Support Group Directory

2014-2016
Fifteenth Edition
Updated Spring 2015

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A Program of Family Service
405 S. State St.
Champaign, IL 61820
217-352-0099
www.selfhelp.famservcc.org

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Carle
Dedication

This edition of the Support Group Directory is dedicated to the volunteers who have generously donated their time to the Self-Help Center. Most notably, these volunteers include Elizabeth Easley, Karen Fletcher, Ted Kappas, Joan Lathrap, and John Schreiber. Without their dedication and commitment, the work of the Self-Help Center would not be possible. Their contributions are invaluable and most appreciated.

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.”

~Erma Bombeck

“Unselfish and noble actions are the most radiant pages in the biography of souls.”

~David Thomas

Acknowledgements

We would like to thank each of the local self-help groups and agencies who have contributed information on local groups to make this directory possible.
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The Self-Help Center

The Self-Help Center, a program of Family Service, provides support to self-help groups in Champaign County and other surrounding counties in central Illinois. It facilitates the development of new groups and helps to connect individuals with appropriate self-help/support groups. It increases community awareness of the value of self-help and the resources available to groups. The Self-Help Center is funded by the Champaign County Mental Health Board, Carle and private contributions.

**Services Provided by the Self-Help Center**
- Database of information on support groups in Champaign County and surrounding East Central Illinois communities, and groups in-formation.
- This Support Group Directory.
- Specialized support group listings on particular topics.
- Website and on-line group listings at selfhelp.famservcc.org.
- The Self-Helper newsletter.
- Self-Help lending library.
- Workshops, conferences and educational packets on starting, publicizing and facilitating groups.
- Consultation service to assist individuals with starting new groups or improving the functioning of existing groups.

To volunteer or to contribute monetary or in-kind donations to the Self-Help Center, call us at 352-0099 or write us at Family Service, Attn.: Self Help Center, 405 S. State St., Champaign, IL 61820.

The Support Group Directory has been produced by:

**The Self-Help Center Staff**

Program Director          Annie Clay  
Coordinator               Loralea Liss  
Clerical Support          Dawn McKinley  
Volunteer Support         John Schreiber  
Computer Support          Karen Fletcher  

**Confidentiality**

The right to privacy is respected by the entire staff of Family Service and the Self-Help Center. Anyone may contact the Center for information on self-help groups and is not required to provide personal information to receive services.

**Disclaimer**

The groups listed in this directory are independent resources available to the public. The Self-Help Center does not oversee or endorse groups listed in the directory.
About this Directory

This directory is organized by major categories of groups and within categories by county. Although most groups listed are located in Champaign County, groups from nearby counties are also included. A group may be listed in more than one category. In addition to the table of contents which lists the categories, a topical index is provided at the back. Each group listing contains the name of the group, a purpose statement, contact names and numbers, an address, membership information, meeting times and places if known. We have also included information on the year the group formed, affiliation, and leadership structure, if known.

The following is a key to the coded information which appears before group descriptions: 1. Year group was formed  2. A=Affiliated with a state, national or international group; F=Freestanding group  3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

The information listed in this directory is based on information gathered from contact people during the spring of 2013, and updated through the spring of 2014. Because information changes, check the Self-Help Center website at selfhelp.famservcc.org for the most up to date group information.

Online Listings of Groups

Self-help groups are continuously forming, changing, and disbanding. You can search our online listings of support groups by topic on the Self-Help Center website at selfhelp.famservcc.org for the most up to date group information. If you are unable to locate a particular group in this directory or on the website, call the Self-Help Center at (217) 352-0099. We may be able to locate a state or national support group or class on the subject. The Self-Help Center can also help you form a group or link you with people interested in the topic.

Resources from the Lending Library

The Self-Help Lending Library contains more than 100 titles in its continually expanding collection. The library is located in the Self-Help Center at Family Service, 405 S. State St., Champaign. It contains materials on a wide variety of topics related to self-help groups including aging, bereavement, group leadership, mental health, parenting, physical health, research, and professional involvement in self-help groups.

Please help us keep our information current.

If you have any information about changes in the support groups listed in this directory or about new groups that have formed, please call us at 217-352-0099 or e-mail updates to: lliss@familyservicecc.org. This will help us provide up-to-date information for those who contact the Center for referrals to groups. We can also update the website information immediately for those searching online.

What is a Self-Help Group?

A self-help group, also known as mutual help, mutual aid, or a support group, is a voluntary gathering of people who share a common problem, condition, or history. By coming together,
members share support and ideas on how to cope and live more productive and fulfilling lives. Groups are usually free of charge, on-going and open to new members.

Millions of Americans turn to support groups to help them cope with some of life’s most difficult challenges. Ranging from tiny gatherings to national networks, self-help groups play an important role in the health and mental health care system. They complement traditional services by effectively helping people deal with problems, stress, hardship, pain and personal development. In self-help groups, people take responsibility for each other and themselves. They find that participating with others dealing with similar issues is non-stigmatizing and effective.

**Self-Help Groups—What Makes A Good One?**

**What do I look for when I search for the right group?**

As you size up the right support group for you, some good things to look for are:

- Warmth and friendliness between members and a welcoming attitude toward newcomers.
- Some focus and structure to meetings, while allowing time for members to mingle informally.
- Regularly scheduled meetings with an ongoing agenda to reassure members that the group will be there for them in the future with support and information.
- General participation and shared decision-making by members. Although most groups need people to take certain responsibilities, no one person should be allowed to dominate a meeting with their problems. Ideally, meetings should offer a non-judgmental atmosphere where each person who chooses has a chance to speak out. In addition to periodic lectures by professionals in your special area of concern, up-to-date resource material should be available to all members.

Approach your first meeting with an open mind and try to find out all you can. You may need to attend several meetings before you feel things are “clicking”. If you don’t feel you have found “your” group, and you are still interested in finding the right one, keep trying. Even within the same organization, chapters can be very different and membership is usually quite fluid.

**How can one of these groups help me?**

It helps to be with people who share a common concern and to gather information. Participants share experiences with others who not only have been through the same suffering, but also are finding ways to cope with and even master it. If you have been nearly incapacitated by “the problem,” you initiate a positive action and gain a feeling of restored control by simply attending a meeting. Then, once there, you find the comfort of fellowship with other similar sufferers, and, by hearing others’ experiences, even come to learn that you may be better off than you realized. Also, through the caring and sharing exchange, you can gain insight on your problem and learn helpful coping strategies while you become part of a network that receives up-to-date information. Finally, and perhaps the most therapeutic of all, a support group can help you regain self-esteem as you become involved with and are helpful to others in the group.

It is important to realize that support groups are not a substitute for group therapy or individual counseling. Therapy may be a valuable component of recovery. The benefit of a support group arises from the sharing of life experiences, the altruism, and a sense of community within the group.

Abstract of information with permission of the Rainy Day People Clearinghouse from an article in Back to Health by Jinx Smith in June, 1989, and a newsletter of the Rainy Day People Clearinghouse, Scottsdale, AZ, Spring, 1996.
ADDICTIONS

Alcohol Abuse

Champaign

Al-Anon Family Group (Champaign) (1983 A,L)
This group is a fellowship of relatives and friends of alcoholics. Teens and adults share their experiences, strengths, and hopes for overcoming their common problems with alcoholism.
Call: Al-Anon (866) 794-8515 E-mail: contact@district12afg.org
Local Website: district12afg.org National Website: al-anon.org
Write: AFG-District 12, P.O. Box 12, Champaign, IL 61820

Alateen (A,L)
This fellowship is for young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Meets Fri., 7:00 p.m., Emmanuel Episcopal Church, State and University, Champaign. Additional local meetings are also available.
Call: Champaign-Urbana Al-Anon/Alateen Answering Service (866) 794-8515
E-mail: aa-ecior@aa-eci.org
Local Website: aa-eci.org National Website: al-anon.alateen.org
Write: AFG - District 12, P.O. Box 3351, Champaign, IL 61826-3351

Alcoholics Anonymous (AA) - Champaign (1935 A,L)
This group brings together men and women who share strengths, experiences, and hopes to overcome problems with alcoholism. The hotline number has information on individual meetings, such as smoking or child care. Child care is available some mornings. Group literature is available.
Call: AA Hotline (217) 373-4200 E-mail: aa-ecior@aa-eci.org
Local Website: aa-eci.org National Website: alcoholics-anonymous.org

Celebrate Recovery (Windsor Road Christian Church) (2009 A,L)
This 12-step, Christ-centered, recovery program addresses all types of habits, hurts, and inhibitions. It is based on the fellowship of a caring community. It includes large-group sharing and small, separate-gender groups related to chemical dependency, and men's and women's issues. Meets Fri., 6:00-9:00 p.m., Windsor Road Christian Church, 2501 Windsor Rd., Champaign.
Call: Windsor Road Christian Church (217) 359-2122
E-mail: gwackerlin@comcast.net Website: celebraterecovery.com
Write: Windsor Road Christian Church, 2501 Windsor Rd., Champaign, IL 61822

No Longer Bound (1998 F,L)
This Christian support group is for people, ages 18 and older, who want to learn new behavior patterns for any unwanted habits. The group uses biblical principles and emphasizes self-understanding and the unchanging love of God for all humanity. It offers tools to restore the fruit of the Spirit, provides a workable formula for confronting the past, provides a model for surrendering one's life to God, reaffirms God's right and power to rule over all of life, and emphasizes the relationship between the 12 steps and the practices of Christian living. The group includes discussion, learning, self-awareness, and sharing of life experiences. Call Evangelist Eloris Nash for schedule, information, and preregistration.
Call: Evangelist Eloris Nash (217) 352-9527 or (217) 390-2813 E-mail: ladyenash@aol.com
**Restore (The Vineyard Church)** (1999 A.L)
This program is based on the teachings of Jesus Christ and is loosely based on a 12-step program. It is for people who are building healthy relationships and finding hope, strength, and freedom from hurts, habits, and inhibitions. Meets Tues., 6:45-9:00 p.m., The Vineyard Hope Center, 1802 N. Lincoln Ave., Urbana.

**Call:** Eddie Lutz or Dan Putman (217) 384-3070  
**E-mail:** daniel.putman@thevineyardchurch.us  
**Website:** thevineyardchurch.us  
**Write:** Daniel Putman, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

**Spanish Recovery Support Group - Grupo de Apoyo y recuperación** (2008 F,L)
Spanish 12-step support groups for men and women seeking help from hurt, habits, abuse and hang-ups. Child care available. Hablamos español. Este grupo es para hombre y mujeres que buscan ayuda a superar heridas, malos hábitos de alcohol, drogas, abusos, y complejos. La meta es vivir humildemente, un día a la vez, tomando decisiones sanas y sabias. Hombre y mujeres. Guardería disponible. Meets: Tuesdays/Martes 7:00 - 8:30 p.m., Stone Creek Church Cafe, 2502 S. Race St., Urbana.

**Call:** /llame: Nelson Cuevas, counselor/consejero (217) 369-9155  
**E-mail:** cultivadores@stonecreekwired.com  
**Website:** stonecreekwired.com  
**Write:** Nelson Cuevas, El Centro Café (at Stone Creek), 2502 S. Race St., Urbana, IL 61801

This group provides meetings and phone support to help women recover from problems with alcoholism and/or chemical addictions. This is an alternative recovery program to AA. Meets Mon., 7:00-8:00 p.m. at New Covenant Fellowship, 124 W. White Street, Champaign.

**Call:** Sue (217) 355-3921 or W.F.S. national office (215) 536-8026  
**E-mail:** newlife@nni.com  
**Website:** womenforsobriety.org

**Macon**

**Al-Anon Family Group** (1952 A,L)
This group provides aid to family members of alcoholics and is open to everyone. Child care is available for Sun. and Tues. meetings. Meets in Decatur Sun., 6:00 p.m.; Tues., 7:00 p.m.; Thurs., 10:00 a.m.; Fri 7:00 p.m.; and in Mt. Zion Thurs., 8:00 p.m. Call for meeting locations.

**Call:** Hotline (217) 423-8214  
**Website:** al-anon.org

**Alcoholics Anonymous** (AA) - Macon (1935 A.L)
This group brings together men and women who share strengths, experiences, and hopes to overcome their common problems with alcoholism.

**Call:** AA Hotline (217) 422-3766  
**Website:** alcoholics-anonymous.org  
**Write:** Alcoholics Anonymous, P.O. Box 2484, Decatur, IL 62524

**Codependency / Dysfunctional Families and Behaviors**

**Champaign**

**Al-Anon Family Group** (Champaign) (1983 A,L)
This group is a fellowship of relatives and friends of alcoholics. Teens and adults share their experiences, strengths, and hopes for overcoming their common problems with alcoholism.

**Call:** Al-Anon (866) 794-8515  
**E-mail:** contact@district12afg.org  
**Local Website:** district12afg.org  
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This 12-step, Christ-centered, recovery program addresses all types of habits, hurts, and inhibitions. It is based on the fellowship of a caring community. It includes large-group sharing and small, separate-gender groups related to chemical dependency, and men's and women's issues. Meets Fri., 6:00-9:00 p.m., Windsor Road Christian Church, 2501 Windsor Rd., Champaign.
Call: Windsor Road Christian Church (217) 359-2122
E-mail: gwackerlin@comcast.net Website: celebraterecovery.com
Write: Windsor Road Christian Church, 2501 Windsor Rd., Champaign, IL 61822

Co-Dependents Anonymous (CoDA) (2005 A,L)
This 12-step fellowship is for men and women whose common purpose is to recover from codependence and to develop and maintain healthy relationships. Group literature is available. Donations are requested to cover literature and expenses. Meets Mon., 7:00-8:00 p.m., The Pavilion, Lecture Rm., 809 W. Church St., Champaign; and Tues., 7:00-8:00 p.m., Serenity Shack, 117 Ohio St., Rantoul.
Call: Kathy for Champaign (217) 979-2847 or Stan for Rantoul (217) 493-6429
E-mail: codakathyl@gmail.com or creation1957@gmail.com Website: coda.org

No Longer Bound (1998 F,L)
This Christian support group is for people, ages 18 and older, who want to learn new behavior patterns for any unwanted habits. The group uses biblical principles and emphasizes self-understanding and the unchanging love of God for all humanity. It offers tools to restore the fruit of the Spirit, provides a workable formula for confronting the past, provides a model for surrendering one's life to God, reaffirms God's right and power to rule over all of life, and emphasizes the relationship between the 12 steps and the practices of Christian living. The group includes discussion, learning, self-awareness, and sharing of life experiences. Call Evangelist Eloris Nash for schedule, information, and preregistration.
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Call: /llame: Nelson Cuevas, counselor/consejero (217) 369-9155
E-mail: cultivadores@stonecreekwired.com Website: stonecreekwired.com
Write: Nelson Cuevas, El Centro Café (at Stone Creek), 2502 S. Race St., Urbana, IL 61801
Macon

Al-Anon Family Group (Macon) (1952 A,L)
This group provides aid to family members of alcoholics and is open to everyone. Child care is available for Sun. and Tues. meetings. Meets in Decatur Sun., 6:00 p.m.; Tues., 7:00 p.m.; Thurs., 10:00 a.m.; Fri 7:00 p.m.; and in Mt. Zion Thurs., 8:00 p.m. Call for meeting locations.
Call: Hotline (217) 423-8214 Website: al-anon.org

Compulsive Overeating

Champaign

Overeaters Anonymous (OA) - Champaign County (1960 A,L)
This 12-step, self-help group is for compulsive overeaters and people with anorexia or bulimia.
Call: (888) 216-8458 for local meetings (automated message) or (505) 891-2664 for national office
E-mail: ciig@region5oa.org Website: oa.org
Write: Overeaters Anonymous, P.O. Box 44020, Rio Rancho, NM 87174

TOPS (Take Off Pounds Sensibly) - East Central Illinois (1948 A,L)
This group's mission is to support members as they take and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and by sponsoring obesity research. TOPS publishes educational materials to help its members understand the dynamics of behavior change, good nutrition, and increased activity in developing a healthy new lifestyle. Annual membership, which includes a member magazine, is $32 plus nominal chapter fees to cover operating expenses – usually less than $5 per month. There are meetings in Coles, DeWitt, Douglas, Iroquois, McLean, Piatt, and Vermilion counties. For meeting information, check the website, e-mail, or call. To start a chapter near you, gather four people, a scale, and have a place to meet, then call Sharon Dines and she will help get you started.
Call: Sharon Dines (815) 698-2098
E-mail: sharondines712@yahoo.com Website: www.tops.org
Write: Sharon Dines, 2353 N. 1250 East Rd., Danforth, IL 60930

Vermilion

TOPS (Take Off Pounds Sensibly) - Vermilion (1948 A,L)
This group's mission is to support members as they take and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and by sponsoring obesity research. Annual membership, which includes a member magazine, is $28 plus nominal chapter fees to cover operating expenses – usually less than $5 per month. There are several weekly meetings in Vermilion County. For meeting information, check the website, e-mail, or call.
Call: Area Captain, Tuck Miller (217) 497-4506 or Coordinator, Sharon Dines (815) 698-2098
E-mail: topsac6419@gmail.com or sharondines712@yahoo.com Website: www.tops.org
Write: TOPS, 807 Franklin, Danville, IL 61832
Drug Abuse

Champaign

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Write: Windsor Road Christian Church, 2501 Windsor Rd., Champaign, IL 61822

No Longer Bound (1998 F.L)
This Christian support group is for people, ages 18 and older, who want to learn new behavior patterns for any unwanted habits. The group uses biblical principles and emphasizes self-understanding and the unchanging love of God for all humanity. It offers tools to restore the fruit of the Spirit, provides a workable formula for confronting the past, provides a model for surrendering one's life to God, reaffirms God's right and power to rule over all of life, and emphasizes the relationship between the 12 steps and the practices of Christian living. The group includes discussion, learning, self-awareness, and sharing of life experiences. Call Evangelist Eloris Nash for schedule, information, and preregistration.
Call: Evangelist Eloris Nash (217) 352-9527 or (217) 390-2813 E-mail: ladyenash@aol.com

Restore (The Vineyard Church) (1999 A.L)
This program is based on the teachings of Jesus Christ and is loosely based on a 12-step program. It is for people who are building healthy relationships and finding hope, strength, and freedom from hurts, habits, and inhibitions. Meets Tues., 6:45-9:00 p.m., The Vineyard Hope Center, 1802 N. Lincoln Ave., Urbana.
Call: Eddie Lutz or Dan Putman (217) 384-3070
E-mail: daniel.putman@thevineyardchurch.us Website: thevineyardchurch.us
Write: Daniel Putman, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Spanish Recovery Support Group - Grupo de Apoyo y recuperación (2008 F.L)
Spanish 12-step support groups for men and women seeking help from hurt, habits, abuse and hang ups. Child care available. Hablamos español. Este grupo es para hombre y mujeres que buscan ayuda a superar heridas, malos hábitos de alcohol, drogas, abusos, y complejos. La meta es vivir humildemente, un día a la vez, tomando decisiones sanas y sabias. Hombre y mujeres. Guardería disponible. Meets: Tuesdays/Martes 7:00 - 8:30 p.m., Stone Creek Church Cafe, 2502 S. Race St., Urbana.
Call: /llame: Nelson Cuevas, counselor/consejero (217) 369-9155
E-mail: cultivadores@stonecreekwired.com Website: stonecreekwired.com
Write: Nelson Cuevas, El Centro Café (at Stone Creek), 2502 S. Race St., Urbana, IL 61801

This group provides meetings and phone support to help women recover from problems with alcoholism and/or chemical addictions. This is an alternative recovery program to AA. Meets Mon., 7:00-8:00 p.m. at New Covenant Fellowship, 124 W. White Street, Champaign.
Call: Sue (217) 355-3921 or W.F.S. national office (215) 536-8026
E-mail: newlife@nni.com Website: womenforsobriety.org
Champaign County and East Central IL

Narcotics Anonymous (NA) (1953 A,L)
This group provides support for any individual who wishes to live a drug-free life. It provides education about NA to interested groups in the community. For meeting times and places in Champaign, Coles, McLean, Macon, Peoria, Sangamon and Vermilion Counties, contact the Helpline.

Call: Helpline (800) 539-0475 E-mail: pi@ppana.org Website: ppana.org
Write: Primary Purpose Area of NA, P.O. Box 1332, Champaign, IL 61824-1332

Gambling

Champaign

This group provides a 12-step group for recovering gamblers. Meets Sun., 7:00 p.m., The Pavilion, Group Rm. D, 809 W. Church St., Champaign.

Call: Whit (217) 714-5760 or Sheldon (217) 352-3632
E-mail: sjtolsj@gmail.com Website: gamblersanonymous.org
Write: Gamblers Anonymous, The Pavilion, 809 W. Church St., Champaign, IL 61820

Sex / Love Addiction

Champaign

Men's Freedom Support Group (Vineyard Church)
This Christ-based group is for men who struggle with sexually addictive behaviors. It helps men to live lives of sexual sobriety and wholeness. Meets Wed., 6:30-7:30 p.m., at the Prayer House, 1401 N. Coler, Urbana.

Call: Dale Petre (217) 419-4080 E-mail: dmp74@att.net

Sex Addicts Anonymous (SAA) (A,L)
This 12-step fellowship is for men and women who have the desire to stop their addictive sexual behaviors and to help others recover from sexual addiction. Group literature is available. Meets Mon., 12:00 noon; Tues., 7:00 p.m.; and Thurs., 7:00 p.m. There is a related style meeting Sat., 12:00 noon. E-mail or call for meeting locations.

Call: (800) 557-9052 to leave a message E-mail: saainfo@champaign-saa.org
Local Website: champaign-saa.org National Website: saa-recovery.org

Smoking

Champaign

Freedom From Smoking Program
This stop-smoking program is sponsored by the Champaign-Urbana Public Health District. Cost is $20 (fee may be waived for those who qualify) for eight sessions; includes program materials and a Quit Kit. Complete 6 sessions, and receive a $10 refund. Seating is limited and pre-registration is required. Program is available for Champaign County residents only. Call Talia Oakley for meeting dates and to register.

