer-recovery program for family members of alcoholics. For more information call, (800) 813-3105 or (888) 4AL-ANON or (888) 425-2666.
- ❖ **Cocaine Anonymous** - Currently there are no Cocaine Anonymous support groups in Macomb County.
- ❖ **Families Anonymous**, is a group of concerned parents, grandparents, relatives and friends whose lives have been adversely affected by a loved one's addiction to alcohol or drugs. For more information or a list of meeting sites in the region, call (248) 852-8310 or go to www.familiesanonymous.org.
- ❖ **Marijuana Anonymous** is a fellowship of men and women who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction. For more information, call (800) 766-6779 or go to www.marijuana-anonymous.org for a list of meeting sites in the region.

- ❖ **Nar-Anon** is a peer recovery program for family members of drug addicts. For more information, call (586) 447-2868.
- ❖ **Narcotics Anonymous** is a fellowship of recovering addicts who meet regularly to help each other stay clean by sharing their experience, strength and hope. For a list of Macomb County meeting locations call, (248) 543-7200 (Pleasant Ridge).

SUICIDE

- ❖ **Monthly support group and six-week educational series for survivors of suicide.** For more information, call the Macomb County Crisis Center*, (586) 307-9100.

ACKNOWLEDGEMENTS

This booklet has been developed from *"Making the Right Connection"*, a project of the Macomb County Inter Agency Council and its Youth Council Subcommittee.

For the complete Resource Directory, please go to www.misd.net/connection





GREAT PARENTS MACOMB*
Serving families with children birth to age 5

For information on other resources for families of children
age birth to 5 years, please call:

1.866.4MACOMB

1.866.464.2662

* This document was printed through the State of Michigan Great Parents grant
awarded to Macomb Intermediate School District.
Agencies throughout Macomb County are program partners.