



## Free VIRTUAL Support Groups

### **Bipolar Support Group (Discussion Group) (Peer-led group for adults and families)**

2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Mondays | 7:00 p.m. - 8:30 p.m.  
245 Butler Avenue, Suite 204, Lancaster, PA 17601

### **Bipolar Educational Group (Topics relate to Bipolar) (Peer-led group for adults and families.)**

1<sup>st</sup> & 3<sup>rd</sup> Mondays | 7:00 p.m. - 8:30 p.m.  
245 Butler Avenue, Suite 204, Lancaster, PA 17601

### **D.A.W.N. Group**

#### **Depression Awareness and Women's Needs (Peer-led group for women)**

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Tuesdays 7 p.m. - 8:30 p.m.  
245 Butler Avenue, Suite 204, Lancaster, PA 17601

### **Finding Our Way Group**

#### **(Depression Support Group)**

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Mondays | 6 p.m. - 7 p.m.  
245 Butler Avenue, Suite 204, Lancaster, PA 17601

### **Anxiety, Panic & OCD Support Group**

#### **(Peer-led group for adults and families)**

Thursdays 7 p.m. - 8:30 p.m.  
245 Butler Avenue, Suite 204, Lancaster, PA 17601

### **Moms Supporting Moms Group**

**(This group welcomes all moms struggling with emotional wellness, postpartum depression and/or postpartum anxiety.)  
Moms, babies, and young children are welcome.**

2<sup>nd</sup> Wednesdays, 6:00 PM – 7:00 PM.  
Hamilton Park United Church of Christ (UCC)  
1210 Maple Avenue, Lancaster, PA 17603  
Contact: 717-397-7461, [akatchur@mhalancaster.org](mailto:akatchur@mhalancaster.org)

### **Borderline Personality Disorder Group**

#### **(Peer-led group for men and women is ON HOLD)**

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 7 p.m. – 8:30 p.m.  
245 Butler Avenue, Suite 204, Lancaster, PA 17601  
*\*Family members are welcome periodically for education-based meetings. Contact MHA for the schedule of family nights.*

### **D.A.M.N. Group**

#### **Depression Awareness and Men's Needs (Peer-led group for men IS IN DEVELOPMENT)**

To interview to lead this group, or to ask related questions, please call 717-397-7461.

### **Additional Support Groups by Community Organizations**

#### **Sibling Support Group **CALL FOR CURRENT SCHEDULE****

Children ages 8 - 12 who have a sibling with autism or a developmental disability.  
Meets September through May 2<sup>nd</sup> Mondays | 6:30 p.m.  
116 W Airport Road, Suite A, Lititz, PA 17543  
Sponsor: Arc of Lancaster Lebanon at 717-394-5251  
Registration required.

#### **Landis Communities Family Support Group**

4<sup>th</sup> Sundays (except December) | 3 p.m. - 5 p.m.  
Rossmere Mennonite Church  
741 Janet Ave., Lancaster PA **CALL FOR CURRENT SCHEDULE**  
Educational program runs from 3 p.m. – 4 p.m.  
Share and Care Groups meet from 4:10 p.m. – 5 p.m.

#### **Survivors of Suicide Support Group**

1<sup>st</sup> & 3<sup>rd</sup> Thursdays | 7:30 p.m. – 8:45 p.m.  
St. Peter's Lutheran Church **CALL FOR CURRENT SCHEDULE**  
10 Delp Rd., Lancaster, PA 17601  
Contact: Kevin Eberle at 717-394-3541 or  
[eclipse5694@aol.com](mailto:eclipse5694@aol.com)

#### **Parent's of Suicide Loss Support Group**

1st & 3rd Tuesdays 7 PM – 8:30 PM  
St. James Catholic Church **CALL FOR CURRENT SCHEDULE**  
505 Woodcrest Avenue, Lititz, PA 17543  
Contact: Dawn Khamvongsa at 717-625-0010 or  
[dkhamvongsa7@gmail.com](mailto:dkhamvongsa7@gmail.com)

#### **NAMI Family Support/Educational Group**

2<sup>nd</sup> Tuesday | 7:00 – 8:30 pm **CALL FOR CURRENT SCHEDULE**  
Community Services Group at 790 New Holland Avenue,  
Lancaster PA 17601 thru December 2019.  
Contact Vivian Spiese for details and new 2020 location info  
at 717-871-6205 or [vspiese@comcast.net](mailto:vspiese@comcast.net).

### **For More Information:**

Mental Health America of Lancaster County  
245 Butler Avenue, Suite 204  
Lancaster, PA 17601-4585  
[mha@mhalancaster.org](mailto:mha@mhalancaster.org)  
717-397-7461 Phone 717-517-8466 Fax  
[www.mhalancaster.org](http://www.mhalancaster.org)

Questions? Contact MHA Support Group Coordinator  
Amanda Katchur  
570-561-8845  
[akatchur@mhalancaster.org](mailto:akatchur@mhalancaster.org)

## What to expect at your *first* Support Group.

It is a big step to attend your first support group, but it doesn't need to be UNCOMFORTABLE. A diagnosis is not required – only an identification with the mental health condition. All MHA groups are now virtual only. Here's what you can expect:

- MHALC's groups are peer-facilitated, which means the group leader has been in your shoes. He or she will truly understand what you're going through, and can provide insight and advice based on firsthand experience.
- All groups are free and held on a drop-in basis. You don't have to sign up in advance, and if you attend one time and it doesn't feel like the right fit, you don't have to come back. However, we do recommend that you give the group a few chances, as the dynamic can change every meeting and you might find your place after a few tries.
- All groups are confidential – this helps us build an environment where individuals can be honest and open. Groups can be an alternative to, or addition to, a traditional counseling service. Find what works for your own support needs and recovery.
- You do not have to share your story at any meeting; you can choose to come and just listen to others share, as you may feel more comfortable hearing how others have dealt with situations that are familiar. Remember, you can offer to share, only if you're ready to do so and could use a listening ear.

**In-Person  
Support  
Groups  
Suspended**



**Phone-in  
Group  
Instructions  
Below**

In order to protect the health of all the participants in our support groups, MHA is temporarily suspending the in-person support group meetings. We have set up a system so that groups will be able to participate and connect with each other by phone.

It's an easy process, and you don't have to have a smart phone or a computer to participate in the group.

- ♦ First, you call this number – **1-929-205-6099**.
- ♦ Someone will answer, "Welcome to Zoom. Please enter your meeting identification number, followed by the # sign."
- ♦ The **meeting ID is 736 283 742** for the Bipolar groups, the Anxiety, Panic and OCD group, the D.A.W.N. group, and the Borderline Personality group.
- ♦ The **meeting ID is 119 431 399** for Finding Our Way.
- ♦ After you enter this, you will be asked to enter a participant ID, or if you don't have one, just press #.
- ♦ You won't have one, so just press #.
- ♦ You will be notified that you have joined the meeting, and then you will be able to speak with the other members of the group!

If you have questions, please feel free to call MHA between 10:00 AM and 3:00 PM.

Best wishes for all of your health and safety!

Peer-facilitated support groups are a great place to start your recovery journey. We hope you'll find that by hearing others' stories, you'll feel less alone in your experiences. Reach out today – we're here to support you. If you have any questions regarding support groups, feel free to call MHALC at (717) 397-7461.

***Student observers** of support groups are asked to call the MHALC office to register for observations. Not all support groups are open to observers. You must be registered to attend as an observer; without a registration, you will be asked to leave the support group and return after speaking with the MHA Support Group Coordinator. Thank you for your understanding.*