Call: Talia Oakley (217) 531-4540 E-mail: toakley@c-uphd.org Website: c-uphd.org
Write: Talia Oakley, C-U PHD, 201 W. Kenyon Rd., Champaign, IL 61820
BEREAVEMENT

General

Central Illinois

Mothers Against Drunk Driving (MADD Illinois) (1980 A,L)
This group provides phone support and victim court advocacy to people who are coping with the loss of a loved one from an alcohol-related crash. MADD Illinois provides assistance with medical, emotional, and legal problems after an accident.
Call: (217) 523-MADD (6233) or (888) 440-MADD (6233) E-mail: kristi.hosea@madd.org
Local Website: madd.org/local-offices/il National Website: madd.org
Write: MADD Illinois, 2070 W. Monroe, Ste. B, Springfield, IL 62704

Champaign

Bereaved Parents of the USA, Champaign-Urbana Chapter (2012 A,L)
This group provides support for any adults who have lost a child, grandchild, or sibling. The group is the local chapter of the national nonprofit organization, Bereaved Parents of the USA. Meets 2nd Sun., 4:30-6:00 p.m., Stephens Family YMCA, 2501 Fields South Dr., Champaign.
Call: Jane and Jerry Pica (217) 373-1321 or Linda and James Ellison (217) 840-6377
E-mail: khlinda@juno.com Website: bereavedparentsusa.org
Write: Jane Pica, 2521 Pinehurst Dr., Champaign, IL 61822

GriefShare (The Vineyard Church) (2000 A,L)
This 13-week grief recovery seminar and support group is nondenominational, but does feature biblical teachings. The registration fee is $20. For directions to the meeting room, look for signs or go to the Welcome Desk in the church. Meets Tues., 6:45-9:00 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.
Call: Thad Sweet (217) 384-3070 E-mail: thad.sweet@gmail.com
Local Website: thevineyardchurch.us National Website: griefshare.org
Write: Thad Sweet, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Life after Loss (1990 F,P/L)
This support group is for adults who are experiencing grief after the death of a loved one. Members share experiences and participate in activities allowing them to remember their loved one and to move on in their lives. Call for meeting schedule, location, and to preregister. Afternoon and evening sessions are available.
Call: Carle Hospice Bereavement Coordinator (217) 383-3151 or (800) 239-3620
E-mail: rita.corley@carle.com Website: carle.org
Write: Life after Loss, Carle Hospice, 206 A West Anthony Dr., Champaign, IL 61822

Our Time (1993 F,P/L)
This free community-based support program is for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. A parent group meets at the same time to address how grief is expressed in children and how parents can help their children work through their grief.
Call: Vera Duncanson (217) 337-2487 E-mail: vera.duncanson@presencehealth.org
Write: Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61821
This group is hosted by the Presence Hospice and Pastoral Care staff. This six-session series provides opportunities to be with others who have similar grief experiences, and to share stories, support, and hope. Meets throughout the year at Presence Center for Healthy Aging, 410 E. University Ave., Ste. 200, Champaign. Contact Vera for the group schedule.
Call: Vera Duncanson (217) 337-2487 E-mail: vera.duncanson@presencehealth.org
Write: Vera Duncanson, Presence Covenant Pastoral Care, 1400 W. Park St., Urbana, Il 61801

Rainbows For All Children (1983 A,P/L)
This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups.
Call: (847) 952-1770 E-mail: info@rainbows.org Website: rainbows.org
Write: Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

Coles

Hopeful Horizons (2012 P)
This group provides support for anyone grieving the loss of a loved one due to death. Meets 3rd Thurs., 1:00-2:30 p.m., Sarah Bush Lincoln Health Center, Prairie Pavilion Bldg. II, Hospice conference room.
Call: Dawn Macke, Bereavement Counselor (800) 454-4055 E-mail: dmacke@sblhs.org
Write: Dawn Macke, Lincolnland Hospice of SBLHC, 1000 Health Center Dr., Mattoon, IL 61938

Pathways Through Grief (1991 F,L)
This group provides education and support for anyone experiencing a loss through death. Meets 1st Wed., 7:00-9:00 p.m., Sarah Bush Lincoln Health Center Education Center, 1000 Health Center Dr., Mattoon.
Call: Dawn Macke, Bereavement Counselor (800) 454-4055
E-mail: dmacke@sblhs.org Website: sarahbush.org
Write: Dawn Macke, Lincolnland Hospice of SBLHC, 1000 Health Center Dr., Mattoon, IL 61938

Macon

Hidden Victims Phone Support (F,P)
This program provides phone support to people who have survived the death of a significant other from a homicide or DUI fatality. The service is provided by the Victim Services Coordinator of the State's Attorney's Office. The service also provides survivors with individual therapy by a licensed therapist. Survivors must be referred to therapy by the services coordinator. Therapy is provided through grant funds. There is no cost. The incident must have occurred in Macon County. Survivors must cooperate in the prosecution of a case. Survivors who reside outside of Macon County may participate in individual therapy if they are able to come to the program.
Call: Melanie Long, Certified Advocate, Victim Services Coordinator (217) 424-1419
E-mail: mlong@sa-macon-il.us
Write: Melanie Long, State's Attorney's Office, 4th Fl., 253 E. Wood St., Decatur, IL 62523
Young Widowed Support Group (2011 F,L)
This group offers emotional support through your time of grieving and loneliness; hope for a brighter tomorrow (even though that may sound impossible); and friendships with others who can cry, laugh, and heal with you. This group will discuss some of the unique challenges of being a young widow(er), such as unfulfilled dreams, children, finances, and loneliness. The group meets monthly on the 3rd Thurs., 6:00 p.m., at various restaurants in Decatur. For a list of meetings or to be included on the e-mail list, call or e-mail.
Call: Dawn Followell (217) 864-2799 E-mail: rdfdlf@comcast.net

Vermilion

GriefShare (Southside Church of the Nazarene) (2004 A.P/L)
This group provides a 13-week, grief recovery seminar and support group. The program is nondenominational, but does feature biblical teachings for recovery. The focus is on healing. There is a fee for a workbook. Meets Thurs., 6:00-7:30 p.m., fall and spring, Southside Church of the Nazarene, Fellowship Hall, 1629 King St., Tilton.
Call: Midge Van Cleave (217) 354-4149 or church office (217) 446-7876
E-mail: church@southsidenaz.us or danmidge@sbcglobal.net Website: griefshare.org
Write: Parish Nurse, Southside Church of the Nazarene, 1629 King St., Tilton, IL 61833

This group provides nine sessions for anyone, ages 16 and over, who needs help to deal with a loss through death. The series provides learning opportunities to heal from grief wounds and to grow from them. The group is facilitated by trained staff. Group literature and transportation are available. Registration is required. Meets at Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville.
Call: Vera Duncanson, Pastoral Care Department (217) 443-5000
E-mail: vera.duncanson@presencehealth.org Website: provena.org/usmc
Write: Loss and Grief Recovery Group, Presence USMC, 812 N. Logan Ave., Danville, IL 61832

Champaign

Bereaved Parents of the USA, Champaign-Urbana Chapter (2012 A,L)
This group provides support for any adults who have lost a child, grandchild, or sibling. The group is the local chapter of the national nonprofit organization, Bereaved Parents of the USA. Meets 2nd Sun., 4:30-6:00 p.m., Stephens Family YMCA, 2501 Fields South Dr., Champaign.
Call: Jane and Jerry Pica (217) 373-1321 or Linda and James Ellison (217) 840-6377
E-mail: khlinda@juno.com Website: bereavedparentsusa.org
Write: Jane Pica, 2521 Pinehurst Dr., Champaign, IL 61822

Empty Arms (2006 F,L)
This grief support network was established by two mothers who experienced the loss of their infants. The group provides understanding and compassion to parents who have suffered the loss of a baby through miscarriage, stillbirth, or infant death at any time in the past. Grieving parents, adult family members, and their friends are invited to learn more about the grief process, to grow through the experience, and to share in each other's lives. Meets 1st Thurs., 6:00-7:30 p.m., Windsor Road Christian Church, 2501 W. Windsor Rd., Champaign.
Call: Becky Ames (217) 390-7418 or Meghan Drewes (217) 637-5338
E-mail: bames@giftofhope.org or meghan@chrisandcompanyinc.com
**McLean**

**Compassionate Friends - Bloomington/Normal Chapter (1986 A,L)**
This group is a national, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause. There is no religious affiliation and no fees are charged. All bereaved family members are welcome. Contact The Compassionate Friends national office for current local meeting information.
**Call:** National Office of The Compassionate Friends (877) 969-0010 or (630) 990-0010  
**E-mail:** nationaloffice@compassionatefriends.org **Website:** compassionatefriends.org

**Vermilion**

**Little Angels Parent Support Group (1987 F,P)**
This group provides emotional and spiritual support for parents who have lost children through miscarriage, ectopic pregnancy, stillbirth, neonatal death, SIDS (sudden infant death syndrome), or any illness. Family members and close friends, ages 12 and older, are encouraged to attend. Individual help is available for those who cannot attend the meetings. Transportation and a lending library are available. Meets 1st Thurs., (not Jan. 1st or July 4th), 7:00-8:30 p.m., Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville.
**Call:** Sister Joanne Vander Heyden, Pastoral Care Department (217) 443-5000  
**E-mail:** joanne.vanderheyden@presencehealth.org **Website:** provena.org/usmc  
**Write:** Sister Joanne Vander Hayden, Presence USMC, 812 N. Logan Ave., Danville, IL 61832

**Champaign**

**Loss of a Pet**

**CARE Pet Loss Hotline (1990 F,P)**
This hotline provides phone support for people of all ages who are experiencing the loss of a pet or other animal through accident, chronic disease, or misadventure. Support is provided to people who are struggling with a euthanasia decision. The University of Illinois hotline is open for calls in the evening on Tues., Thurs., and Sun., 7:00-9:00 p.m. Leave a message at other times.
**Call:** CARE Pet Loss Hotline (217) 244-CARE (2273) or toll free (877) 394-CARE (2273)  
**E-mail:** griefhelp@vetmed.illinois.edu **Website:** vetmed.illinois.edu/CARE

**Champaign**

**Survivors of Suicide**

**Survivors of Suicide Support Group (Champaign) (1999 F,P)**
This group is for family and friends who have experienced a death by suicide. Attendance in the group is ongoing. An initial screening and orientation interview is required to join. Call to schedule an interview before attending the group. There is no fee. Meets 2nd Mon., 6:00-8:00 p.m., Presence Covenant Medical Center, 1400 W. Park St., Urbana.
**Call:** Peter Dyck, Presence Covenant Spiritual Care (217) 337-2181  
**E-mail:** peter.dyck@presencehealth.org **Write:** 1400 W. Park St., Urbana, IL 61801

**Peoria**

**Survivors of Suicide Grief Support Group (Peoria) (1989 A,P/L)**
This group provides support to anyone who is grieving over a death by suicide. It does not provide
support for those who have attempted suicide. The group is not for children or adolescents. Group literature is available. Meets 1st and 3rd Tues., 7:00-8:30 p.m., Chapel Area at Proctor Hospital, 5409 N. Knoxville Ave., Peoria.

Call: Rev. Eimo Hinrichs (309) 697-3342 E-mail: eimopat@aol.com
Write: Rev. Eimo Hinrichs, 5032 W. Burns Ave., Bartonville, IL 61607

CAREGIVERS

General

Champaign

Caregivers Support Group (2013 F,L)
This gathering of people who are caregivers of loved ones with chronic illnesses provides a place to share, exchange ideas, and occasional educational programs. Feel free to bring a lunch. Meets Tues., 11:30 a.m., at Rantoul Public Library.

Call: Michelle Clayton or Carol Eastin, Rantoul First United Methodist Church (217) 892-2130

Circle of Friends Adult Day Center Caregivers Support Group (1996 A,P)
This group is open to the community and offers expertise in dementia/Alzheimer's care support for caregivers. This group is led by professional educators, specializing in Alzheimer's and dementia care giving. Leaders offer behavior management tips for dementia/Alzheimer’s disease related behavior problems often experienced in the home. This is an Alzheimer's Association approved support group. Meets 3rd Wed., 12:00-1:00 p.m., 609 W. Washington, Champaign.

Call: Carol Mauck, MSW, LCSW or Kathy Rhoads, MSW, LCSW (217)359-7937
E-mail: adc@advancenet.net Website: circleoffriendsadc.net
Write: Kathy Rhoads or Carol Mauck, Circle of Friends Adult Day Center, 609 W. Washington St., Champaign, IL 61820-3332

Family 2 Family (2013 A,L)
This free 12-week course is for family caregivers (parents, relatives, and friends) of individuals with severe mental illnesses. The classes are structured to help caregivers understand and support individuals with serious mental disorders while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it’s like to have a loved one living with one of these brain illnesses. Meets Tues., 6:30-9:00 p.m. Champaign. Contact Nancy Carter for courses and locations.

Call: Nancy Carter (217) 356-1925 E-mail: ncart93@gmail.com
Local Website: namichampaign.org National Website: nami.org
Write: NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

NAMI Family Support (2013, A/L)
This group is for any family member, friend, or loved one of an adult person with severe mental illness. This group is for adults only and is facilitated by experienced family members. Join us as we learn how to understand and support our loved ones with mental illness. Discover friends who care and understand, and share ideas that can help you better take care of yourself and your family. Learn about community services and how to find them. We listen while you share your experiences and get much needed support. Meets 2nd Thurs., 7:00-9:00 p.m., Colony West Clubhouse, 31 Colony West Dr., Champaign (1st right north of the junction of Prospect and Windsor).
Douglas

NAMI Families and Caregivers – Tuscola (2014 A,L)
This support group is for family, friends, and concerned others of persons living with a mental illness. The group is led by NAMI trained facilitators who are experienced caregivers. Solve problems, share experiences, and learn from others who have been there. The group has over 30 years of experience in dealing with issues surrounding the care of a loved one with mental illness living in the community. The facilitators are Diane Zell and Donna Mayer. Meets 4th Thurs. 7:00-9:00 p.m. at Tuscola United Methodist Church, 901 N. Prairie, Tuscola, IL
Call: Diane (217) 253-2413, Donna (217) 234-7616, or NAMI Champaign (217) 419-5345
E-mail: champaignnami@aol.com
Local Website: namichampaign.nami.org National Website: nami.org
Write: NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Ford

Caregiver Support Group (2014 F,P)
This group is for anyone who considers themselves a caregiver of another. The purpose is to provide support in order to enhance members’ ability to cope with the daily stressors of being a caregiver. Meets 1st Weds. 6:30-7:30 p.m. across from Gibson Area Hospital at #4 Doctors Park, the Behavioral Wellness Center and Geriatric Behavioral Services.
Call: Kenna Dunlap Johnson (217) 784-4540
E-mail: kenna_johnson@gibsonhospital.org Website: www.gibsonhospital.org
Write: Kenna Dunlap Johnson, #4 Doctors Park, Gibson City, IL 60936

Piatt

Atwood Caregivers’ Support Group (2010 F,P)
This group is for caregivers who are providing help to a family member or friend 60 or older. Meets last Wed., 4:00-5:30 p.m., United Church of Atwood, Atwood.
Call: Roxanna Webb (217) 352-5100, ext. 136 E-mail: rwebb@familyservicecc.org
Write: Roxanna Webb, Caregiver Advisor, Family Service Senior Resource Center (SRC), 405 S. State St., Champaign, IL 61820

Caregivers Support Group of Piatt County (1992 F,P)
This group is a self-help network of caregivers. The group is open to anyone who is caring for a friend or loved one who is living at home or in a nursing home. The group enables caregivers to share common issues and concerns, and provides an opportunity to better understand the role of a caregiver. A newsletter is available. Meets last Mon., 3:00-4:00 p.m., Piatt County Nursing Home, 1111 N. State St., Monticello, IL 61856.
Call: Scott Porter, Social Services Director (217) 762-6672 E-mail: s.porter@piattcountynursinghome.org

For Men Only (2010 F,P)
This group provides support and encouragement to men who find themselves in a new role as a caregiver. The group discusses how to locate helpful resources, identify the benefits of caregiving,
and balance the role of a caregiver. Meets 2nd Fri. 3:00-4:00 p.m., every other month, Hardee's restaurant, N. Market St., Monticello.

Call: Roxanna Webb (217) 352-5100, ext. 136 or Piatt Faith In Action Office (217) 762-7575, ext. 3
E-mail: rwebb@familyservicecc.org
Write: Roxanna Webb, Caregiver Advisor, Family Service Senior Resource Center (SRC), 405 S. State St., Champaign, IL 61820

Vermilion

NAMI Families and Caregivers - Danville (2014 A,L)
This group is for adult family members, caregivers, or concerned others of a person with mental illness age 18 and over. Facilitators are Mary Mancuso and Debbie Hesse. Meets 3rd Thurs. 7:00-9:00 p.m. at First Presbyterian Church, 100 N. Franklin, Danville, IL
Call: Mary (217) 267-7093 or NAMI Champaign (217) 419-5345
E-mail: champaignnami@aol.com or marymancuso7@att.net
Local Website: namichampaign.org National Website: nami.org
Write: NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Champaign

Caregivers (Alzheimer's Disease / Dementia)

Circle of Friends Adult Day Center Caregivers Support Group (1996 A,P)
This group is open to the community and offers expertise in dementia/Alzheimer's care support for caregivers. This group is led by professional educators, specializing in Alzheimer's and dementia care giving. Leaders offer behavior management tips for dementia/Alzheimer’s disease related behavior problems often experienced in the home. This is an Alzheimer's Association approved support group. Meets 3rd Wed., 12:00-1:00 p.m., 609 W. Washington, Champaign.
Call: Carol Mauck or Kathy Rhoads (217)359-7937
E-mail: adc@advancenet.net Website: circleoffriendsadc.net
Write: Kathy Rhoads, MSW, LCSW or Carol Mauck, MSW, LCSW, Circle of Friends Adult Day Center, 609 W. Washington St., Champaign, IL 61820-3332

Memory Loss Support Group (1984 F,P/L)
This group provides support, encouragement, and information for primary caregivers. Group literature is available. Meets 3rd Thurs., 10:00-11:00 a.m., Brookens Bldg., 1776 E. Washington St., Urbana. Call before attending the first meeting.
Call: Gail Shivers (217) 384-3784, ext. 4330 E-mail: gshivers@co.champaign.il.us
Write: Champaign County Nursing Home, 500 Art Bartell Rd., Urbana, IL 61802

Minds in Motion (2007 F,P)
This program enhances the mental, physical, and cognitive functioning of older adults including those diagnosed with early memory loss. Activities include “brain fitness” activities (mental exercises, games, memory enhancement), exercises (taiji, dance, strength, and endurance training), relaxation therapies, creative activities (art, writing, music, and storytelling), social activities, and community events. Family members of people with early memory loss focus on self-care while creating positive activities for themselves and their family members. Call to verify meeting times.
Meets Thurs., 10:00 a.m.-2:00 p.m., First United Methodist Church, 210 W. Church St., Champaign.
Call: Program Coordinators Alice Faron (217) 359-1079; or Sandy Burgener, PhD, Program Director (217) 898-4251 for information or to enroll in the program
E-mail: a.faron@comcast.net
Vermilion

**Alzheimer's Caregiver Support Group** (2007 F,P)
This group provides education and support for caregivers of people with Alzheimer's disease. Meets 3rd Thurs., 5:00-6:00 p.m., Hawthorne Inn, 3222 Independence Dr., Danville.
**Call:** Kim LeLoup (217) 431-1600, ext. 5 **E-mail:** gardencourt@libertyvillageofdanville.com
**Write:** Kim LeLoup - Alzheimer's Caregiver Support Group, Hawthorne Inn, 3222 Independence Dr., Danville, IL 61832

**VA Illiana Health Care System - Alzheimer's and Related Dementia Caregivers** (1985 A,P/L)
This support group is dedicated to improving the quality of caregivers' lives through support and education. The group offers caregivers the opportunity to ask questions, share stories, and learn caregiving tips through discussion, guest speakers, and information from the Alzheimer's Association. Caregivers of nonveterans are welcome. Meets 2nd Wed., 2:00-3:30 p.m., VA Medical Center, Community Living Center (CLC), Conference Rm., Bldg. 101, 1900 E. Main St., Danville.
**Call:** LaTosha Hampton, (217) 554-5126
**Write:** Cheryl Rome, MSW, VA Medical Center, SWS-122, 1900 E. Main St., Danville, IL 61832

**Caregivers (Cancer)**

**Champaign**

**Daytime Cancer Caregivers Group** (2009 F,P)
This caregivers' group is for caregivers of patients with cancer, and is open to all family members, friends, and other caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 2nd Tues., 12:00-1:00 p.m., Carle Cancer Center, 1st fl.
**Call:** Lynn Kolisetty, LSW, Oncology Social Worker (217) 383-4066
**E-mail:** lynn.kolisetty@carle.com **Website:** carle.org
**Write:** Lynn Kolisetty, LSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

**Evening Cancer Caregivers Group** (2009 F,P)
This caregivers' group is for caregivers of patients with cancer, and is open to all family members, friends, and other caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 3rd Weds., 5:30-7:00 p.m., 1st fl. conference rm., Carle Cancer Center, 509 W. University Ave., Urbana.
**Call:** Lynn Kolisetty, LSW, Oncology Social Worker (217) 383-4066
**E-mail:** lynn.kolisetty@carle.com **Website:** carle.org
**Write:** Lynn Kolisetty, LSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

**DISABILITIES**

**General**

**Champaign**

**Access UP!** (2013 F,L)
This on-line group is part of the Uniting Pride (UP) Center of Champaign County. The group hopes for dialogue among individuals with disabilities and their allies. Topics of conversation are not limited. They can include accessibility, independence, community building, and sexuality (heterosexual, lesbian, gay, bisexual, asexual, and any other identity you choose). The group is open
to all individuals over the age of 18. To stay connected with the group, join on Facebook at facebook.com/groups/434291759998217/members.

Call: UP Center (217) 550-4248 E-mail: info@unitingpride.org Website: unitingpride.org
Write: 44 E. Main St. Ste. 516, Champaign, IL 61820

Adult Survivors with Disabilities (2015 F,P)
This group is for women over 18 who have disabilities and who are survivors of sexual abuse or sexual assault. It is an eight-week closed support group. Begins Weds., March 25, 2015, 3:00 p.m. Call Stephanie by March 18 at (217) 344-6298 for more information or to schedule an intake interview.

Call: (217) 344-6298 Website: cu-races.org
Write: RACES, 145A Lincoln Square, Urbana, Illinois 61801

This advocacy group is a forum for people with disabilities, their family, and friends to work towards eliminating physical, attitudinal, and legal barriers in the community. Advocates for Access empowers people to work with their peers toward solutions to overcome access barriers. Meeting times and days may change, but this is rare. Call to confirm a meeting before attending. PACE membership fee is $15 per year. PACE provides a newsletter and has an equipment loan program. Meets 3rd Wed., 3:00-4:00 p.m., PACE, 1317 E. Florida Ave., Urbana on the north side of Sunnycrest Center.

Call: Eric (217) 344-5433 (voice), (217) 689-0289 (video phone), (217) 344-2414 (fax), or (217) 344-5024 (TTY)
E-mail: eric@pacecil.org Website: pacecil.org
Write: PACE, 1317 E. Florida Ave., Urbana, IL 61801

Disabled American Veterans - Champaign County Chapter 8 (1952 A,L)
This group provides fellowship and assistance to disabled veterans. The membership fee is $40 per year. A newsletter is available. Meets 3rd Wed., 6:00 p.m., VFW Hall, 609 Edgebrook Dr., Champaign.

Call: Bill Anderson (217) 356-4283 (home) or (217) 649-9793 (cell)
Write: Bill Anderson, 716 W. Maple, Champaign, IL 61820

Illinois Early Intervention (EI) Clearinghouse
This clearinghouse identifies and collects research-based early-intervention best-practice information to share with families. It provides a free lending library of parenting and special needs DVDs, books, and journals related to the development of young children with special needs, including autism, Down syndrome, and speech disorders. The staff can help families and service providers find resources. The website has links to other resources in the state and nation.

Call: Sarah Isaacs (217) 333-1386 or toll free (877) 275-3227
E-mail: Illinois-eic@illinois.edu or isaacs@illinois.edu Website: eiclearninghouse.org
Write: Illinois Early Intervention Clearinghouse, Early Childhood and Parenting Collaborative, University of Illinois at Urbana-Champaign, Children’s Research Center, Rm. 20, 51 Gerty Dr., Champaign, IL 61820

Speak Out! (2008 F,P/L)
This group is for teens and young adults with disabilities. The group helps youth to speak up for their rights, socialize, and have a good time. It meets at the same time as the Parents of Adults with Disabilities support group. The group is sponsored by Community Choices, Inc. Bring snacks and drinks to share. Meets 2nd Thurs., 7:00-8:30 p.m., Sept.-May, St. Matthew Lutheran Church, 2200 Philo Rd., Urbana.
Call: Ryan Thompson at Community Choices (217) 621-1090  
E-mail: jen.advocacy@gmail.com or ryan.communitychoices@gmail.com  
Website: communitychoicesinc.org  
Write: Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

Sangamon

Parent 2 Parent (1999 F,P)  
This group is for parents of teenagers and young adults with disabilities that focuses on the transition process from school to adult life. These meetings provides an opportunity for parents to become familiar with the agencies and professionals who can ease the transition process. Newsletters and group literature are available. Meets 2nd Tues., 6:00-7:30 p.m., Lawrence Education Adult Center, 101 E. Laurel St., Springfield.  
Call: Carolyn Thorpe (217) 523-2587 V/TTY or Mary Wyman (217) 525-3060  
E-mail: cthorpe@scil.org or mwyman@sps186.org  
Local Website: scil.org  
National Website: www.sps186.org/parentmentor/  
Write: Carolyn Thorpe, Springfield Center for Independent Living, 330 South Grand Ave. West, Springfield, IL 62704

Autism / Asperger's Syndrome

Champaign

Adults with High Functioning Autism or Asperger's Garden Get-Togethers (2014 F,L)  
This group provides adults with high functioning autism or Asperger's syndrome support, friendship, and encouragement. Meets 2nd Sat. 10:00 - 11:30 a.m. at the U of I Family Resiliency Center, Doris Kelley Christopher Hall, 904 W. Nevada St., Urbana.  
Call: Alisa Chapman (217) 359-0675 E-mail: alisachapman@thewhitedovegarden.com  
Write: 703 W. Hill St., Champaign

C-U Autism Network (1995 F,P,L)  
C-U Autism Network is a support group for anyone living or working on the autism spectrum. Phone support, education, and networking opportunities for individuals living with or supporting those with autism spectrum disorders are provided. The group sponsors meetings, workshops, and family/caregiver events, offers opportunities to exchange information on resources, trainings, interventions, legislation, advocacy, and more via e-mail, website, and listserv. C-U Autism Network is a project of the Autism Society of Illinois. Check the website for information on meetings, family events, and workshops. Meets 1st Thurs., 6:30-8:00 p.m., Sept.-May, (not in Jan.), Stephens Family YMCA, 2501 Fields S. Dr., Champaign.  
Call: Teresa O’Connor (217) 621-8429 E-mail: teresa@autismillinois.org  
Website: cuautismnetwork.org  
Write: C-U Autism Network, P.O. Box 107, Savoy, IL 61874

This group hosts programs for parents and educators on topics related to autism spectrum disorders (ASD). This is an initiative of the State Board of Education which provides training and technical assistance to educate students and support families with ASD. A resource lending library is available. Parent webinars, support meetings and Parent Cafes take place. See website for other information, meeting schedule and location.  
Call: Kathy Gould, Project Director, Lombard State Office (630) 862-1200  
E-mail: gouldkl@comcast.net  
Website: illinoisautismproject.org  
Write: 550 Quail Ridge Dr., Westmont, IL 60559
**East Central Illinois**

**Parent Support Group for Parents Raising Children on the Autism Spectrum** (2003 F,P)
This support group, sponsored by the Autism Society of Central Illinois, is for parents and caregivers of children with autism spectrum disorders. Group is co-facilitated by Dr. Karen Kirkendall, PhD, a developmental psychologist with a specialty in developmental disabilities, and Catherine Wells, LCPC, a licensed professional counselor specializing in children and families. Meets on the 1st Thurs. of the month, 6:00 to 9:00 p.m., Noll Medical Pavilion, 5220 S. 6th St. Rd., Rm. 1800, Springfield.

Call: Karen Kirkendall, PhD (217) 206-7246 or Catherine Wells, LCPC (217) 561-1159
E-mail: info@autismcil.org Website: autismcil.org

**Macon**

**Autism/Asperger Syndrome Support Group for Macon County** (2006 F,P)
This group provides support for parents, grandparents, relatives, and professionals who live or work with children with autism and Asperger's syndrome. The group provides time to share, listen, and learn from one another about what can be done to help loved ones with autism succeed in life. Meets monthly at Garfield Montessori School. Call for meeting dates and times. An informal coffee group meets to get to know others and make friends who truly understand. Call Jan to be added to the group e-mail or phone list or for information on resources.

Call: Jan Kriisa (217) 855-9890 E-mail: jankriisa@comcast.net
Write: Jan Kriisa, 2187 Hoyt Dr., Decatur, IL 62522

**McLean**

**Autism Society of McLean County** (A)
This society provides support groups for families, adults, and teens. Days and times of groups vary. Family outings, sports camps, and autism education and awareness events are also offered.

Call: Jill Enchelmayer, President (309) 661-9440
E-mail: info@autismmclean.org or asmctnt@gmail.com Website: autismmclean.org
Write: 2404 E. Empire Ave., Ste. 231, Bloomington, IL 61704

**Blind / Vision Impaired**

**Champaign**

**Low Vision Support Group - East Central Illinois** (1989 F,P/L)
This group is a life and goal-oriented group that provides support and education to people with low vision and their family members. Newsletter and resource information are available. Meets 1st Wed., 1:30-3:00 p.m., PACE, 1317 E. Florida Ave., Urbana.

Call: PACE (217) 344-5433 (voice), (217) 689-0289 (video phone) or (217) 344-5024 (TTY)
E-mail: info@pacecil.org Website: pacecil.org
Write: Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

**Prairie Village Vision Loss Support Group** (2000 F,P)
This group provides education and support to people with vision loss who are residents of Prairie Village or who live in the Rantoul area. Meets 3rd Fri., 1:00 p.m., Prairie Village Retirement Community, 200 W. International Dr., Rantoul.
Call: PACE (217) 344-5433 (voice), (217) 689-0289 (video phone) or (217) 344-5024 (TTY); or Activity Director (217) 892-2800
E-mail: info@pacecil.org Website: pacecil.org
Write: Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

Rural Champaign County Special Ed Cooperative (RCCSEC)
This group only provides phone support and a lending library for parents of children who are visually impaired.
Call: Pam Golden (217) 892-8877, ext. 164
E-mail: goldenp@rccsec.org Website: rccsec.org
Write: Pam Golden, Rural Champaign County Special Ed Cooperative, 201 S. Sheldon, Rantoul, IL 61866

Windsor of Savoy Vision Loss Support Group (2012 F,P)
This group provides education and support to people with vision loss who are residents of Windsor of Savoy or who live in the Savoy area. Meets 1st Fri., 10:30-11:30 a.m., Windsor of Savoy Retirement Community, 401 Burwash Ave., Savoy.
Call: PACE (217) 344-5433 (voice), (217) 689-0289 (video phone) or (217) 344-5024 (TTY)
E-mail: info@pacecil.org Website: pacecil.org
Write: Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

Edgar

Edgar County Low Vision Group (2014 F,P/L)
This group meets quarterly on the 1st Thur. from 1:30 to 3:00 p.m. in Feb. May, Aug., and Nov. at the Paris Public Library, 207 S. Main St., Paris.
Call: PACE (217) 344-5433 (voice), (217) 689-0289 (video phone) or (217) 344-5024 (TTY)
E-mail: info@pacecil.org Website: pacecil.org
Write: Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

Piatt

See You in Piatt County - Low Vision Support Group
This group provides education and support to people with vision loss who are residents of Maple Point Retirement Community or who live in the Monticello area. Transportation is available. Meets 1st Tues., 1:30-3:00 p.m., Maple Point Retirement Community, 1000 N. Union, Monticello.
Call: PACE (217) 344-5433 (voice), (217) 689-0289 (video phone) or (217) 344-5024 (TTY). For transportation, call Julie Glawe, Faith in Action (217)762-7575
E-mail: info@pacecil.org Website: pacecil.org
Write: Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

Vision Loss Support Group (2000 F,P/L)
This group is for Monticello and Piatt County residents who are experiencing vision loss. The group addresses new ways to accomplish old tasks, such as reading, writing, and cooking. People share thoughts, struggles, triumphs, obstacles, and adjustments to vision loss. Transportation is available. Meets 1st Tues., 1:30-3:00 p.m., at the Maple Point Supportive Living Education Room in Monticello.
Call: John Nation (217) 762-8117 or PACE (217) 344-5433
E-mail: johnannenation@gmail.com or info@pacecil.org
Write: John Nation, 603 Cedar Lane, Monticello, IL 61856
Vermilion

**VIPIO (Visually Impaired Persons Inspiring Others) (1991 F,L)**
This group provides services to people with low vision and their families. Meetings include referrals, information, peer counseling, and coping skills. Meets 4th Mon. (except May), socializing beforehand 1:00-1:30 p.m., and meetings 1:30-3:00 p.m., Danville Public Library, 319 N. Vermilion, Danville.

**Call:** PACE (217) 344-5433 ext. 18 (voice), (217) 689-0289 (video phone), or (217) 344-5024 (TTY) or Mary Jane Starnes, Danville Public Library (217) 477-4227

**E-mail:** info@pacecil.org or mjstarnes@danville.lib.il.us **Website:** pacecil.org

**Write:** Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

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**Developmentally Disabled / Down Syndrome**

Champaign

**Down Syndrome Network (1989 A,L)**
This group improves the quality of life of people with Down syndrome and their families through support, education, and public awareness. Meets monthly for activities and events throughout the year. Calendar can be accessed through the website.

**Call:** (217) 778-6702 **E-mail:** president@champaigndsn.org or secretary@champaigndsn.org

**Website:** champaigndsn.org **Write:** P.O. Box 1143, Champaign, IL 61824

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McLean

**Central Illinois Down Syndrome Organization (1978 F,L)**
This organization provides a support group for parents of children with Down syndrome and works to increase public awareness. Has annual Buddy Walk event and CIDSO Open, a golfing tournament and gala. Facebook page: Central Illinois Down Syndrome Organization.

**Call:** Central Illinois Down Syndrome Organization (309) 452-3264 **E-mail:** info@cidso.org

**Website:** cidso.org **Write:** P.O. Box 595, Normal, IL 61761

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**Learning Disabilities**

Champaign

**Linking Educators and Parents (LEAP) (2006 F,P)**
This study group focuses on strategies to help children cope with dyslexia and find ways to overcome the stress that accompanies it. Meets 4th Tues., 6:30-8:00 p.m., Urbana Free Library, 210 W. Green St., Urbana.

**Call:** Marilyn Kay (217) 367-0398 or the International Dyslexia Association (410) 296-0232

**E-mail:** mfkay@sbcglobal.net **Website:** interdys.org

**Write:** Marilyn Kay, 607 W. Nevada St., Urbana, IL 61801

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**Physical Disabilities**

Champaign

**Disabled American Veterans - Champaign County Chapter 8 (1952 A,L)**
This group provides fellowship and assistance to disabled veterans. Membership fee is $40 per year. A newsletter is available. Meets 3rd Wed., 6:00 p.m., VFW Hall, 609 Edgebrook Dr., Champaign.
Call: Bill Anderson (217) 356-4283 (home) or (217) 649-9793 (cell)
Write: Bill Anderson, 716 W. Maple, Champaign, IL 61820

This group provides peer support and a peer visitor program for new amputees and their families.
Call: Bob Devlin (217) 344-6664
Write: Bob Devlin, Omni Care, 502 S. Vine St., Urbana, IL 61801

## HEALTH

### AIDS/HIV

**Champaign**

**HIV Support Group** (2002 A,P)
This group is targeted toward positive individuals, but no one is turned away for wanting to learn. It includes open discussion, socializing, and education. Meets last Weds. of the month, 1:30-3:00 p.m., Champaign-Urbana Public Health District, 201 Kenyon Rd., Champaign IL 61820
Call: Darrell Scott (217) 531-5383 E-mail: dscott@c-uphd.org
Write: Champaign-Urbana Public Health District, 201 Kenyon Rd., Champaign IL 61820

**Never Alone** (2014 A,L)
This group is for people who are seeking information and education about HIV. It is open to people who are diagnosed with HIV and to other people who are interested. Meets 1st Thurs. 12:30-2:00 p.m., Men's clinic, 24 E. Green Street, Ste. 14, Champaign
Call: Darrell Scott, (217) 531-5355 E-mail: dscott@c-uphd.org Website: c-uphd.org
Write: 201 W. Kenyon Rd. Champaign, IL

## ALS (Lou Gehrig's Disease)

**East Central Illinois**

**ALS (Lou Gehrig's Disease) Association** (1984)
This association provides a variety of services to patients with ALS (amyotrophic lateral sclerosis) and their family members, including phone visits; case management services; Skype appointments for virtual home visits; community education; and possible loaner medical equipment such as power wheelchairs, hospital beds, and communication devices. The association partners with the University of Illinois Medical Center as well as University of Chicago Medical Center to fund two multidisciplinary ALS clinics and is developing a third ALS clinic with Rush Medical Center.
Call: Tony Cook, LPN, Care Services Coordinator (312) 932-0000 (office) or (312) 257-5434 (cell); or Joumana Baroody, RN-Director of Care Services (312) 932-0000 (office) or (312) 931-7127 (cell)
E-mail: tony@alsachicago.org or joumana@alsachicago.org
Local Website: alsachicago.org National Website: alsanet.org
Write: Tony Cook, ALS Association - Greater Chicago Chapter, 220 W. Huron St., Ste. 4003, Chicago, IL 60654
Alzheimer's Disease / Dementia

Champaign

Memory Loss Support Group (1984 F,P,L)
This group provides support, encouragement, and information for primary caregivers. Group literature is available. Meets 3rd Thurs., 10:00-11:00 a.m., Brookens Bldg., 1776 E. Washington St., Urbana. Call before attending the first meeting.
Call: Gail Shivers (217) 384-3784, ext. 4330 E-mail: gshivers@co.champaign.il.us
Write: Champaign County Nursing Home, 500 Art Bartell Rd., Urbana, IL 61802

Minds in Motion (2007 F,P)
This program enhances the mental, physical, and cognitive functioning of older adults including those diagnosed with early memory loss. Activities include “brain fitness” activities (mental exercises, games, memory enhancement), exercises (taiji, dance, strength, and endurance training), relaxation therapies, creative activities (art, writing, music, and storytelling), social activities, and community events. Family members of people with early memory loss focus on self-care while creating positive activities for themselves and their family members. Call to verify meeting times.
Meets Thurs., 10:00 a.m.-2:00 p.m., First United Methodist Church, 210 W. Church St., Champaign.
Call: Program Coordinators Alice Faron (217) 359-1079; or Sandy Burgener, PhD, Program Director (217) 898-4251 for information or to enroll in the program
E-mail: a.faron@comcast.net

Vermilion

Alzheimer's Caregiver Support Group (2007 F,P)
This group provides education and support for caregivers of people with Alzheimer's disease. Meets 3rd Thurs., 5:00-6:00 p.m., Hawthorne Inn, 3222 Independence Dr., Danville.
Call: Kim LeLoup (217) 431-1600, ext. 5 E-mail: gardencourt@libertyvillageofdanville.com
Write: Kim LeLoup - Alzheimer's Caregiver Support Group, Hawthorne Inn, 3222 Independence Dr., Danville, IL 61832

VA Illiana Health Care System - Alzheimer's and Related Dementia Caregivers (1985 A,P,L)
This support group is dedicated to improving the quality of caregivers' lives through support and education. The group offers caregivers the opportunity to ask questions, share stories, and learn caregiving tips through discussion, guest speakers, and information from the Alzheimer's Association. Caregivers of nonveterans are welcome. Meets 2nd Wed., 2:00-3:30 p.m., VA Medical Center, Community Living Center (CLC), Conference Rm., Bldg. 101, 1900 E. Main St., Danville.
Call: LaTosha Hampton, (217) 554-5126
Write: Cheryl Rome, MSW, VA Medical Center, SWS-122, 1900 E. Main St., Danville, IL 61832

Bariatric Surgery

Champaign

Bariatric Support Group (2001 A,P,L)
This group is for bariatric surgery patients, past, present, and prospective, and gives a chance to share ideas and concerns, talk about frustrations, celebrate successes, and hear others speak about their experiences. Meets 2nd Thurs. excluding December, 6:30-7:30 p.m., Carle Main Campus, South Building 5, General Surgery Department, Urbana.
Brain Injury / TBI

Champaign

Champaign-Urbana Brain Injury Support Group (1990 A,P)
This group provides support and education individuals who have sustained a traumatic brain injury (TBI) or acquired brain injury (such as brain tumor, aneurysm, stroke, encephalopathies), as well as to the family members/caregivers. Call to confirm dates and times of meeting and events. Meets 2nd Sat., 10:30 a.m.-12:30 p.m., 2nd Fl. Conference Rm., Carle Mills Cancer Center, 611 W. University Ave., Urbana.
Call: Dawn Henry (217) 383-6423; or the Brain Injury Association of Illinois (800) 699-6443
E-mail: dawn.henry@carle.com or info@bial.org
Local Website: bial.org National Website: biausa.org
Write: Dawn Henry, Rogers 3 Rehab, CFH, 611 W. Park St., Urbana, IL 61801

Breast Cancer

Champaign

Carle Info 2 Know (F,P)
This group provides information and education on breast cancer. It is open to anyone interested in breast cancer. Each session features a guest speaker. Feel free to bring your lunch. Meets 3rd Thurs., 12:00-1:00 p.m., Mills Breast Cancer Institute, 3rd fl., 509 W. University Ave., Urbana.
Call: Mary VanCleave, RN (217) 383-6416
E-mail: mary.vancleave@carle.com Website: millshope.com

Carle Women's Room Support Group (1999 F,P)
This group provides support and education. It is open to women dealing with any female-oriented cancer (breast, ovarian, cervical, etc.). Lunch is provided. See the website under patient education and resources. Meets 4th Tues., 12:00-1:00 p.m., Carle Cancer Center, 509 W. University Ave., Urbana.
Call: Kimberly Harden, LCSW, Oncology Social Worker (217) 383-4581
E-mail: kimberly.harden@carle.com Website: millshope.com
Write: Kimberly Harden, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Christie Clinic Breast Cancer Support Group (1997 F,P/L)
This group is open to women who have breast cancer, their family members and support persons and others interested in learning more about breast cancer. This wellness-focused group includes breast cancer survivors of all ages and experienced health care professionals. Our goal is to share ideas, provide support, answer questions, and offer solutions to problems for people who are coping with breast cancer. The format of each meeting includes a short presentation by a guest speaker followed by informal group interaction. You may attend as often as you wish, and you can bring along a family member or friend. Meets 1st Wed., 7:00 p.m., 2nd Fl. Meeting Rm., Christie on Windsor, 1801 W. Windsor Rd., Champaign.
Call: Department of General Surgery (217) 366-5445 Website: christieclinic.com
Reach to Recovery (1969 A,P/L)
This one-on-one peer support program is for women who have a concern about breast cancer. Trained volunteers who are breast cancer survivors assist newly diagnosed patients, those facing a possible diagnosis, patients experiencing lymphedema, those who have completed treatment, or patients facing a possible recurrence or advanced breast cancer.
Call: American Cancer Society (800) ACS-2345 (227-2345) or Claire Sharp (309) 688-3480
E-mail: claire.sharp@cancer.org Website: cancer.org

Young Survival Coalition (2010 A,L)
This group provides support to premenopausal women with breast cancer and their families. The group is affiliated with an international organization that focuses on the issues unique to young women with breast cancer. Spouses, partners, and children are welcome to attend to discuss issues that members face and to socialize. Meets last Tues., 7:00 p.m., Jupiter's at the Crossing, 2511 Village Green Pl., Champaign.
Call: (877) 972-1011
E-mail: midwestregion@youngsurvival.org Website: youngsurvival.org

Vermilion

Breast Cancer Support Group (2013, F,L)
This newly-formed group in the Hoopeston area provides caring and support to women with breast cancer. The cofacilitated group is designed for women to openly share their experiences and feelings, ask questions, and support each other. Meets at Carle-Hoopeston Regional Hospital in the Country Terrace dining rm. Meeting dates and times may vary, but group usually meets on the 3rd Thurs. Call Pat for more information.
Call: Pat Foster (815) 984-4040

This group, led by breast cancer survivors, provides education and social support. The group is open to all women and men with breast cancer, whether they are newly diagnosed or long-term cancer survivors, and their family members. Guest speakers and fellowship are included in the meeting. Meets 3rd Mon., 6:00 p.m., Jocko's, 305 W. Williams St., Danville.
Call: Presence Cancer Center (217) 431-4290
E-mail: pusmcnewhorizon@presencehealth.org Website: facebook.com/#!/horizonsupport?fref=ts

Cancer (General)

Champaign

Carle Daytime Cancer Support Group (1998 F,P)
This group is an open forum for anyone who has or knows someone with cancer. Lunch is provided. Meets 2nd Wed., 12:00-1:00 p.m., Carle Cancer Center, 1st Fl. Conference Rm., 509 W. University Ave., Urbana.
Call: Kimberly Harden, LCSW, Oncology Social Worker (217) 383-4581
E-mail: kimberly.harden@carle.com Website: millshope.com
Write: Kimberly Harden, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Carle Head and Neck Daytime Roundtable Discussion Group (2007 F,P)
This group educates and supports head and neck patients, families, and friends regardless of where they receive treatment. It is only for 18 and older unless approved by Lynn. See the website under
support groups. Meets 4th Wed., 2:00-3:00 p.m., Carle Cancer Center, Houseworth Conference Rm., 2nd fl., 509 W. University Ave., Urbana.

Call: Lynn Kolisetty, LSW, Oncology Social Worker (217) 383-4066
E-mail: lynn.kolisetty@carle.com Website: carle.org
Write: Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Carle Head and Neck Nighttime Roundtable Discussion Group (2007 F,P)
This group educates and supports head and neck patients, families, and friends regardless of where they receive treatment. See the website under support groups. Meets 2nd Mon., 7:00-8:00 p.m., Unitarian Universalist Church, 309 W. Green St., Urbana.

Call: Lynn Kolisetty, LSW, Oncology Social Worker (217) 383-4066
E-mail: lynn.kolisetty@carle.com Website: carle.org
Write: Lynn Kolisetty, LSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Carle Nighttime Cancer Support Group (1981 A,P)
This group is open to anyone who has or knows someone with cancer. Light refreshments are provided. Meets 1st and 3rd Wed., 5:30-7:00 p.m., Carle Cancer Center, Houseworth Conference Rm., 2nd fl., 509 W. University Ave., Urbana.

Call: Kimberly Harden, LCSW, Oncology Social Worker (217) 383-4581
E-mail: kimberly.harden@carle.com Website: carle.org
Write: Kimberly Harden, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Carle Women's Room Support Group (1999 F,P)
This group provides support and education. It is open to women dealing with any female-oriented cancer (breast, ovarian, cervical, etc.). Lunch is provided. See the website under patient education and resources. Meets 4th Tues., 12:00-1:00 p.m., Carle Cancer Center, 509 W. University Ave., Urbana.

Call: Kimberly Harden, LCSW, Oncology Social Worker (217) 383-4581
E-mail: kimberly.harden@carle.com Website: millshope.com
Write: Kimberly Harden, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Children's Support Group (2014 F,P)
This group is open to any child ages 6 to 10 with a family member or friend who has been diagnosed with cancer. Meets 3rd Weds. 4:00-5:00 p.m., 1st fl. conference rm., Carle Cancer Center, 509 W. University Ave., Urbana.

Call: Kimberly Harden (217) 383-4581 or Lynn Kolisetty (217) 383-4066
E-mail: kimberly.harden@carle.com or lynn.kolisetty@carle.com Website: carle.com
Write: Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Daytime Cancer Caregivers Group (2009 F,P)
This group is for caregivers of patients with cancer, and is open to all family members, friends, and other caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 2nd Tues., 12:00-1:00 p.m., Carle Cancer Center, 1st fl.

Call: Lynn Kolisetty, LSW, Oncology Social Worker (217) 383-4066
E-mail: lynn.kolisetty@carle.com Website: carle.org
Write: Lynn Kolisetty, LSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Evening Cancer Caregivers Group (2009 F,P)
This caregivers' group is for caregivers of patients with cancer, and is open to all family members, friends, and other caregivers, regardless of where clinical care is received. Light refreshments are
provided. Meets 3rd Weds., 5:30-7:00 p.m., 1st fl. conference rm., Carle Cancer Center, 509 W. University Ave., Urbana.

Call: Lynn Kolisetty, LSW, Oncology Social Worker (217) 383-4066  
E-mail: lynn.kolisetty@carle.com Website: carle.org  
Write: Lynn Kolisetty, LSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Leukemia/Lymphoma/Myeloma/Transplant Support Group (2007 F.L)  
This group provides support and education to patients, family members, and friends. Meetings are scheduled based on the needs of the group members. Call for meeting time and location.  
Call: Mica Witt (217) 586-1667 or (217) 898-1018; or Dan Culkin (217) 893-0362  
E-mail: wittmi@frontier.com

Vermilion

Cancer Prayer and Support Group (2013 F.L)  
This group is for anyone, including family members and friends, looking for support during or after involvement with any type of cancer. The group provides members a safe, respectful, caring and nonjudgmental environment to share questions, fears and concerns they are experiencing as part of cancer. While prayer is part of each meeting, you do not have to be part of any church to attend.  
Meets 2nd Mon., 6:30 pm, Fithian United Methodist Church, 101 Clinton St., Fithian.  
Call: Call Jim or Carolyn Greer (217) 582-2517 or Pastor Kim Dancey (217) 620-5719  
E-mail: carolynsue40@comcast.net  
Write: Fithian United Methodist Church, 101 E. Clinton St., Fithian, IL 61844

Chronic Fatigue Syndrome

Champaign

Chronic Fatigue Syndrome Wellness Support (1995 F.L)  
This group provides only phone support for people suffering from chronic fatigue syndrome.  
Call: Lisa Schicht (217) 355-1778 E-mail: lisaenya25@sbcglobal.net Website: cfids.org

Crohn's Disease and Colitis

Peoria

Crohn's and Colitis Foundation of America - Peoria Affiliate (1989 A,L)  
This group provides support and education to people with Crohn's disease or colitis. Family and friends are welcome. Free parking and educational materials are available. Meets 4th Thurs., 7:00-9:00 p.m. in Feb., April, June, Aug., and Oct., 7th fl., St. Francis Medical Center, 530 N.E. Glen Oak Ave., Peoria.  
Call: Kathy Porter or chapter office (847) 827-0404 E-mail: illinois@ccfa.org Website: ccfa.org

Diabetes

Champaign

Carle Diabetes Support Group in Champaign (A,P/L)  
This group provides support and education for people with diabetes, their friends, and family members. Each month a speaker addresses issues related to managing diabetes. The group is designed to provide education, and emotional and social support. You do not have to be a Carle...
Christie Clinic Diabetes Support Group (Diabetes Straight Talk) (F,P)
This group is free and open to anyone who has diabetes or an interest in diabetes. The group discusses issues and concerns that are important to living with diabetes. Attendees can learn more about topics like monitoring blood sugar, understanding lab results, preparing injections, preventive care, nutrition, lifestyle, and more. A registered dietitian is available for questions and conversation. Call or visit the website for meeting dates and topics. Meets 2nd Tues. excluding Dec., 6:00-7:00 p.m., 2nd Fl. Education Rm., Christie on Windsor, 1801 W. Windsor Rd., Champaign.
Call: Jane Valentine (217) 366-8144 E-mail: jvalentine@christieclinic.com
Local Website: christieclinic.com/patients/in-the-community/support-groups
National Website: diabetes.org
Write: Jane Valentine, Christie on Windsor, 1801 W. Windsor Rd., Champaign, IL 61822

This series of diabetes self-management classes is offered twice a year. Topics include how to help individuals control diabetes, blood glucose monitoring, meal planning, medications, foot care, exercise, changing behavior and lifestyle, preventing and treating complications, and more. Classes include take-home materials. Each series runs for two consecutive sessions. Cost is $15 per session. Call to register for classes or a support group. Meets at the Center for Healthy Living, 410 E. University Ave., Urbana.
Call: Carol Shriver (217) 337-2890 or Presence Covenant Medical Center (217) 337-2000
E-mail: carol.shriver@presencehealth.org Website: provena.org/covenant

Ford

Diabetes Support Group - Gibson City (1996 F,P)
This group is for people with diabetes and their family members. Meets 2nd Thurs., (except Dec. and Jan.), 7:00 p.m., radiology waiting area, Gibson Area Hospital and Health Services, 1120 N. Melvin, Gibson City.
Call: Eileen Woolums, RN, BSN, CDE (217) 784-4093
E-mail: eileen_woolums@gibsonhospital.org Website: gibsonhospital.org
Write: Eileen Woolums, GAHHS, 1120 N. Melvin, Gibson City, IL 60936

Vermilion

Carle Diabetes Support Group in Danville (F,P)
This group is designed to provide emotional and social support and education to people with diabetes. A speaker at each meeting addresses issues related to managing diabetes. See the website under calendar of events for monthly topics and speakers. The group is free and open to the public, but space is limited. Preregistration is recommended. Meets 4th Tues. (except Nov. and Dec.), 6:30-7:30 p.m., Danville Public Library 319 N. Vermillion St., Danville.
Call: Tricia Hogg or Jean Land (217) 431-7601 Website: carle.org

This series of diabetes self-management series of classes is offered twice a year. Topics include how to help individuals control diabetes, blood glucose monitoring, meal planning, medications, foot
care, exercise, lifestyle changes, preventing and treating complications, and more. Classes include take-home materials. Classes are held in the Outpatient Nutrition Services Rm. at Presence United Samaritans Medical Center, Danville. Cost is $15 per session, and registration is required. Call for more information on classes or a support group.  
Call: (217) 443-5000, ext. 4609 Website: provena.org/usmc  
Write: Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville, IL 61832

Eating Disorders (Anorexia/Bulimia)

Champaign

Overeaters Anonymous (OA) - Champaign County (1960 A,L)  
This 12-step, self-help group is for compulsive overeaters and people with anorexia or bulimia.  
Call: (888) 216-8458 for local meetings (automated message) or (505) 891-2664 for national office  
E-mail: ciig@region5oa.org Website: oa.org  
Write: Overeaters Anonymous, P.O. Box 44020, Rio Rancho, NM 87174

Epilepsy / Seizure Disorders

Champaign

Epilepsy Support Group (2003 A,P/L)  
This group is for people with epilepsy or other seizure disorders and for their family and friends.  
Meets 2nd Mon., 6:30-8:00 p.m., First Presbyterian Church, 302 W. Church St., Champaign.  
Call: Epilepsy Resource Center (312) 939-8622 or (800) 273-6027  
E-mail: tschultz@epilepsychicago.org  
Write: Tracy Schultz, Epilepsy Resource Center, 232 Bruns Lane, Springfield, IL 62702

Fibromyalgia

Champaign

Fibromyalgia Support Group (1990 A,L)  
This group provides support for anyone with fibromyalgia, and for their families and friends.  
Speakers are invited. Meetings include time for caring and sharing. Meets 3rd Wed., every other month beginning in Jan., 6:30-8:00 p.m., Carle Champaign on Curtis, 2nd Fl. Conference Rm., 1701 W. Curtis Rd., Champaign.  
Call: Phyllis Sommer (217) 367-0136 E-mail: sommer1@comcast.net Website: arthritis.org  
Write: Phyllis Sommer, 2103 Rainbow View Dr., Urbana, IL 61802-5619

Gluten sensitivity

Ford

Gluten Free Living (2012 F,P)  
This support group provides answers to those whose lives are touched by celiac disease or gluten sensitivity. There is a licensed dietitian at each meeting to answer questions about diet. Meets 3rd Tues. 6:00-7:30 p.m. in the Radiology waiting area of Gibson Area Hospital. Does not meet during December or January.  
Call: Benjie Pardick (217) 784-2221 E-mail: benjie_pardick@gibsonhospital.org  
Write: Benjie Pardick, 1120 N. Melvin, P.O. Box 429, Gibson City, IL 60936
Heart Disease

Champaign

**Powerful Hearts** (1997 F,P/L)
This group offers help, support, and encouragement to heart disease patients and their families. The meeting allows time for sharing recovery and life experiences to aid in support during the healing phase and beyond for those living with heart disease. There is a visitor's program to provide support for those hospitalized; training is provided. Meets every six weeks, Presence Covenant Medical Center, 1400 W. Park St., Urbana.

**Call:** Mary Ficek or Brittney Cromwell (217) 337-2237  
**E-mail:** mary.ficek@presencehealth.org or brittney.cromwell@presencehealth.org  
**Write:** Mary Ficek or Brittney Cromwell, Presence Covenant, 1400 W. Park St., Urbana, IL 61801

Iroquois

**Lucky Hearts Support Group** (1989 F,P)
This group is for people with heart disease and their family members and significant others. Call to confirm a meeting. Meets 2nd Tues., every other month beginning in Feb., 1:30 p.m., 1st Fl. Conference Rm., Iroquois Memorial Hospital, Watseka.

**Call:** Marsha Hubert (800) 242-2731, ext. 7773 or (815) 432-7773  
**E-mail:** cardiacrehab@iroquoismemorial.com  
**Website:** iroquoismemorial.com  
**Write:** Marsha Hubert, Iroquois Memorial Hospital, 200 E. Fairman, Watseka, IL 60970

Peoria

**TOUCH - The Organization for Understanding Children's Hearts** (1985 A,P/L)
This group empowers families, children, and adults who have congenital or acquired heart defects. The group makes a difference through emotional support, education, and public awareness. The group provides a "heartline" phone support number, newsletter, and annual picnic.

**Call:** Gail Eaton (309) 655-2650 or (800) 443-9898 for information or Cathy Cunningham (217) 239-1440 for Champaign County phone support  
**E-mail:** gail.eaton@osfhealthcare.org  
**Website:** touchhearts.org  
**Write:** Gail Eaton, The Children's Hospital of Illinois, 530 N.E. Glen Oak Ave., Peoria, IL 61603

Inflammatory Bowel Disease / Irritable Bowel Syndrome

Peoria

**Crohn's and Colitis Foundation of America - Peoria Affiliate** (1989 A,L)
This group provides support and education to people with Crohn's disease or colitis. Family and friends are welcome. Free parking and educational materials are available. Meets 4th Thurs., 7:00-9:00 p.m. in Feb., April, June, Aug., and Oct., 7th fl., St. Francis Medical Center, 530 N.E. Glen Oak Ave., Peoria.

**Call:** Kathy Porter or chapter office (847) 827-0404  
**E-mail:** illinois@ccfa.org  
**Website:** ccfa.org
Lupus

Peoria

Lupus Support Group of Central Illinois (1976 F,P/L)
This group provides support, education, and research information to lupus patients, and to families, medical personnel, and the public. Call in advance in case of inclement weather. Meets 1st Mon. 6:00-8:00 p.m., Soderstrom Dermatology Center, Annex Building, 4909 N. Glen Park Place, Peoria.
Call: Jan Hornback (309) 353-4357 or Kelly Erps (309) 620-2935
E-mail: ciblupus@centurylink.net
Write: Kelly Erps, Lupus Support Group of Central Illinois, P.O. Box 791, Pekin, IL 61555-0791

Multiple Sclerosis (MS)

Champaign

This group addresses issues for people living with multiple sclerosis and their family members. The group maintains an upbeat approach and provides support and education about multiple sclerosis. Literature is available. Refreshments are served. Meets 2nd Sat., (except Dec.), 10:00 a.m.-12:00 p.m., First Baptist Church, 1602 S. Prospect Ave., Savoy. Contact: Melissa Mills.
E-mail: savoymsgroup@yahoo.com
Local Website: msillinois.org National Website: nationalmssociety.org

McLean

McLean County Multiple Sclerosis Support Group (1960 A,L)
This group provides discussion and guest speakers for people with multiple sclerosis and their families and friends. Meets 4th Tues., 6:30 p.m., St. John's Lutheran Church, Rm. 421, 1617 Emerson St., Bloomington (corner of Emerson St. and S. Towanda Ave).
Call: Ryan Remkus (309) 530-6661 E-mail: jarr1@yahoo.com

Piatt

Piatt County MS Support Group (1991 A,L)
This group addresses the issues of people diagnosed with multiple sclerosis and of their family members. The group maintains an upbeat approach that includes support and education. Evening meetings are held quarterly. Call Paige for information on meeting dates and location.
Call: Paige Buck (217) 372-4831 or (217) 369-9276 E-mail: kpbuck@hughes.net

Obesity

Champaign

Bariatric Support Group (2001 A,P/L)
This group is for bariatric surgery patients, past, present, and prospective, and gives a chance to share ideas and concerns, talk about frustrations, celebrate successes, and hear others speak about their experiences. Meets 2nd Thurs. excluding December, 6:30-7:30 p.m., Carle Main Campus, South Building 5, General Surgery Department, Urbana.
Call: Ashley McCartney, Lindsey Eichelberger or Ann Carroll (217) 383-3240
E-mail: ann.carroll@carle.com
Write: Ann Carroll, Carle Champaign on Curtis, 1701 W. Curtis Rd., Champaign IL 61821

Overeaters Anonymous (OA) - Champaign County (1960 A,L)
This 12-step, self-help group is for compulsive overeaters and people with anorexia or bulimia.
Call: (888) 216-8458 for local meetings (automated message) or (505) 891-2664 for national office
E-mail: ciig@region5oa.org Website: oa.org
Write: Overeaters Anonymous, P.O. Box 44020, Rio Rancho, NM 87174

TOPS (Take Off Pounds Sensibly) - East Central Illinois (1948 A,L)
This group's mission is to support members as they take and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and by sponsoring obesity research. TOPS publishes educational materials to help its members understand the dynamics of behavior change, good nutrition, and increased activity in developing a healthy new lifestyle. Annual membership, which includes a member magazine, is $32 plus nominal chapter fees to cover operating expenses – usually less than $5 per month. There are meetings in Coles, DeWitt, Douglas, Iroquois, McLean, Piatt, and Vermilion counties. For meeting information, check the website, e-mail, or call. To start a chapter near you, gather four people, a scale, and have a place to meet, then call Sharon Dines and she will help get you started.
Call: Sharon Dines (815) 698-2098 E-mail: sharondines712@yahoo.com Website: www.tops.org
Write: Sharon Dines, 2353 N. 1250 East Rd., Danforth, IL 60930

Vermilion

TOPS (Take Off Pounds Sensibly) - Vermilion (1948 A,L)
This group's mission is to support members as they take and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and by sponsoring obesity research. Annual membership, which includes a member magazine, is $28 plus nominal chapter fees to cover operating expenses – usually less than $5 per month. There are several weekly meetings in Vermilion County. For meeting information, check the website, e-mail, or call.
Call: Area Captain, Tuck Miller (217) 497-4506 or Coordinator, Sharon Dines (815) 698-2098
E-mail: topsac6419@gmail.com or sharondines712@yahoo.com
Website: www.tops.org Write: TOPS, 807 Franklin, Danville, IL 61832

Parkinson's Disease

Champaign

Carle Parkinson's Disease Support Group (1996 F,P/L)
This group is for people suffering from Parkinson's disease or related disorders and their family, friends, and caregivers. Meetings include speakers. Free parking is provided at the South Parking Garage. Meets 1st Thurs. most months; call to check, 5:30-7:30 p.m., Mills Breast Cancer Center, 2nd fl. above the main entrance, 605 W. University Ave., Urbana.
Call: Rosamond K. McKenna (217) 359-3831 E-mail: donrosmckenna@comcast.net
Write: Rosamond K. McKenna, P.O. Box 371, Savoy, IL 61874-0371
Parkinson's Support Group (2013, F,L)
This support group for Parkinson's disease patients includes socializing, exercise, and small group discussion. Activities are led by Parkinson's patients and other volunteers. Meets every Mon., 10:00-11:00 a.m., except holidays, at Savoy United Methodist Church, 3002 W. Old Church Rd., Champaign in the multipurpose rm.
Call: Chuck Arbuckle (217) 586-3100 or Charlie Rohn (217) 549-6167
E-mail: charlesarbuckle@gmail.com

Polio

Coles

Polio Survivors and Friends of East Central Illinois (2005 A,P/L)
This group provides support, education, and social events for polio survivors and their family and friends. Meets 1:00-3:00 p.m., 1st Sat. of March, June, Sept., and Dec., Sarah Bush Lincoln Hospital, Educational Center, Mattoon. Please call ahead as meeting times may change. If unable to attend in person, you may join a group discussion by telephone at (800) 300-2164. When asked for a PIN, enter 4227.
Call: Glee (217) 508-4406 E-mail: auntglee@hotmail.com Website: post-polio.org
Write: Polio Survivors and Friends, 929 Briarwood Ct., Charleston, IL 61920

Psoriasis

Peoria

Central Illinois Psoriasis Group (1976 F,P)
This group helps people cope with psoriasis. Family and friends are invited to attend as well. Meets 3rd Thurs., 5:30-6:30 p.m., Sept.- May (the group does not meet over the summer months), Soderstrom Dermatology Center, 4909 Glen Park Pl., Peoria.
Call: Nicole, RN, DNC (309) 674-7546 or (309) 690-6095 for questions or information
E-mail: nskaggs@skinnews.com Website: skinnews.com
Write: Soderstrom Dermatology Center, 4909 Glen Park Pl., Peoria, IL 61614

Respiratory Disease / Emphysema

Champaign

Carle Better Breathers Club (2000 A,P)
This group is for people with chronic pulmonary disease and their family and friends. The group provides education and support to those that live with chronic lung disease that affects their daily quality of life. Meets quarterly, 2:00-3:00 p.m., Carle University West Bldg., 810 W. University Ave. (corner of Lincoln Ave. and University Ave.), Urbana.
Call: Molly Martin (mmartin@parkland.edu), Amy Costa, or Debbie Brusveen (217) 383-4558
E-mail: amy.costa@carle.com or debbie.brusveen@carle.com Website: aacvpr.org
Write: Debbie Brusveen, CFH, Pulmonary Rehabilitation, 611 W. Park St., Urbana, IL 61801
Macon

**Breath of Life Club, Decatur** (1970 A,P)
This group helps people with chronic obstructive pulmonary disease (COPD) and their families learn to live a more complete life. COPD includes emphysema, chronic bronchitis, and restrictive pulmonary disease (CHF, pulmonary fibrosis, sarcoidosis, and asthma). The group always has a speaker and respiratory therapists from the Pulmonary Clinic who are available to answer questions. Lunch or refreshments are served. Valet parking is provided. Meets 3rd Tues., March-Nov., 12:00-1:15 p.m., St. Mary's Hospital, Rm. 561, 1800 E. Lake Shore Dr., Decatur.
**Call:** Cheryl Shipley (217) 464-2603 **E-mail:** cheryl.shipley@hshs.org
**Write:** Cheryl Shipley, St. Mary's Hospital, 1800 E. Lake Shore Dr., Decatur, IL 62521

Sleep Apnea

**Champaign**

**Awake & Aware - Sleep Apnea Support Group** (1998 F,P/L)
This group meets the needs of people with sleep apnea in a supportive environment and provides information about sleep apnea, its diagnosis, and treatment. Meets 2nd Tues., March, June, Sept., Dec., 6:30-8:30 p.m., Fritz Conference Rm., lower level of The Forum at Carle, 611 W. Park St., Urbana.
**Call:** Don Turpin (217) 383-3198 **Website:** carle.org
**Write:** Carle Foundation Hospital, Carle Sleep Lab, 611 W. Park St., Urbana, IL 61801

**Iroquois**

This group is for people who use CPAPs (continuous positive airway pressure machines) and their families. Meets quarterly, 3rd Wed., Iroquois Home Care, 200 N. Laird Lane, Watseka.
**Call:** Jaime M. Henderson, Iroquois Home Care Director (815) 432-7781
**E-mail:** jaime.henderson@iroquoishomecare.com
**Write:** Rest Easy Support Group, Iroquois Home Care, 200 N. Laird Lane, Watseka, IL 60970

**Spina Bifida**

**McLean**

**Central Illinois Spina Bifida Support Group** (2000 A,L)
This group provides support for children and adults with spina bifida and their parents and family members. The meeting format varies from speakers to informal networking. Meetings last about an hour. Meets 3rd Thurs., Sept.-May, 6:45 p.m., OSF, Conference Rm. B, lower level, 1701 E. College Ave., Bloomington.
**Call:** Lynn Grabher Bradtke or Illinois Spina Bifida Association (773) 444-0305
**E-mail:** lynn.bradtke@comcast.net **Website:** i-sba.org
**Write:** 2211 N. Oak Park Ave., Chicago, IL 60707
Stroke / Aphasia

Champaign

Champaign-Urbana Brain Injury Support Group (1990 A,P)
This group provides support and education for individuals who have sustained a traumatic brain injury (TBI) or acquired brain injury (such as brain tumor, aneurysm, stroke, encephalopathies), as well as to the family members/caregivers. Call to confirm dates and times of meeting and events. Meets 2nd Sat., 10:30 a.m.-12:30 p.m., 2nd Fl. Conference Rm., Carle Mills Cancer Center, 611 W. University Ave., Urbana.
Call: Dawn Henry (217) 383-6423; or the Brain Injury Association of Illinois (800) 699-6443
E-mail: dawn.henry@carle.com or info@biail.org
Local Website: biail.org National Website: biausa.org
Write: Dawn Henry, Rogers 3 Rehab, Carle Foundation Hospital, 611 W. Park St., Urbana, IL 61801

This group brings together stroke survivors and their caregivers for mutual help, fellowship, education, and service to others. Meets 1st Wed., 3:00-4:30 p.m. (call for the meeting room), Presence Covenant Medical Center, 1400 W. Park St., Urbana.
Call: Beth Romine (217) 337-2202 E-mail: beth.romine@presencehealth.org
Write: Beth Romine, Rehab, Presence Covenant, 1400 W. Park St., Urbana, IL 61801

Piatt

Stroke Support Network (2012 F,P)
This group provides support and understanding to individuals dealing with the many physical and emotional challenges that a stroke creates. Members support each other as they learn to cope with new challenges in their own way and to find positive solutions to gain independence. Toni Bowdre, RN, and Hope Wolfe, APN, BC, CS, cofacilitate this meeting. Meets 4th Wed., 1:00 p.m., Maple Point Supportive Living, Education Rm. 1000 N. Union, Monticello.
Call: Julie Glawe, Faith In Action Office (217) 762-7575, ext. 3 E-mail: jglawe97@yahoo.com

Vermilion

Illiana Stroke Survivors and Caregivers (1990 A,P/L)
This group provides education and social support for survivors of stroke and for their caregivers. Meets 2nd Sat., April-Nov., 10:00 a.m., Immanuel Lutheran Church, 1930 N. Bowman Ave., Danville. There is also a summer picnic and a Sept. cookout.
Call: Kathy Tucker (217) 765-2098 or (217) 474-9290 E-mail: gkt6399@aol.com

Transplants

Champaign

Leukemia/Lymphoma/Myeloma/Transplant Support Group (2007 F,L)
This group provides support and education to patients, family members, and friends. Meetings are scheduled based on the needs of the group members. Call for meeting time and location.
Call: Mica Witt (217) 586-1667 or (217) 898-1018; or Dan Culkin (217) 893-0362
E-mail: wittmi@frontier.com
National Kidney Foundation, Champaign County Chapter (Transplants) (1995 F,P/L)
This group is for recipients of transplants, those waiting for transplants, or others concerned about transplants. Meets 1st Tues., 6:00 p.m., Presence Covenant Medical Center, Auditorium A, 1400 W. Park St., Urbana.
Call: Jeanette Pritschet, LCSW at C-U Dialysis (217) 328-4100 or Frank Veach (217) 328-3224 (evenings)
E-mail: frankveach@hotmail.com or jeanette.pritschet@fmc-na.com
Write: Jeanette Pritschet, LCSW, C-U Dialysis, 1405 W. Park St., Urbana, IL 61801

Trigeminal Neuralgia

Facial Pain Association Support Group, The (TNA) (2010 A,P/L)
This group provides support for people diagnosed with trigeminal neuralgia and for family, friends, and other interested people. Coffee and free parking are included. Meets 2nd Sat. of April, June, Aug., and Oct., 10:00 a.m.-12:00 noon, The Carle Forum, Lauhoff Rm., 611 W. Park St., Urbana.
Call: Connie (217) 621-3194 or national hotline (800) 923-3608
E-mail: curban1957@yahoo.com or jsroland@sbcglobal.net Website: tna-support.org

MENTAL HEALTH

General

Co-Dependents Anonymous (CoDA) (2005 A,L)
This 12-step fellowship is for men and women whose common purpose is to recover from codependence and to develop and maintain healthy relationships. Group literature is available. Donations are requested to cover literature and expenses. Meets Mon., 7:00-8:00 p.m., The Pavilion, Lecture Rm., 809 W. Church St., Champaign; and Tues., 7:00-8:00 p.m., Serenity Shack, 117 Ohio St., Rantoul.
Call: Kathy for Champaign (217) 979-2847 or Stan for Rantoul (217) 493-6429
E-mail: codakathy1@gmail.com or creation1957@gmail.com Website: coda.org

Depression and Bipolar Support Alliance (DBSA) (1990 A,L)
This support group provides open discussion, information, and support to people with any mental illness or substance abuse problem. The group also welcomes people who believe they may have these disorders, but who may not have been diagnosed. The meeting is also open to friends, family members, professionals, and professional students. Call or e-mail for more information. Meets Tues., 7:00-8:00 p.m., Auditorium C, 1st fl., Presence Covenant Medical Center, 1400 W. Park St., Urbana.
Call: (217) 355-1193 E-mail: dbasa.uc@gmail.com
Local Website: dbsauc.org National Website: dbsalliance.org
Depression Support Group (2009 F.L)
This group is for people dealing with depression. It provides a place to share experiences and support one another. Family and friends are welcome to come and be part of the support network. Group is Christ-centered and nondenominational. Meets 2nd Tues., 7:00-8:00 p.m., upper level Sunday School Bldg., St. Paul's Lutheran Church, 108 E. Church St., Gifford. 
Call: Donna (217) 568-7516 or St. Paul's Lutheran Church (217) 568-7196 
E-mail: stpauls.gifford@gmail.com

Emotions Anonymous (Champaign Chapter) (1999 A.L)
This 12-step program is for people who have emotions that cause difficulties in their lives. These emotions may be depression, anxiety, fear, loneliness, anger, compulsions, or obsessions. Emotions Anonymous is based on the same program used by Alcoholics Anonymous. Nonsmoking meeting. Meets Tues., 7:15 p.m., Faith United Methodist Church, 1719 S. Prospect, Champaign.
Call: (217) 352-3632 
E-mail: eamtg2@gmail.com Website: eamtg.com

GROW in Illinois - Personal Growth Group (Champaign County) (1978 A,L)
This self-help group offers a program for personal growth through small weekly meetings and a voluntary network of members. It provides support and practical help to people, ages 18 and older, to cope with a mental disorder or emotional crisis. A newsletter and group literature are available. Call for meeting times and locations.
Call: Karen Shan, Program Secretary (217) 352-6989 or toll-free (888) 741-GROW (4769)
E-mail: growil@sbcglobal.net Website: www.growinamerica.org
Write: GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

NAMI (National Alliance on Mental Illness) - Champaign County (1982 A,L)
This group offers support, education, and advocacy to people with mental illness as well as their loved ones. The meetings consist of a brief time of sharing and caring, business meeting, and program. Members have access to a lending library. NAMI Champaign County offers an array of educational and training programs for people with mental illness, family members, service providers, and the general public. These programs draw on the experiences of family members and people with mental illness who have learned to live well with mental illness and who are eager to help others. Educators and mental health professionals also attend to offer their expertise. Family education, peer support and social groups, as well as teacher education/in-services are offered free throughout the month. Meets 2nd Mon. (except July and Aug.), 6:30-9:00 p.m., Community Elements, 801 N. Walnut, Champaign.
Call: Information Line (calls answered once a week) (217) 419-5345 or Diane Zell (217) 253-2413 
E-mail: sue_keller@comcast.net or thezells1@gmail.com 
Local Website: namichampaign.org National Website: nami.org 
Write: NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Support Group for Pregnant Mothers and Mothers Raising Infants (2011 A,P)
This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support to mothers in Champaign County who may be at risk for postpartum and perinatal depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Child care is available and the groups are always free. Contact Crisis Nursery or check the website for specific dates and times. No prior registration necessary.
Call: Ann Ambrose (217) 337-2730
E-mail: ann@crisisnursery.net Website: www.crisisnursery.net
Write: Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Survivors of Suicide Support Group (Champaign) (1999 F,P)
This group is for family and friends who have experienced a death by suicide. Attendance in the
group is ongoing. An initial screening and orientation interview is required to join. Call to schedule
an interview before attending the group. There is no fee. Meets 2nd Mon., 6:00-8:00 p.m., Presence
Covenant Medical Center, 1400 W. Park St., Urbana.
Call: Peter Dyck, Presence Covenant Spiritual Care (217) 337-2181
E-mail: peter.dyck@presencehealth.org Write: 1400 W. Park St., Urbana, IL 61801

Wednesday Recovery Group (WRG) (2009 F,L)
This peer-led support group is for people dealing with mental health problems. Our mission is to be a
weekly mental health recovery support group based on the foundational principles of mental health
recovery, which are hope, education, personal responsibility, self-advocacy, support and spirituality.
Meets Wed., 1:00-2:00 p.m. at a local downtown Champaign church.
Call: Margaret Stanton (217) 367-5720 E-mail: margaret.stanton@gmail.com

Coles and Moultrie Counties

GROW in Illinois - Personal Growth Group (Coles and Moultrie Counties) (1978 A,L)
This self-help group offers a program of personal growth to prevent or recover from mental illness.
The weekly meetings are also used to cope with crises such as death, divorce, or separation. A
newsletter and group literature are available.
Call: toll free (888) 741-GROW (4769)
E-mail: growil@sbcglobal.net Website: www.growinamerica.org
Write: Brenda Eakins, GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

Macon

GROW In Illinois - Personal Growth Group (Macon County) (1978 A,L)
This self-help group offers a program of personal growth through small weekly meetings and a
voluntary network of members. It provides support and practical help for anyone coping with a
mental health problem or emotional crisis. Group literature is available.
Call: toll free (888) 741-GROW (4769)
E-mail: growil@sbcglobal.net Website: www.growinamerica.org
Write: GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

Peoria

Survivors of Suicide Grief Support Group (Peoria) (1989 A,P/L)
This group provides support to anyone who is grieving over a death by suicide. It does not provide
support for those who have attempted suicide. The group is not for children or adolescents. Group
literature is available. Meets 1st and 3rd Tues., 7:00-8:30 p.m., Chapel Area at Proctor Hospital,
5409 N. Knoxville Ave., Peoria.
Call: Rev. Eimo Hinrichs (309) 697-3342 E-mail: eimopat@aol.com
Write: Rev. Eimo Hinrichs, 5032 W. Burns Ave., Bartonville, IL 61607
Platt

Meeting Place, The (2012 F, P)
This loss support group is for seniors experiencing life's challenges (health, loneliness, independence, purpose, financial, and family). Meets 2nd Tues., 10:30 a.m., Piatt County Office Bldg. Conference Rm., 1115 N. State St., Monticello.
Call: Julie Glawe (217) 762-7575 or Doug Edwards, LCSW, RDDP (217) 433-6109
E-mail: jglawe97@yahoo.com

Vermilion

GROW In Illinois - Personal Growth Group (Vermilion County) (1978 A,L)
This self-help group offers a program of personal growth through small weekly meetings and a voluntary network of members. It provides support and practical help for anyone coping with a mental health problem or emotional crisis. Newsletter and group literature are available.
Call: Fieldworker (217) 352-6989 or toll-free (888) 741-GROW (4769)
E-mail: growil@sbcglobal.net Website: www.growinamerica.org
Write: GROW in Illinois, Vermilion County, P.O. Box 3667, Champaign, IL 61826-3667

Champaign

Depression and Bipolar Support Alliance (DBSA) - Friends and Family Group (1990 A,L)
This group is for friends and family members who care about someone with any mental illness. The group is closed to people with mental illnesses unless they are friends or family members also. Call or e-mail for more information. Meets Thurs., 7:00-9:00 p.m., Auditorium C, 1st fl., Presence Covenant Medical Center, 1400 W. Park St., Urbana 61801.
Call: (217) 355-1193 E-mail: dbsa.uc@gmail.com Local Website: dbsauc.org
National Website: dbsalliance.org

Family 2 Family (2013 A,L)
This free 12-week course is for family caregivers (parents, relatives, and friends) of individuals with severe mental illnesses. The classes are structured to help caregivers understand and support individuals with serious mental disorders while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it’s like to have a loved one living with one of these brain illnesses. Meets Tues., 6:30-9:00 p.m. Champaign. Contact Nancy Carter for courses and locations.
Call: Nancy Carter (217) 356-1925 E-mail: ncart93@gmail.com
Local Website: namichampaign.org National Website: nami.org
Write: NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

NAMI (National Alliance on Mental Illness) - Champaign County (1982 A,L)
This group offers support, education, and advocacy to people with mental illness as well as their loved ones. The meetings consist of a brief time of sharing and caring, business meeting, and program. Members have access to a lending library. NAMI Champaign County offers an array of educational and training programs for people with mental illness, family members, service providers, and the general public. These programs draw on the experiences of family members and people with mental illness who have learned to live well with mental illness and who are eager to help others. Educators and mental health professionals also attend to offer their expertise. Family education, peer support and social groups, as well as teacher education/in-services are offered free throughout the
month. Meets 2nd Mon. (except July and Aug.), 6:30-9:00 p.m., Community Elements, 801 N. Walnut, Champaign.

**Call:** NAMI Information Line (calls answered once a week) (217) 419-5345 or Diane Zell (217) 253-2413  
**E-mail:** sue_keller@comcast.net or thezells1@gmail.com  
**Local Website:** namichampaign.org **National Website:** nami.org  
**Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

**NAMI Family Support** (2013, A/L)  
This group is for any family member, friend, or loved one of an adult person with severe mental illness. This group is for adults only and is facilitated by experienced family members. Join us as we learn how to understand and support our loved ones with mental illness. Discover friends who care and understand, and share ideas that can help you better take care of yourself and your family. Learn about community services and how to find them. We listen while you share your experiences and get much needed support. Meets 2nd Thurs., 7:00-9:00 p.m., Colony West Clubhouse, 31 Colony West Dr., Champaign (1st right north of the junction of Prospect and Windsor).

**Call:** NAMI Champaign (217) 419-5345  
**E-mail:** champaignnami@aol.com  
**Local Website:** namichampaign.org **National Website:** nami.org  
**Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

**Douglas**

**NAMI Families and Caregivers - Tuscola** (2014 A,L)  
This support group is for family, friends, and concerned others of persons living with a mental illness. The group is led by NAMI trained facilitators who are experienced caregivers. Solve problems, share experiences, and learn from others who have been there. The group has over 30 years of experience in dealing with issues surrounding the care of a loved one with mental illness living in the community. The facilitators are Diane Zell and Donna Mayer. Meets 4th Thurs. 7:00-9:00 p.m. at Tuscola United Methodist Church, 901 N. Prairie, Tuscola, IL

**Call:** Diane (217) 253-2413, Donna (217) 234-7616, or NAMI Champaign (217) 419-5345  
**E-mail:** champaignnami@aol.com  
**Local Website:** namichampaign.org **National Website:** nami.org  
**Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

**Vermilion**

**NAMI Families and Caregivers - Danville** (2014 A,L)  
This group is for adult family members, caregivers, or concerned others of a person with mental illness age 18 and over. Facilitators are Mary Mancuso and Debbie Hesse. Meets 3rd Thurs. 7:00-9:00 p.m. at First Presbyterian Church, 100 N. Franklin, Danville, IL

**Call:** Mary (217) 267-7093 or NAMI Champaign (217) 419-5345  
**E-mail:** champaignnami@aol.com or marymancuso7@att.net  
**Local Website:** namichampaign.org **National Website:** nami.org  
**Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824
PARENTING

General

Champaign

Family Table, The (2013 A,P)
This group has round table discussions on family issues such as life skills, relationships, budgeting, surviving through difficult times, and using community resources. The group’s goal is to strengthen families. Each quarter a new group meets for four weeks. Childcare is provided. Meets Thurs. 6:00-8:00 p.m. at Family Advocacy of Champaign County, 310 W. Church St., Ste. 103, Champaign.
Call: Grace Mitchell (217) 607-0546
E-mail: home@familyadvocacy.org Website: familyadvocacy.org
Write: Family Advocacy of Champaign County, 310 W. Church St., Ste. 103, Champaign, IL 61820

God Embracing Mothers who are Single (GEMS) (2013, F,L)
This group is for single mothers of all ages and welcomes new moms at any time. GEMS provides support, resources and encouragement for mothers and their children. Group meetings include a motivational biblical message, family dinner, child care (birth through high-school age), homework help, children’s programming and occasional speakers. Meets 1st and 3rd Wed., 6:00-7:45 p.m., Windsor Road Christian Church, 2501 W. Windsor Rd., Champaign. Meeting dates for 2014/15: Sept. 3 and 17, Oct. 1 and 15, Nov. 5 and 19, Dec. 3 and 17, Jan. 7 and 21, Feb. 4 and 18, March 4 and 18, April 1 and 15, May 6. For more information, contact Valena Claiborne.
Call: Valena Claiborne (217) 402-5088 E-mail: valena.georgette@gmail.com

This group provides prayer, support, and information to people who have had or have, sons or daughters serving in the military. Fathers, families, and friends of members of all branches of the military are welcome. Call for meeting location and schedule.
Call: Mary Long (217) 621-8146 or Ann Russell (217) 359-8758
E-mail: yemmalong@yahoo.com or anncrussell@comcast.net

Mom2Mom (2013 F,L)
This group is for moms with at least one child in the 5th grade or younger. The group provides support, encouragement, and time for discussion to help moms strengthen their relationship with God, and with their husbands, kids, and each other. This Christ-centered meeting includes a time of fellowship, sharing personal testimonies, and listening to speaker while enjoying brunch. Then we move into small group discussion, worship, and ministry. Limited childcare space is available at $4 per child (preregistration required). Meets Tues., 9:00-11:00 a.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.
Call: Katie Goulett (217) 384-3070
E-mail: katie.goulet@thevineyardchurch.us Website: thevineyardchurch.us
Write: Katie Goulett, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Mothers & More of Champaign County (2002 A,L)
This group provides mothers an opportunity to develop connections with other women. These women may include stay-at-home moms, working mothers, mothers making transitions between work and parenting, and mothers who have altered their career paths to care for their children at home. The group provides educational meetings, parent-child activities, moms-only nights out, leadership opportunities, and e-mail discussion groups. Annual dues are $45, but interested people
may attend two events before becoming a member. Scholarship opportunities also exist. Visit the website for more information. On Facebook, look for Mothers & More - Champaign County.

**E-mail:** mothersandmorechampaign@gmail.com  
**Local Website:** sites.google.com/site/mothersandmorechampaign258/  
**National Website:** mothersandmore.org

**Our Time (1993 F,P,L)**
This free community-based support program is for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. A parent group meets at the same time to address how grief is expressed in children and how parents can help their children work through their grief.

**Call:** Vera Duncanson (217) 337-2487  
**E-mail:** vera.duncanson@presencehealth.org  
**Write:** Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61822

This group is for pregnant women and new parents. Parents get feedback from other parents, and discussions include child development, parental stress, and other topics. Child care is available. Meeting days and times vary. Call or visit the website for current information.

**Call:** Crisis Nursery (217) 337-2730  
**Website:** www.crisisnursery.net  
**Write:** Parent - Child Interaction Group, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

This group is for mothers and fathers. Kids cannot attend the group but child care is available. Parents get feedback from other parents and discussions include child development, parental stress, and other topics. Meeting days and times vary. Call or visit the website for current information.

**Call:** Crisis Nursery (217) 337-2730  
**E-mail:** ann@crisisnursery.net  
**Website:** www.crisisnursery.net  
**Write:** Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

**Parent Wonders (1990 A,P)**
This program partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens.

**Call:** Felicia Gooler, Developmental Service Center (217) 359-0287  
**E-mail:** fgooler@dsc-illinois.org  
**Website:** dsc-illinois.org  
**Write:** 1304 W. Bradley Ave. Champaign, IL 61821

**Parenting with Love and Limits (2009 A,P)**
This program is committed to helping improve family communication and to offer parents step-by-step tools they need to stop teen's extreme behaviors of disrespect, ditching school, violence, alcohol or drug use, sexual promiscuity, or threats of suicide. This is done through individual family sessions and group therapy sessions. Group sessions are free and are held at either The Prairie Center in Urbana or The Juvenile Detention Center in Urbana. The program is for teens 10-17 years old, and their families. Call for a brief intake interview before attending the group.

**Call:** Leon Bryson Jr. (217) 328-4500  
**E-mail:** lbryson@prairie-center.com  
**Website:** gopll.com
**Rainbows For All Children** (1983 A,P/L)
This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups.

**Call:** (847) 952-1770  
**E-mail:** info@rainbows.org  
**Website:** rainbows.org  
**Write:** Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

**Spanish Parent Support Group, Grupo de Apoyo a la Paternidad para Familias Hispanohablantes** (2014 F,P)
Este grupo inicia una nueva sesión entre cada 1 y 2 meses, las fechas varíen, pero tan pronto como se tengan se hacen saber. El lugar: Crisis Nursery. 1309 W. Hill St., Urbana. Requisitos: Ser miembro de la comunidad, con hijos de cualquier edad, hablar Español y estar interesada en participar! La asistencia a este grupo te garantiza dos horas de cuidado semanal para tus hijos (sujeto a disponibilidad) Éso significa, tiempo libre para ti, con la ventaja de que tú y pareja se divertirán, aprenderás cosas nuevas y conocerás a otros padres! Se estas interesada en participar favor de comunicarte con Azucena Campos. Se habla Español.

**Call:** Llamar al Teléfono: (217) 337-2731 ext. 226  
**E-mail:** acampos@crisisnursery.net  
**Website:** www.crisisnursery.net

**Support Group for Pregnant Mothers and Mothers Raising Infants** (2011 A,P)
This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support to mothers in Champaign County who may be at risk for postpartum and perinatal depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Child care is available and the groups are always free. Contact Crisis Nursery or check the website for specific dates and times. No prior registration necessary.

**Call:** Ann Ambrose (217) 337-2730  
**E-mail:** ann@crisisnursery.net  
**Website:** www.crisisnursery.net

**McLean**

**Butterfly Project, The** (2012 A,P)
This group is for women and their children who have experienced, or are currently involved in, domestic violence. Meets Thurs., 5:30-7:00 p.m., Healthy Start House, Bloomington.

**Call:** Jenn Rients (309) 834-5266  
**E-mail:** jrients@childrenshomeandaid.org or jhigdon@childrenshomeandaid.org  
**Write:** Jenn Rients, Children’s Home + Aid, 403 S. State St., Bloomington, IL 61701

**Hyped-Up** (2003 A,L)
This support group is for parents with children birth to 5 years old. Free child care and snacks are provided. Meets Mon., 4:00-5:30 p.m., Healthy Start House, Bloomington.

**Call:** Jenn Rients (309) 834-5266  
**E-mail:** jrients@childrenshomeandaid.org  
**Website:** childrenshomeandaid.org

**Write:** Jenn Rients, Children’s Home + Aid, 403 S. State St., Bloomington, IL 61701

**Latina Women's Group** (2003 A,P/L)
This group is a supportive environment for mothers and their children. A children's program runs while mothers meet. The group is held in Spanish. Este es un grupo de apoyo para las madres y sus niños. Hay un programa y cuidado para los niños durante el reunión de las madres. El grupo se
conduce en español. El grupo se reúne todos los viernes a las 6:30-9:00 de la noche. Meets Fri., 6:30-8:00 p.m, Western Avenue Community Center, 600 N. Western, Bloomington.

Call: Llame: Liz Acevedo-Alstum (309) 262-6608 or (309) 829-4807
E-mail: aceals2002@yahoo.com
Write: Liz Acevedo-Alstum, 809 N. School St., Normal, IL 61761

SOS (Strike Out Stress) (F,P/L 2013)
This group is for parents to discuss parenting-related stress. Meets Fridays 11:30 a.m.-12:30 p.m., at the Healthy Start House, Bloomington

Call: Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org Website: childrenshomeandaid.org
Write: Jenn Rients, Childrens Home + Aid, 403 S. State St., Bloomington, IL 61701

Adoption/Foster Care

McLean

Healing Hearts (1991 F,L)
This adoption search/support group is for all of those touched and separated by the adoption process. The group is a member of The Illinois Adoption Registry. This group provides search help and support for all members of the adoption triad and most birth family members. A lending library is available. Meets 4th Thurs., Jan.- Oct.; 3rd Tues., Nov. (no meeting in Dec.), 7:00 p.m., St. John's Lutheran Church, Rm. 200, 1617 E. Emerson St., Bloomington.

Call: Marilyn (309) 820-0230 (home) or (309) 530-8969 (cell) E-mail: digger719@aol.com
Write: Healing Hearts, 2814 Scarborough St., Bloomington, IL 61704

Children with Disabilities / Illnesses

Champaign

C-U Autism Network (1995 F,P/L)
C-U Autism Network is a support group for anyone living or working on the autism spectrum. Phone support, education, and networking opportunities for individuals living with or supporting those with autism spectrum disorders are provided. The group sponsors meetings, workshops, and family/caregiver events, offers opportunities to exchange information on resources, trainings, interventions, legislation, advocacy, and more via e-mail, website, and listserv. C-U Autism Network is a project of the Autism Society of Illinois. Check the website for information on meetings, family events, and workshops. Meets 1st Thurs., 6:30-8:00 p.m., Sept.-May, (not in Jan.), Stephens Family YMCA, 2501 Fields S. Dr., Champaign.

Call: Teresa O'Connor (217) 621-8429
E-mail: teresa@autismillinois.org Website: cuautismnetwork.org
Write: C-U Autism Network, P.O. Box 107, Savoy, IL 61874

Down Syndrome Network (1989 A,L)
This group improves the quality of life of people with Down syndrome and their families through support, education, and public awareness. Meets monthly for activities and events throughout the year. Calendar can be accessed through the website.

Call: (217) 778-6702 Website: champaigndsn.org
E-mail: president@champaigndsn.org or secretary@champaigndsn.org
Write: P.O. Box 1143, Champaign, IL 61824
**Illinois Early Intervention (EI) Clearinghouse**

This clearinghouse identifies and collects research-based early-intervention best-practice information to share with families. It provides a free lending library of parenting and special needs DVDs, books, and journals related to the development of young children with special needs, including autism, Down syndrome, and speech disorders. The staff can help families and service providers find resources. The website has links to other resources in the state and nation.

**Call:** Sarah Isaacs (217) 333-1386 or toll free (877) 275-3227

**E-mail:** Illinois-eic@illinois.edu or isaacs@illinois.edu  
**Website:** eiclearinghouse.org

**Write:** Illinois Early Intervention Clearinghouse, Early Childhood and Parenting Collaborative, University of Illinois at Urbana-Champaign, Children’s Research Center, Rm. 20, 51 Gerty Dr., Champaign, IL 61820

**Linking Educators and Parents (LEAP)** (2006 F,P)

This study group focuses on strategies to help children cope with dyslexia and find ways to overcome the stress that accompanies it. Meets 4th Tues., 6:30-8:00 p.m., Urbana Free Library, 210 W. Green St., Urbana.

**Call:** Marilyn Kay (217) 367-0398 or the International Dyslexia Association (410) 296-0232

**E-mail:** mfkay@sbcglobal.net  
**Website:** interdys.org

**Write:** Marilyn Kay, 607 W. Nevada St., Urbana, IL 61801

**Parents of Adults with Disabilities** (2007 F,P/L)

This group brings together parents of adults with disabilities to share ideas and information to improve the quality of life of family members. The group is sponsored by Community Choices, Inc. Speak Out! is a group for teens and young adults with disabilities that meets at the same time. Meets 2nd Thurs., Sept.-May, 7:00-8:30 p.m., St. Matthew Church, 2200 Philo Rd., Urbana.

**Call:** Ryan Thompson at Community Choices (217) 621-1090  
**Website:** communitychoicesinc.org

**E-mail:** jen.advocacy@gmail.com or ryan.communitychoices@gmail.com

**Write:** Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

**Rural Champaign County Special Ed Cooperative (RCCSEC)**

This group only provides phone support and a lending library for parents of children who are visually impaired.

**Call:** Pam Golden (217) 892-8877, ext. 164  
**E-mail:** goldenp@rccsec.org  
**Website:** rccsec.org

**Write:** Pam Golden, RCCSEC, 201 S. Sheldon, Rantoul, IL 61866

**Speak Out!** (2008 F,P/L)

This group is for teens and young adults with disabilities. The group helps youth to speak up for their rights, socialize, and have a good time. It meets at the same time as the Parents of Adults with Disabilities support group. The group is sponsored by Community Choices, Inc. Bring snacks and drinks to share. Meets 2nd Thurs., 7:00-8:30 p.m., Sept.-May, St. Matthew Lutheran Church, 2200 Philo Rd., Urbana.

**Call:** Ryan Thompson at Community Choices (217) 621-1090

**E-mail:** jen.advocacy@gmail.com or ryan.communitychoices@gmail.com

**Website:** communitychoicesinc.org

**Write:** Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

**Macon**

**Autism/Asperger Syndrome Support Group for Macon County** (2006 F,P)

This group provides support for parents, grandparents, relatives, and professionals who live or work with children with autism and Asperger's syndrome. The group provides time to share, listen, and
learn from one another about what can be done to help loved ones with autism succeed in life. Meets monthly at Garfield Montessori School. Call for meeting dates and times. An informal coffee group meets to get to know others and make friends who truly understand. Call Jan to be added to the group e-mail or phone list or for information on resources.

Call: Jan Kriisa (217) 855-9890 E-mail: jankriisa@comcast.net
Write: Jan Kriisa, 2187 Hoyt Dr., Decatur, IL 62522

**McLean**

**Central Illinois Down Syndrome Organization** (1978 F,L)
This organization provides a support group for parents of children with Down syndrome and works to increase public awareness. Has annual Buddy Walk event and CIDSO Open, a golfing tournament and gala. Facebook page: Central Illinois Down Syndrome Organization.

Call: Central Illinois Down Syndrome Organization (309) 452-3264
E-mail: info@cidso.org Website: cidso.org
Write: P.O. Box 595, Normal, IL 61761

**Central Illinois Spina Bifida Support Group** (2000 A,L)
This group provides support for children and adults with spina bifida and their parents and family members. The meeting format varies from speakers to informal networking. Meetings last about an hour. Meets 3rd Thurs., Sept.-May, 6:45 p.m., OSF, Conference Rm. B, lower level, 1701 E. College Ave., Bloomington.

Call: Lynn Grabher Bradtke or Illinois Spina Bifida Association (773) 444-0305
E-mail: lynn.bradtke@comcast.net Website: i-sba.org
Write: 2211 N. Oak Park Ave., Chicago, IL 60707

**Illinois Autism Training and Technical Assistance Project** (1998 A,P/L)
This group hosts programs for parents and educators on topics related to autism spectrum disorders (ASD). This is an initiative of the State Board of Education which provides training and technical assistance to educate students and support families with ASD. A resource lending library is available. Parent webinars, support meetings and Parent Cafes take place. See website for other information, meeting schedule and location.

Call: Kathy Gould, Project Director, Lombard State Office (630) 862-1200
E-mail: gouldkl@comcast.net Website: illinoisautismproject.org
Write: Illinois Autism Training and Technical Assistance Project, 550 Quail Ridge Dr., Westmont, IL 60559

**Peoria**

**TOUCH - The Organization for Understanding Children's Hearts** (1985 A,P/L)
This group empowers families, children, and adults who have congenital or acquired heart defects. The group makes a difference through emotional support, education, and public awareness. The group provides a "heartline" phone support number, newsletter, and annual picnic.

Call: Gail Eaton (309) 655-2650 or (800) 443-9898 for information or Cathy Cunningham (217) 239-1440 for Champaign County phone support
E-mail: gail.eaton@osfhealthcare.org Website: touchhearts.org
Write: Gail Eaton, The Children's Hospital of Illinois, 530 N.E. Glen Oak Ave., Peoria, IL 61603
Sangamon

Parent 2 Parent (1999 F,P)
This group is for parents of teenagers and young adults with disabilities that focuses on the transition process from school to adult life. These meetings provides an opportunity for parents to become familiar with the agencies and professionals who can ease the transition process. Newsletters and group literature are available. Meets 2nd Tues., 6:00-7:30 p.m., Lawrence Education Adult Center, 101 E. Laurel St., Springfield.
Call: Carolyn Thorpe (217) 523-2587 V/TTY or Mary Wyman (217)525-3060
E-mail: cthorpe@scil.org or mwyman@sps186.org
Local Website: scil.org National Website: www.sps186.org/parentmentor/
Write: Carolyn Thorpe, Springfield Center for Independent Living, 330 South Grand Ave. West, Springfield, IL 62704

This support group, sponsored by the Autism Society of Central Illinois, is for parents and caregivers of children with autism spectrum disorders. Group is co-facilitated by Dr. Karen Kirkendall, PhD, a developmental psychologist with a specialty in developmental disabilities, and Catherine Wells, LCPC, a licensed professional counselor specializing in children and families. Meets on the 1st Thurs. of the month, 6:00 to 9:00 p.m., Noll Medical Pavilion, 5220 S. 6th St. Rd., Rm. 1800, Springfield.
Call: Karen Kirkendall, PhD (217) 206-7246 or Catherine Wells, LCPC (217) 561-1159
E-mail: info@autismcil.org Website: autismcil.org

Early Childhood

Champaign

MOPS (Mothers of Preschoolers) - St. John Lutheran Church (Champaign) (1997 A,L)
This nondenominational group is for mothers of children, birth to kindergarten. Meetings have a speaker, discussion, refreshments, and a craft. Preregistration is required. There is a $20 fee per semester for group expenses and a $29 registration fee for MOPS International. Scholarships are available. Sponsored by St. John Lutheran Church. There is a MOPPETS program for children. Playgroups are available that are separate from the meetings. There is a waiting list for some ages of children. Call in advance. A newsletter and group literature are available. Call for meeting times. Meets two Mons. per month, weeks vary, Sept.-May, 9:00-11:00 a.m., St. John Lutheran Church, 509 S. Mattis Ave., Champaign.
Call: St. John Lutheran Church (217) 359-1123 E-mail: jennigergely@gmail.com
Local Website: stjohn-lcms.org National Website: mops.org
Write: MOPS, St. John Lutheran Church, 509 S. Mattis Ave., Champaign, IL 61821

Parent Wonders (1990 A,P)
This program partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens.
Call: Felicia Gooler, Developmental Service Center (217) 359-0287
Tiny Tigers (1981 F,P)
This group is for Champaign-Urbana parents and their preschool children, ages 2 1/2 to 5. High school students work under Ms. Perez's supervision to encourage social, emotional, cognitive and physical development. This preschool experience focuses on art, literacy, math, science, and free play. The enrollment fee is $20 per semester per child. Meets Tues. and Thurs., Sept.-Nov. and Jan.-March, 9:10-10:40 a.m., Urbana High School, 1002 S. Race St., Urbana.
Call: Amanda Perez (217) 384-3505 E-mail: aperez@usd116.org
Write: Amanda Perez, Tiny Tigers, Urbana High School, 1002 S. Race St., Urbana, IL 61801

McLean

Hyped-Up (2003 A,L)
This support group is for parents with children birth to 5 years old. Free child care and snacks are provided. Meets Mon., 4:00-5:30 p.m., Healthy Start House, Bloomington.
Call: Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org Website: childrenshomeandaid.org
Write: Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Fathers

Champaign

Fatherhood Initiative (2005 F/P)
This free home-visiting program is for fathers with a child under age three or first-time fathers expecting their first child. Information and support are provided to help families prepare their children for success in school. Staff also help support and enrich father-child relationships. Father to father discussion groups are also offered as part of this home-visiting program.
Call: Jeremy Smith (217) 693-4599 E-mail: jsmith@communityelements.org
Write: Fatherhood Coordinator, Community Elements, 1801 Fox Dr., Champaign, IL 61820

McLean

Dads Helping Dads (2004 A,P/L)
This group is for any father wanting to grow in his parenting role. It provides an opportunity to meet other dedicated fathers in a confidential and understanding atmosphere. The group discusses various helpful topics, issues, solutions, and resources. Free food and beverages are available at meetings. Free child care is available by reservation. Meets Mon., 5:30-7:00 p.m., Early Learning Center Conference Rm., Bloomington.
Call: Henry Alexander (309) 662-9453 or Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org Website: childrenshomeandaid.org
Write: Henry Alexander and Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Vermilion

Fathers in Training (2013 F,P)
This support and education group is for fathers. It provides an opportunity to connect with others who understand the stress and responsibilities of fatherhood. A meal is provided and transportation
is available if needed. A variety of topics are addressed along with occasional guest speakers, activities, and outings. Call Barry Elliott, group facilitator, for an interview before attending. The group is part of the Center for Children's Services home visiting programs.

Call: Barry Elliott (217) 304-7856 E-mail: belliott@auntmarthas.org
Write: Barry Elliott, Center for Children's Services, 702 N. Logan, Danville, IL 61832

Parents of LGBT Children

**Champaign**

**C-U PFLAG (Parents, Families and Friends of Lesbians and Gays) (1996 A,L)**
This self-help group focuses on supporting parents, families, and friends of gay, lesbian, bisexual, and transgender people. It promotes the education of the general public and advocates for issues concerning LGBT individuals and their friends and family members. The group helps families understand and accept their family members. This group is for adults and some older teens, but is not for young children. Membership with the national organization is encouraged, but is not required. Meets 4th Tues. (no July meeting), but 2nd Tues. in Dec., 6:00 p.m., Wesley United Methodist Church, West Lounge, (corner of Green St. and Goodwin St.), Urbana.

Call: Cindy Dodd (217) 586-3497 (home)
E-mail: cupflag@hotmail.com or peggy.whitmer@gmail.com Website: pflag.org
Write: C-U PFLAG, Wesley United Methodist Church, 1203 W. Green St., Urbana, IL 61801.

**Families Group (2012 F,P)**
This group focuses on specific needs of LGBTQA (lesbian, gay, bi-sexual, transgendered, questioning, allied) parents and children. This group provides separate programming opportunities for children of LGBTQA parents, LQBTQA parents, and the family. Call for more information.

Call: Sara Heumann (217) 550-4248 or The UP Center (217) 550-4248
E-mail: families@unitingpride.org or info@unitingpride.org Website: unitingpride.org
Write: The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

Pregnancy / Childbirth / Breastfeeding

**Champaign**

This weekly support group is for breastfeeding mothers. Meets Fri., 10:30-12:30 a.m., C-U Public Health District in the Conference Rm.

Call: Karima Isberg, MA, CLC (217) 721-0475 E-mail: kisberg@c-uhpd.org
Write: Karima Isberg, CUPHD, 201 W. Kenyon Rd., Champaign, IL 61820

**La Leche League of Champaign Urbana (1971 A,L)**
This international, nonprofit, nonsectarian organization is dedicated to providing education, information, support, and encouragement to women who want to breastfeed. La Leche League of Champaign Urbana offers informal discussions open to any woman interested in breastfeeding. Pregnant women are encouraged to attend. Babies are always welcome at our meetings. A lending library is available. Meets 2nd Mon., 6:30-7:30 p.m., Urbana Free Library Auditorium, 210 W. Green St., Urbana; and 3rd Wed., 10:00-11:00 a.m., Developmental Services Center, 1304 W. Bradley Ave., Champaign.

Call: Jodi (217) 725-8060 E-mail: fanwoman68@yahoo.com Website: llli.org
This group is for pregnant women and new parents. Parents get feedback from other parents, and discussions include child development, parental stress, and other topics. Child care is available. Meeting days and times vary. Call or visit the website for current information.
Call: Crisis Nursery (217) 337-2730 Website: www.crisisnursery.net
Write: Parent - Child Interaction Group, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Prenatal Group for Teen Parents (2007 F,P)
This group offers support to soon-to-be teen mothers and fathers who attend a six-week group to: learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding, learn basic infant care, and ask questions. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets quarterly, Weds., 4:00-5:30 p.m. Location varies.
Call: Teen Parent Group Coordinator (217) 693-4581 or (217) 398-8080
E-mail: ajackson@communityelements.org Website: communityelements.org
Write: Community Elements, 1801 Fox Dr., Champaign, IL 61820

Support Group for Pregnant Mothers and Mothers Raising Infants (2011 A,P)
This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support to mothers in Champaign County who may be at risk for postpartum and perinatal depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Child care is available and the groups are always free. Contact Crisis Nursery or check the website for specific dates and times. No prior registration necessary.
Call: Ann Ambrose (217) 337-2730 E-mail: ann@crisisnursery.net Website: www.crisisnursery.net
Write: Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

McLean
La Leche League (McLean County) (1956 A,P)
This support and educational group is for breastfeeding mothers and pregnant women. The group has informal discussions. People are encouraged to bring their babies and young children. There is a $40 fee for membership in La Leche League International, but mothers may attend the meetings for free. A lending library and bimonthly magazine are available. Meets 1st Tues., 6:30 p.m., La Leche League, McLean County Health Department, 200 W. Front St., Bloomington. La Leche League of Bloomington-Normal, Illinois is also on Facebook.
Call: Catherine Preston-Schreck (309) 846-4734
E-mail: cpressch@yahoo.com or llofbln@gmail.com Website: lalecheleague.org
Write: La Leche League, McLean County HD, 200 W. Front St., Bloomington, IL 61701

Pregnancy and Beyond (2012 A,P)
This group is open to all expectant moms and dads in the community who wish to gain support, education, and encouragement in a safe, confidential environment. Topics include breastfeeding, labor and delivery, infant massage, and Happiest Baby on the Block. Free snacks and child care are provided. Meets Tues., 4:00 p.m.-5:30 p.m., Healthy Start House, Bloomington.
Call: Amy Sloan-Gray (309) 834-5226 or Jennifer Rients, BSW (309) 834-5266
E-mail: jrients@childrenshomeandaid.org
Write: Jennifer R. Rients, Children’s Home + Aid, Mid-Central Region, 403 S. State St., Bloomington, IL 61701
Relatives Raising Children

Macon

**Family Ties (Macon County) (1999 F,P)**
This group is for anyone raising relatives in Macon or Piatt Counties. Child care is available. Meets last Thurs., 6:30-8:30 p.m.
**Call:** Ginny Karl (217) 423-6961, ext. 138
**E-mail:** gkarl@webstercantrell.org **Website:** webstercantrell.org

**Hope Grows Kinship Support Group ( 2012 F,P)**
This group provides support for relatives raising children. Meets 2nd Wed., 1:00-2:00 p.m., Macon County Health Department, 1221 E. Condit St., Decatur.
**Call:** Sally Williams (217) 423-6550 **E-mail:** swilliams@maconcountyhealth.org
**Write:** Macon County Health Department, 1221 E. Condit St., Decatur, IL 62521

McLean

**R.O.C.K. (Raising Our Children's Kids) - McLean County (1986 A,P/L)**
This support group is for grandparents and other relatives who are raising relatives' children. It provides resources and a time to share ideas, concerns, and experiences. Child care is provided. A newsletter and group literature are available. Enter the building from the back parking lot. Meets 1st and 3rd Wed., 5:30-7:00 p.m., Children's Home + Aid, 403 S. State St., Bloomington.
**Call:** Jenn Rients (309) 834-5266
**E-mail:** jrients@childrenshomeandaid.org **Website:** childrenshomeandaid.org
**Write:** Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Sangamon

**Relatives as Parents Network (RAPN) (1995 F,P/L)**
This educational support group is for all caregivers who are relatives of children. Lunch is provided during meetings. Group literature is available. Please call before attending. Meets 2nd Tues., 11:45 a.m. to 1:00 p.m., The Parent Place, 314 S. Grand Ave. W., Springfield.
**Call:** Pieretta Patterson (217) 753-8730, ext. 103 **Website:** tppos.org/services.html
**Write:** Pieretta Patterson, The Parent Place, 314 S. Grand Ave. W., Springfield, IL 62704-3716

Separation / Divorce (Adults)

Champaign

**Divorce/Separation Support Group (Our Lady of the Lake Catholic Church, Mahomet) (2010 F,L)**
This group is open to all who are divorced or separated. Topics include grief, anger, loneliness, healing, etc. The group features biblical teachings and prayers. Meets Weds. evenings in Mahomet. It is offered periodically. Contact Liz Clawson for information on the next group sessions.
**Call:** Liz Clawson (217) 586-2846 **E-mail:** clawson@illinois.edu
**Write:** Liz Clawson, Our Lady of the Lake Catholic Church, 501 W. State St., Mahomet, IL 61853
DivorceCare (Meadowbrook Church) (2009 A,L)
This divorce recovery seminar and support group is nondenominational, but does feature biblical teachings. Optional workbook fee is $20. Meets Wed., 6:00-8:00 p.m., Meadowbrook Church, 1902 S. Duncan Rd., Champaign.
Call: Ron and Deb Bailey (217) 359-9636 or Stacy (217) 351-3019 E-mail: sbates@meadow.org
Local Website: meadow.org National Website: divorcecare.com
Write: DivorceCare, Meadowbrook Church, 1902 S. Duncan Rd., Champaign, IL 61822

DivorceCare (New Horizon Methodist Church) (A,L)
This group provides a divorce recovery seminar and support group. It is nondenominational, but does feature biblical teachings. Meets Mon., 6:30-8:30 p.m., New Horizon United Methodist Church, 3002 W. Bloomington Rd., Champaign.
Call: Mike Potts, New Horizon Methodist Church (217) 359-8909
E-mail: mike@newhorizonchurch.org
Local Website: newhorizonchurch.org National Website: divorcecare.com

DivorceCare (The Vineyard Church) (1997 A,L)
This group provides a recovery seminar and support group that is nondenominational, but does feature biblical teachings. Child care is available for $1 per hour per child, maximum of $10 per family. For directions to the meeting room, look for signs or go to the Welcome Desk in the church. Meets Tues., 7:00-9:00 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.
Call: Thad Sweet or The Vineyard Church (217) 384-3070
E-mail: thad.sweet@thevineyardchurch.us Website: divorcecare.com
Write: Bob or Maureen Peck, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Separation / Divorce (Children)

Champaign

Rainbows For All Children (1983 A,P,L)
This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups.
Call: (847) 952-1770 E-mail: info@rainbows.org Website: rainbows.org
Write: Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

McLean

Kids' Turn (2012 A,P)
This group is for parents and children going through divorce or separation. The group helps children learn to understand and cope with the changes taking place within the family. Kids' Turn is facilitated by professionals familiar with the dynamics of divorce. Parent's groups and children’s groups are run at the same time. Snacks are provided. Meets Wed., 5:30-6:30 p.m., Children's Home + Aid, Healthy Start House, 403 S. State St., Bloomington.
Call: Lori Boline (309) 827-0374 ext. 4299
E-mail: lboline@childrenshomeandaid.org Website: childrenshomeandaid.org
Write: Children's Home + Aid, 403 S. State St., Bloomington, IL 61701
Stepfamilies

Champaign

Stepfamily (1998 F,L)
This group provides phone support only to discuss issues about stepfamilies and make referrals to mental health professionals.
Call: Debra or Darell Hart (217) 469-7889 E-mail: debrajoyhart@gmail.com

Teen Parents

Champaign

GOALS (Going On Against Life's Struggles) (2011, F,L)
This support and empowerment group inspires, motivates and encourages teen parents to set life goals. Monthly group meetings for teen moms, ages 13 to 21, include discussion, support and "mentor and mommy time". The groups are about empowering minds, inspiring dreams and encouraging healthy relationships. Free meal, child care and transportation are provided. Meets 2nd Mon., 6:00-8:00 p.m., McKinley Foundation, 809 N. 5th St., Champaign.
Call: Tasha Thompson (217) 819-1976
E-mail: thegoalsproject@gmail.com Website: thegoalsproject.org
Write: GOALS Project, McKinley Foundation, 809 N. 5th St., Champaign, IL 61801

Healthy Young Families Teen Parent Support Group (1990 A,P/L)
This support group provides mutual support, information, and parenting education for teen mothers. Child care, transportation, and dinner is provided. Urbana group meets Tues., 5:00-7:00 p.m., Philo Road Church of Christ, 2601 S. Philo Rd., Urbana. Champaign group meets Thurs., 5:00-7:00 p.m., Temple Baptist Church, 1100 Broadmoor Dr., Champaign. Call for an interview to attend the groups.
Call: Teen Parent Coordinator (217) 693-4573 or (217) 398-8080 Website: communityelements.org
Write: Teen Parent Group Coordinator, Community Elements, 1801 Fox Dr., Champaign, IL 61820

Parent Wonders (1990 A,P)
This program partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens.
Call: Felicia Gooler, Developmental Service Center (217) 359-0287
E-mail: fgooler@dsc-illinois.org Website: dsc-illinois.org
Write: 1304 W. Bradley Ave. Champaign, IL 61821

Prenatal Group for Teen Parents (2007 F,P)
This group offers support to soon-to-be teen mothers and fathers who attend a six-week group to: learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding, learn basic infant care, and ask questions. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets quarterly, Weds., 4:00-5:30 p.m. Location varies.
Call: Teen Parent Group Coordinator (217) 693-4581 or (217) 398-8080
E-mail: ajackson@communityelements.org Website: communityelements.org
Write: Community Elements, 1801 Fox Dr., Champaign, IL 61820

Real Life Young Moms Group (2008 A,L)
This group is for moms between 13 and 25. It provides help, support and encouragement so members can reach their full potential and meet their goals while raising their children. A free meal and free child care are provided. Meets Fri. 6:00-8:00 p.m. Salvation Army, 502 N. Prospect Ave., Champaign
Call: Shaniece Cooper (217) 356-1176 ext. 114 E-mail: slcooperymd@gmail.com

Young Lives Group (Champaign) (2008 A,L)
This group offers teen moms support and education, relief from the isolation and struggle of their daily lives, and hope for the future. Each meeting includes a free meal, child care, and fun activities. Meets 1st and 3rd Thurs., First Presbyterian Church, 302 W. Church St., Champaign.
Call: Erin Grace (217) 493-9537 E-mail: gracee321@aol.com Website: younglife.org

McLean

Heart-2-Heart (2012 F,P)
This group is for young moms up to age 22. It provides information on healthy relationships for children and on how to keep themselves and their children safe from abuse. Meets Tues., 4:00-5:30 p.m., at the Healthy Start House. The group runs in ten-week sessions. A light meal and child care are provided.
Call: Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org Website: childrenshomeandaid.org
Write: Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

PHYSICAL, EMOTIONAL AND SEXUAL ABUSE

Domestic Violence

Spanish 12-step support groups for men and women seeking help from hurt, habits, abuse and hang ups. Child care available. Hablamos español. Este grupo es para hombre y mujeres que buscan ayuda a superar heridas, malos hábitos de alcohol, drogas, abusos, y complejos. La meta es vivir humildemente, un día a la vez, tomando decisiones sanas y sabias. Hombre y mujeres. Guardería disponible. Meets: Tuesdays/Martes 7:00 - 8:30 p.m., Stone Creek Church Café, 2502 S. Race St., Urbana.
Call: /llame: Nelson Cuevas, counselor/consejero (217) 369-9155
E-mail: cultivadores@stonecreekwired.com Website: stonecreekwired.com
Write: Nelson Cuevas, El Centro Café (at Stone Creek), 2502 S. Race St., Urbana, IL 61801

Women's Support Group (1991 F,P)
This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The
primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location.

Call: Pat Morey or Molly Mc Lay (217) 333-3137
E-mail: pmorey@illinois.edu or womenscenter@illinois.edu
Website: oir.illinois.edu/womens-center
Write: Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd fl., Champaign, IL 61820

Macon

Dove Domestic Violence Women's Support Group (1986 F,P/L)
This group offers support, safety, and self-help to women who are currently with their abuser or who have left them. Child care is provided. Meets Tues., 6:30-8:00 p.m., 302 S. Union St., Decatur.
Call: Terri Ducy, Decatur Crisis Hotline (217) 423-2238
E-mail: tducy@doveinc.org Website: doveinc.org

McLean

Butterfly Project, The (2012 A,P)
This group is for women and their children who have experienced, or are currently involved in, domestic violence. Meets Thurs., 5:30-7:00 p.m., Healthy Start House, Bloomington.
Call: Jenn Rients (309) 834-5266 Website: childrenshomeandaid.org
E-mail: jrients@childrenshomeandaid.org or jhigdon@childrenshomeandaid.org
Write: Jenn Rients, Children’s Home + Aid, 403 S. State St., Bloomington, IL 61701

Dads Helping Dads (2004 A,P/L)
This group is for any father wanting to grow in his parenting role. It provides an opportunity to meet other dedicated fathers in a confidential and understanding atmosphere. The group discusses various helpful topics, issues, solutions, and resources. Free food and beverages are available at meetings. Free child care is available by reservation. Meets Mon., 5:30-7:00 p.m., Early Learning Center Conference Rm., Bloomington.
Call: Henry Alexander (309) 662-9453 or Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org Website: childrenshomeandaid.org
Write: Henry Alexander and Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Latina Women's Group (2003 A,P/L)
This group is a supportive environment for mothers and their children. A children's program runs while mothers meet. The group is held in Spanish. Este es un grupo de apoyo para las madres y sus ninos. Hay un programa y cuidado para los ninos durante el reunion de las madres. El grupo se conduce en español. El grupo se reune todos los viernes a las 6:30-9:00 de la noche. Meets Fri., 6:30-8:00 p.m., Western Avenue Community Center, 600 N. Western, Bloomington.
Call: Llame: Liz Acevedo-Alstum (309) 262-6608 or (309) 829-4807
E-mail: aceals2002@yahoo.com Write: Liz Acevedo-Alstum, 809 N. School St., Normal, IL 61761

Sexual Abuse / Incest / Rape

Champaign

Adult Survivors with Disabilities (2015 F,P)
This group is for women over 18 who have disabilities and who are survivors of sexual abuse or sexual assault. It is an eight-week closed support group. Begins Weds., March 25, 2015, 3:00 p.m.
Call Stephanie by March 18 at (217) 344-6298 for more information or to schedule an intake interview.

Call: (217) 344-6298  Website: cu-races.org
Write: RACES, 145A Lincoln Square, Urbana, Illinois 61801

Art-Based Survivor Support Group (2013 F,P)
This closed 10-week support group is for women 18 or older who are survivors of sexual abuse or sexual assault. The group uses art-based interventions to process feelings and heal from trauma. This group runs every summer. Contact Erin Sturm to find out about meeting times and to schedule an intake interview.

Call: Erin Sturm (217) 344-6298  E-mail: sturm@cu-races.org  Website: cu-races.org
Write: RACES, 145A Lincoln Square, 300 S. Broadway, Urbana, IL 61801

Support Group for Teen Survivors of Sexual Assault or Sexual Abuse (2014 F,P)
This is a closed eight-week psychoeducational support group for female survivors of sexual assault or sexual abuse. Participants must be in the 8th to 12th grade.

Call: Rachel Reardon, Rape Advocacy, Counseling, and Education Services, at (217) 344-6298
E-mail: reardon@cu-races.org  Website: cu-races.org
Write: RACES, 145A Lincoln Square, 300 S. Broadway, Urbana, IL 61801

Teen Survivor Support Group (2015 F,P)
This group is for young women who have experienced sexual abuse or sexual assault. It is an eight-week closed support group. Participants must be in the 8th to 12th grades. Begins Thurs., March 12, 2015, 4:00 p.m. Call Rachel by March 5 at (217) 344-6298 for more information or to schedule an intake interview.

Call: (217) 344-6298  Website: cu-races.org
Write: RACES, 145A Lincoln Square, Urbana, Illinois 61801

Women's Support Group (1991 F,P)
This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location.

Call: Pat Morey or Molly McLay (217) 333-3137  Website: oii.r.illinois.edu/womens-center
E-mail: pmorey@illinois.edu or womenscenter@illinois.edu
Write: Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd fl., Champaign, IL 61820

SEPARATION / DIVORCE

Separation / Divorce (Adults)

Champaign

Divorce/Separation Support Group (Our Lady of the Lake Catholic Church) (2010 F,L)
This group is open to all who are divorced or separated. Topics include grief, anger, loneliness, healing, etc. The group features biblical teachings and prayers. Meets Weds. evenings in Mahomet. It is offered periodically. Contact Liz Clawson for information on the next group sessions.

Call: Liz Clawson (217) 586-2846  E-mail: clawson@illinois.edu
Write: Liz Clawson, Our Lady of the Lake Catholic Church, 501 W. State St., Mahomet, IL 61853
DivorceCare (Meadowbrook Church) (2009 A,L)
This divorce recovery seminar and support group is nondenominational, but does feature biblical teachings. Optional workbook fee is $20. Meets Wed., 6:00-8:00 p.m., Meadowbrook Church, 1902 S. Duncan Rd., Champaign.
Call: Ron and Deb Bailey (217) 359-9636 or Stacy (217) 351-3019 E-mail: sbates@meadow.org
Local Website: meadow.org National Website: divorcecare.com
Write: DivorceCare, Meadowbrook Church, 1902 S. Duncan Rd., Champaign, IL 61822

DivorceCare (New Horizon Methodist Church) (A,L)
This group provides a divorce recovery seminar and support group. It is nondenominational, but does feature biblical teachings. Meets Mon., 6:30-8:30 p.m., New Horizon United Methodist Church, 3002 W. Bloomington Rd., Champaign.
Call: Mike Potts, New Horizon Methodist Church (217) 359-8909
E-mail: mike@newhorizonchurch.org
Local Website: newhorizonchurch.org National Website: divorcecare.com

DivorceCare (The Vineyard Church) (1997 A,L)
This group provides a recovery seminar and support group that is nondenominational, but does feature biblical teachings. Child care is available for $1 per hour per child, maximum of $10 per family. For directions to the meeting room, look for signs or go to the Welcome Desk in the church. Meets Tues., 7:00-9:00 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.
Call: Thad Sweet or The Vineyard Church (217) 384-3070
E-mail: thad.sweet@thevineyardchurch.us Website: divorcecare.com
Write: Bob or Maureen Peck, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Separation / Divorce (Children)

Champaign

Rainbows For All Children (1983 A,P/L)
This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups.
Call: (847) 952-1770 E-mail: info@rainbows.org Website: rainbows.org
Write: Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

McLean

Kids' Turn (2012 A,P)
This group is for parents and children going through divorce or separation. The group helps children learn to understand and cope with the changes taking place within the family. Kids' Turn is facilitated by professionals familiar with the dynamics of divorce. Parent's groups and children’s groups are run at the same time. Snacks are provided. Meets Wed., 5:30-6:30 p.m., Children's Home + Aid, Healthy Start House, 403 S. State St., Bloomington.
Call: Lori Boline (309) 827-0374 ext. 4299
E-mail: lboline@childrenshomeandaid.org Website: childrenshomeandaid.org
Write: Children's Home + Aid, 403 S. State St., Bloomington, IL 61701
SEXUAL ORIENTATION

LGBT (Lesbian/Gay/ Bisexual/Transgender)

Champaign

**Access UP!** (2013 F,L)
This on-line group is part of the Uniting Pride (UP) Center of Champaign County. The group hopes for dialogue among individuals with disabilities and their allies. Topics of conversation are not limited. They can include accessibility, independence, community building, and sexuality (heterosexual, lesbian, gay, bisexual, asexual, and any other identity you choose). The group is open to all individuals over the age of 18. To stay connected with the group, join on Facebook at facebook.com/groups/434291759998217/members.

**Call:** UP Center (217) 550-4248  **E-mail:** info@unitingpride.org  **Website:** unitingpride.org

**Write:** 44 E. Main St. Ste. 516, Champaign, IL 61820

**BLEND UP (Building Local EthNic Dialogue UP)** (2012)
This support and discussion group is for same-gender loving people of color in the Urbana-Champaign community. Adult men, women, and transgender people of all identities, ages 18 and up, are welcome to join. Discussion topics include family, relationships, school, work, and defining yourself. This group is not currently meeting. Please e-mail for more information.

**Call:** UP Center Administration (217) 550-4248

**E-mail:** blend@unitingpride.org or info@unitingpride.org  **Website:** unitingpride.org

**Write:** The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

**Brother II Brother** (2009 F,P/L)
This community group is for young gay and bisexual men of color. The group provides a safe place for men to come together, socialize, have fun, and be themselves in a supportive environment. It is sponsored by the Champaign-Urbana Public Health District (C-UPHD). Meets Wed., 7:00-10:00 p.m., Mspot, 24 E. Green St., Green Street Center, Ste. 14, Champaign.

**Call:** Carrie Keenan (217) 531-5364  **E-mail:** ckeenan@c-uphd.org

**Write:** Carrie Keenan, C-U PHD, 201 W. Kenyan Rd., Champaign, IL 61820

**C-U PFLAG (Parents, Families and Friends of Lesbians and Gays)** (1996 A,L)
This self-help group focuses on supporting parents, families, and friends of gay, lesbian, bisexual, and transgender people. It promotes the education of the general public and advocates for issues concerning LGBT individuals and their friends and family members. The group helps families understand and accept their family members. This group is for adults and some older teens, but is not for young children. Membership with the national organization is encouraged, but is not required. Meets 4th Tues. (no July meeting), but 2nd Tues. in Dec., 6:00 p.m., Wesley United Methodist Church, West Lounge, (Corner of Green St. and Goodwin St.), Urbana.

**Call:** Cindy Dodd (217) 586-3497 (home)

**E-mail:** cupflag@hotmail.com or peggy.whitmer@gmail.com  **Website:** pflag.org

**Write:** C-U PFLAG, Wesley United Methodist Church, 1203 W. Green St., Urbana, IL 61801.

**Face2Face** (2008 A,L)
This support group provides personal, confidential support and information to straight partners of current or former gay, lesbian, bisexual or transgender mates. For support, information, or to be placed on a list to form a local group, visit the website or e-mail. Contact: Shelly.

**E-mail:** cu-face2face@straightspouse.org  **Website:** straightspouse.org
Families Group (2012 F,P)
This group focuses on specific needs of LGBTQA (lesbian, gay, bisexual, transgendered, queer/questioning, and allies) parents and children. This group provides separate programming opportunities for children of LGBTQA parents, LGBTQA parents, and the family. Call for more information.
Call: Sara Heumann (217) 550-4248 or UP Center (217) 550-4248
E-mail: families@unitingpride.org or info@unitingpride.org Website: unitingpride.org
Write: The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

Gal UP
This group is for women of any sexual orientation to come together in a safe space to discuss their lives and socialize. Topics for discussion can relate to the coming out process, being an ally, developing friendships and networking within the community, spiritual and religious topics, dating, and more. Meets 4th Wed. 6:00-7:30 p.m. Please e-mail for more information.
Call: UP Center (217) 550-4248 E-mail: info@unitingpride.org Website: unitingpride.org
Write: 44 E. Main St. Ste. 516, Champaign, IL 61820

Man UP: Men Against Negativity (2012 F,L)
This peer-facilitated group is for GBTQ (gay, bisexual, transgendered, and questioning) men. On the 1st and 3rd Tues. 6:30-8:00 p.m., the group meets in a peer support setting with focused discussions on topics such as the coming out process, developing friendships within the community, dating, and more. On the 2nd and 4th Tues., at the same times, group meets in a social setting for casual discussion, games, movies, and more. Meets at The UP Center, 44 E. Main St. Ste. 516, Champaign.
Call: UP Center (217) 550-4248 E-mail: info@unitingpride.org Website: unitingpride.org
Write: 44 E. Main St. Ste. 516, Champaign, IL 61820

Talk it UP - LGBTQ Youth Support Group (2010 F,P)
This peer-run LGBTQ support group is for LGBTQ (lesbian, gay, bisexual, transgender, and questioning) middle- and high-school youth. LGBTQ youth can expect an atmosphere of acceptance and support while meeting other LGBTQ youth. The group is co-facilitated by two adults experienced in working with youth. However, the group is led by youth participants. Topics of conversation include coming out, dating, talking to parents, and other issues relevant to LGBTQ youth. Meets Mon., 6:00-7:30 p.m., The UP Center, 44 E. Main St. Ste. 516, Champaign.
Call: UP Center Youth Coordinator (217) 550-8954
E-mail: peggy@unitingpride.org or info@unitingpride.org Website: unitingpride.org
Write: 44 E. Main St. Ste. 516, Champaign, IL 61820

Transgender Support Group (Intersections) (2014 F,L)
This group is for members of the transgender community to come together in a safe space to discuss our lives and socialize. Topics for discussion can relate to the coming out process, transitioning, becoming comfortable with ourselves, and living as a trans person in general society, dating, and more - all while developing friendships and networking within the community. A private changing room is available adjacent to the meeting space. This group meets on the 2nd and 4th Thursday from 6:30-8:00 p.m., The UP Center, 44 E. Main St. Ste. 516, Champaign. For times between meetings, there is a private Facebook group.
Call: UP Center (217) 550-4248 E-mail: info@unitingpride.org Website: unitingpride.org
Write: 44 E. Main St. Ste. 516, Champaign, IL 61820

What's UP (2012 F,L)
This group is for LGBTQA (lesbian, gay, bisexual, trans, queer, and ally) people aged 18-25 to come together and work out problems, rant, socialize, philosophize, commiserate, speculate, or just plain
talk. Every meeting has a specific discussion topic, and often a speaker will help keep the discussion going and answer questions. Although meetings have assigned topics, it is possible that we may discuss many things one day and stick to one thing on another. The needs of the group dictate whether or not we stick to one topic since the group focus is on the needs and interests of members. **Call:** UP Center Administration (217) 550-4248  
**E-mail:** info@unitingpride.org **Website:** unitingpride.org  
**Write:** The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

**Women of Pride** (2008 F,L)  
This group provides a weekly discussion group and opportunities to participate in a wide range of community activities to foster a sense of community among women of all sexual orientations. Meets Fri., 6:30 p.m., 616 E. Green St. Ste. 212, Urbana, IL 61820.  
**Call:** Sarah Mowitz (217) 244-8863  
**E-mail:** mowitz2@illinois.edu **Website:** go.illinois.edu/lgbt  
**Write:** Sarah Mowitz, 616 E. Green St. Ste. 212, Urbana, IL 61820

**Macon**

**Gay and Lesbian Association of Decatur (GLAD)** (1993 F,L)  
This social and educational group is for gay and lesbian people. Free literature and newsletter are available. Videos are available to loan. Meets 2nd Sat., 6:30 p.m. for a potluck meal followed by a program. There is a $5 donation.  
**Website:** gladdecatur.com  
**Write:** GLAD, P.O. Box 3783, Decatur, IL 62524

**YOUTH / STUDENTS**

**General**

**Champaign**

**Alateen** (A,L)  
This fellowship is for young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Meets Fri., 7:00 p.m., Emmanuel Episcopal Church, State and University, Champaign. Additional local meetings are also available.  
**Call:** Champaign-Urbana Al-Anon/Alateen Answering Service (866) 794-8515  
**E-mail:** aa-ecior@aa-eci.org  
**Local Website:** aa-eci.org **National Website:** al-anon.alateen.org  
**Write:** AFG - District 12, P.O. Box 3351, Champaign, IL 61826-3351

**Brother II Brother** (2009 F,P/L)  
This community group is for young gay and bisexual men of color. The group provides a safe place for men to come together, socialize, have fun, and be themselves in a supportive environment. It is sponsored by the Champaign-Urbana Public Health District (C-UPHD). Meets Wed., 7:00-10:00 p.m., Mspot, 24 E. Green St., Green Street Center, Ste. 14, Champaign.  
**Call:** Carrie Keenan (217) 531-5364 **E-mail:** ckeenan@c-uphd.org  
**Write:** Carrie Keenan, C-U PHD, 201 W. Kenyan Rd., Champaign, IL 61820

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Children's Support Group (2014 F,P)
This group is open to any child ages 6 to 10 with a family member or friend who has been diagnosed with cancer. Meets 3rd Weds. 4:00-5:00 p.m., 1st fl. conference rm., Carle Cancer Center, 509 W. University Ave., Urbana.
Call: Kimberly Harden (217) 383-4581 or Lynn Kolisetty (217) 383-4066
E-mail: kimberly.harden@carle.com or lynn.kolisetty@carle.com Website: carle.com
Write: Kimberly Harden or Lynn Kolisetty, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

GOALS (Going On Against Life's Struggles) (2011, F,L)
This support and empowerment group inspires, motivates and encourages teen parents to set life goals. Monthly group meetings for teen moms, ages 13 to 21, include discussion, support and "mentor and mommy time". The groups are about empowering minds, inspiring dreams and encouraging healthy relationships. Free meal, child care and transportation are provided. Meets 2nd Mon., 6:00-8:00 p.m., McKinley Foundation, 809 N. 5th St., Champaign.
Call: Tasha Thompson (217) 819-1976
E-mail: thegoalsproject@gmail.com Website: thegoalsproject.org
Write: GOALS Project, McKinley Foundation, 809 N. 5th St., Champaign, IL 61801

NICU Sibling Support Group (2014 F,P)
This group is for big sisters and big brothers of infants in the neonatal intensive care unit at Carle Hospital in Urbana. It is a time when siblings can talk about their feelings and understand how to help when the baby transfers from the hospital to home. Siblings learn, play and work with the certified child life specialists who teach about the NICU using age-appropriate explanations. Parents are welcome to drop big brothers and sisters off at the group and then take time to be with their baby in the NICU. Meets Tues. at 5:30-7:00 p.m. in the NICU conference room on North Tower 8 (near Pediatrics) of Carle Hospital in Urbana.
Call: Sara Burton, Certified Child Life Specialist, (217) 326-1929
E-mail: childlifeteam@carle.com Website: www.carle.org

Our Time (1993 F,P/L)
This free community-based support program is for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. A parent group meets at the same time to address how grief is expressed in children and how parents can help their children work through their grief.
Call: Vera Duncanson (217) 337-2487 E-mail: vera.duncanson@presencehealth.org
Write: Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61822

Parent Wonders (1990 A,P)
This program partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens.
Call: Felicia Gooler, Developmental Service Center (217) 359-0287
E-mail: fgooler@dsc-illinois.org Website: dsc-illinois.org
Write: 1304 W. Bradley Ave. Champaign, IL 61821
Prenatal Group for Teen Parents (2007 F,P)
This group offers support to soon-to-be teen mothers and fathers who attend a six-week group to: learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding, learn basic infant care, and ask questions. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets quarterly, Weds., 4:00-5:30 p.m. Location varies.
Call: Teen Parent Group Coordinator (217) 693-4581 or (217) 398-8080
E-mail: ajackson@communityelements.org Website: communityelements.org
Write: Community Elements, 1801 Fox Dr., Champaign, IL 61820

Rainbows For All Children (1983 A,P/L)
This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups.
Call: (847) 952-1770
E-mail: info@rainbows.org Website: rainbows.org
Write: Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

Speak Out! (2008 F,P/L)
This group is for teens and young adults with disabilities. The group helps youth to speak up for their rights, socialize, and have a good time. It meets at the same time as the Parents of Adults with Disabilities support group. The group is sponsored by Community Choices, Inc. Bring snacks and drinks to share. Meets 2nd Thurs., 7:00-8:30 p.m., Sept.-May, St. Matthew Lutheran Church, 2200 Philo Rd., Urbana.
Call: Ryan Thompson at Community Choices (217) 621-1090 Website: communitychoicesinc.org
E-mail: jen.advocacy@gmail.com or ryan.communitychoices@gmail.com
Write: Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

Talk it UP - LGBTQ Youth Support Group (2010 F,P)
This peer-run LGBTQ support group is for LGBTQ (lesbian, gay, bisexual, transgender, and questioning) middle- and high-school youth. LGBTQ youth can expect an atmosphere of acceptance and support while meeting other LGBTQ youth. The group is co-facilitated by two adults experienced in working with youth. However, the group is led by youth participants. Topics of conversation include coming out, dating, talking to parents, and other issues relevant to LGBTQ youth. Meets 1st and 3rd Monday, 6:00-7:30 p.m., The UP Center, 44 E. Main St. Ste. 516, Champaign. The Center is open every Mon, Weds, and Fri. from 3:00-6:00 p.m. for all youth.
Call: Youth Coordinator (217) 550-8954
E-mail: peggy@unitingpride.org or info@unitingpride.org Website: unitingpride.org
Write: The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

This group offers teen moms support and education, relief from the isolation and struggle of their daily lives, and hope for the future. Each meeting includes a free meal, child care, and fun activities. Meets 1st and 3rd Thurs., First Presbyterian Church, 302 W. Church St., Champaign.
Call: Erin Grace (217) 493-9537 E-mail: gracee321@aol.com Website: younglife.org

Vermilion

This group provides nine sessions for anyone, ages 16 and over, who needs help to deal with a loss through death. The series provides learning opportunities to heal from grief wounds and to grow
from them. The group is facilitated by trained staff. Group literature and transportation are available. Registration is required. Meets at Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville.

**Call:** Vera Duncanson, Pastoral Care Department (217) 443-5000  
**E-mail:** vera.duncanson@presencehealth.org **Website:** provena.org/usmc  
**Write:** Vera Duncanson, Loss and Grief Recovery Group, Presence USMC, 812 N. Logan Ave., Danville, IL 61832

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**College Students / University Life**

**Champaign**

**International Hospitality Committee (IHC) (1952 F,L)**  
This group organizes volunteer programs to help support University of Illinois international students, families, faculty, and staff during their stay in the Champaign-Urbana community. The goals of the IHC are to promote an enjoyable cultural and educational experience for international visitors, facilitate their adjustment to their new environment, and encourage understanding and friendship among them and local residents. Programs include free English conversation classes, friendship groups, a host family program, and a lending storeroom.

**Call:** Mary Kruse or Nancy McGlathery  
**E-mail:** mary.kruse1@gmail.com or nmcglath@gmail.com

**Women's Support Group (1991 F,P)**  
This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location.

**Call:** Pat Morey or Molly McLay (217) 333-3137  
**Website:** oiir.illinois.edu/womens-center  
**E-mail:** pmorey@illinois.edu or womenscenter@illinois.edu  
**Website:** oiir.illinois.edu/womens-center  
**Write:** Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd Fl., Champaign, IL 61820

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**OTHER**

**Crime Victims / Offenders**

**Central Illinois**

**Mothers Against Drunk Driving (MADD Illinois) (1980 A,L)**  
This group provides phone support and victim court advocacy to people who are coping with the loss of a loved one from an alcohol-related crash. MADD Illinois provides assistance with medical, emotional, and legal problems after an accident.

**Call:** (217) 523-MADD (6233) or (888) 440-MADD (6233)  
**E-mail:** kristi.hosea@madd.org  
**Local Website:** madd.org/local-offices/il  
**National Website:** madd.org  
**Write:** MADD Illinois, 2070 W. Monroe, Ste. B, Springfield, IL 62704
**Champaign**

**Journey (1997 F,L)**
This is an advocacy group which raises awareness of alcohol-related deaths. It aids the courts through fundraising and by furnishing video cameras for police agencies to assist in prosecuting offenders. The group also researches effective court models. For information or phone support, call (217) 582-2324.

**Call:** Jim or Barb Esworthy (217) 582-2324  **E-mail:** besworth@illinois.edu  
**Write:** Ogden UMC/Journey, P.O. Box 37, Ogden, IL 61859

**Macon**

**Hidden Victims Phone Support (F,P)**
This program provides phone support to people who have survived the death of a significant other from a homicide or DUI fatality. The service is provided by the Victim Services Coordinator of the State's Attorney's Office. The service also provides survivors with individual therapy by a licensed therapist. Survivors must be referred to therapy by the services coordinator. Therapy is provided through grant funds. There is no cost. The incident must have occurred in Macon County. Survivors must cooperate in the prosecution of a case. Survivors who reside outside of Macon County may participate in individual therapy if they are able to come to the program.

**Call:** Melanie Long, Certified Advocate, Victim Services Coordinator (217) 424-1419  
**E-mail:** mlong@sa-macon-il.us  
**Write:** Melanie Long, State's Attorney's Office, 4th Fl., 253 E. Wood St., Decatur, IL 62523

**Employment**

**Champaign**

This group provides support for unemployed people and their families. Call for meeting schedule and location.

**Call:** Cliff Maduzia (217) 791-1264  **E-mail:** cmaduzia1@sbcglobal.net  **Website:** cucoalition.org

**Job Club (1981 F,P/L)**
This group provides a classroom environment to address workforce issues for unemployed and underemployed people. It is free to eligible people under the Workforce Investment Act. Information, support, and development of employment skills are available. Computers, fax machine, telephone, and individual case management are also provided. Follow-up case management is available after exiting the program. Meets Tues. and Thurs. 2:00-4:00 p.m. Call to schedule an orientation before attending.

**Call:** Mike Raimer (217) 531-8274  **E-mail:** mrainer@ccrpc.org  **Website:** illinoisworknet.com  
**Write:** Champaign Illinois workNet Center, 1307 N. Mattis Ave., Champaign, IL 61821

**Job Seekers (2013 F,P/L)**
This group provides support and encouragement to people seeking employment. Members exchange job leads, ideas, career strategies, and techniques. The group also provides networking opportunities for people who may be underemployed or unemployed, potential employers, or those seeking better or different work experiences. Meets Weds., 2:00 p.m., Illinois workNet Center, Champaign.

**Call:** Tori Grant (217) 531-8282  
**E-mail:** rkrandel@ccrpc.org  **Website:** illinoisworknet.com  
**Write:** Job Seekers, workNet Center, 1307 N. Mattis Ave., Champaign, IL 61821
Neighborhood Groups

Champaign

City of Champaign - Neighborhood Services Department
This office administers a citizen engagement and participation program which includes a neighborhood registration process for neighborhood watch groups, home owners associations, lake owners associations, business associations, and neighborhood groups. The office provides access to organizational support, technical assistance, and small grant funding for many groups.
Call: John Ruffin, City of Champaign Neighborhood Services Department (217) 403-7070, (Mon.-Fri., 8:00-5:00 p.m.)
E-mail: neighborhoodservices@ci.champaign.il.us
Website: ci.champaign.il.us/departments/neighborhood-services/
Write: City Neighborhood Services Department, 102 N. Neil St., Champaign, IL 61820

This group advocates for the preservation of neighborhoods in the downtown area of Urbana. It includes community building and crime prevention activities. Membership fees are $1 for low income individuals, $2 for regular individual membership, and $5 for families.
Call: Dorothy Neumann (217) 344-1427
Write: Dorothy Neumann, D.N.A. of Urbana, 301 W. Griggs St., Urbana, IL 61801

Historic East Urbana Neighborhood Association (HEUNA) (2001 F,L)
This group serves as a voice in the community to promote building, preserving, and maintaining the small-town, historic nature of east Urbana through surveys, forums, public meetings, educational workshops, and social gatherings. Contact: Christopher Stohr.
E-mail: cstohr28@gmail.com Website: heuna.org
Write: HEUNA, 501 E. High St., Urbana, IL 61801

Southeast Urbana Neighborhood Association
This nonpartisan, community-based organization serves the geographic area bounded roughly by Florida Ave., Lincoln Ave., Windsor Rd., and Philo Rd. in southeast Urbana. Activities focus on neighborhood safety, renewal of the Philo Road Business District, and building community. Annual membership dues are $5. An annual neighborhood-wide meeting is held each spring, usually in May.
Contact: Coordinators, Theresa Michelson, Pauline Mak, and Kathy Wallig.
E-mail: thmichelson@gmail.com or pmak2206@gmail.com Website: sunaurbana.org

United Garden Hills Association (1996 F,L)
This group is devoted to promoting neighborhood wellness. A newsletter is available. Meets 3rd Mon., 6:30 p.m., Garden Hills School, Champaign.
Call: Amy Revilla, president (217) 352-5752 E-mail: crar1526@gmail.com
Write: United Garden Hills Association, 1724 Anita Dr., Champaign, IL 61821

West Urbana Neighborhood Association (WUNA) (2002 F,L)
This group preserves the residential integrity of the west Urbana neighborhood by maintaining and enhancing a friendly, attractive, and safe environment. WUNA covers the Urbana area bordered by Main St. (N.), Lincoln Ave. (W.), Vine St., (E.), and Florida Ave. (S.). Participation in the group and listserv to discuss neighborhood issues is limited to residents of the area. Annual dues are $5 to vote.
Meets once a year in the spring. See website for more information.
Website: westurbana.org Write: WUNA, P.O. Box 82, Urbana, IL 61803
Public Speaking

Champaign

**Fireside Toastmasters** (2000 A,L)
This group provides mutual support and a positive learning environment for developing communication and leadership skills. It fosters self-confidence and personal growth. The new member fee is $20 and there is an annual fee of $72. Meets 1st and 3rd Wed., 6:00-7:00 p.m., Champaign Public Library, 200 W. Green St., Champaign.
**Call:** Debra Custer (217) 621-0168 **E-mail:** dkcuster@comcast.net **Website:** toastmasters.org

**McKinley Toastmasters Club** (1947 A,L)
This group helps people, ages 18 and older, to develop communication and leadership skills through public speaking. There is a fee for educational manuals and materials. Meets 6:15 p.m. at Champaign Public Library 200 W. Green St, Champaign. Dates vary based on room availability. For the room, ask at the Info Desk or call Tony Audrieth. Check local website to confirm meeting dates.
**Call:** Tony Audrieth (217) 352-3840 **E-mail:** tonyaudrieth@att.net
**Local Website:** standandspeak.info **National Website:** toastmasters.org

**Toast of Champaign Toastmasters** (1989 A,P/L)
This group provides a mutually supportive and positive learning environment for members, ages 18 and older, to develop communication and leadership skills. It fosters self-confidence and personal growth. The new member fee is $20 and club dues are $39 every six months. Guests are welcome and may attend free of charge. Meets Thurs., 12:00-1:00 p.m., Champaign Public Library, 200 W. Green St., Champaign. Ask at library Info Desk or check the website for meeting room location.
**Call:** Jeffery Lehmann (217) 722-6988 **E-mail:** jlentp@aol.com
**Local Website:** toastofchampaign.toastmastersclubs.org
**National Website:** toastmasters.org

Veterans / Military

Champaign

**Disabled American Veterans - Champaign County Chapter 8** (1952 A,L)
This group provides fellowship and assistance to disabled veterans. The membership fee is $40 per year. A newsletter is available. Meets 3rd Wed., 6:00 p.m., VFW Hall, 609 Edgebrook Dr., Champaign.
**Call:** Bill Anderson (217) 356-4283 (home) or (217) 649-9793 (cell)
**Write:** Bill Anderson, 716 W. Maple, Champaign, IL 61820

**Military Mom's Prayer Support Group** (2004 F,L)
This group provides prayer, support, and information to people who have had or have, sons or daughters serving in the military. Fathers, families, and friends of members of all branches of the military are welcome. Call for meeting location and schedule.
**Call:** Mary Long (217) 621-8146 or Ann Russell (217) 359-8758
**E-mail:** yemmalong@yahoo.com or anncrussell@comcast.net
Vermilion

VA Illiana Health Care System - Alzheimer's and Related Dementia Caregivers (1985 A,P/L)
This support group is dedicated to improving the quality of caregivers' lives through support and education. The group offers caregivers the opportunity to ask questions, share stories, and learn caregiving tips through discussion, guest speakers, and information from the Alzheimer's Association. Caregivers of nonveterans are welcome. Meets 2nd Wed., 2:00-3:30 p.m., VA Medical Center, Community Living Center (CLC), Conference Rm., Bldg. 101, 1900 E. Main St., Danville.
Call: LaTosha Hampton, (217) 554-5126
Write: Cheryl Rome, MSW, VA Medical Center, SWS-122, 1900 E. Main St., Danville, IL 61832

Women's Issues

Champaign

Champaign Urbana Illinois Federation of Business Women's Club (1921 A,L)
This support and networking group is for women in the Champaign-Urbana area. It is affiliated with a state and international network of women. Membership fees are $60 for state and local dues. The group also raises funds to support community activities and a scholarship fund. The target for scholarships is women returning to school. Call for dinner reservations and additional information. Meets 1st Tues., 6:30 p.m., dinner meeting at Hawthorne Suites, 101 Trade Center Dr., Champaign.
Call: Carla Tucker (217) 384-2352 (work) E-mail: carla.tucker52@gmail.com Website: ifbwc.org

Rantoul Business Women's Club (1960 A,P/L)
This support and networking group is for working women in the Rantoul area, ages 18 and older. We are affiliated with local and state networks of the Illinois Federation of Business Women’s Clubs. Yearly dues are $45. Transportation to meetings and a newsletter are available. Club meets 1st Wed. at 5:30 p.m., March-June and Aug.-Dec., at places in Rantoul to be decided at each meeting.
Call: Doris Taylor (217) 893-3412 E-mail: h.taylor@mchsi.com Website: bpw-il.org

SisterNet (1996, F, P)
A local Black women's health network committed to the physical, intellectual and spiritual health of Black women and families within Champaign County. Meeting times and locations vary.
Call: Imani Bazzell (217) 649-6736 E-mail: sisternet@gmail.com

This group provides meetings and phone support to help women recover from problems with alcoholism and/or chemical addictions. This is an alternative recovery program to AA. Meets Mon., 7:00-8:00 p.m. at New Covenant Fellowship, 124 W. White Street, Champaign.
Call: Sue (217) 355-3921 or W.F.S. national office (215) 536-8026 E-mail: newlife@nni.com Website: womenforsobriety.org

Women of Pride (2008 F,L)
This group provides a weekly discussion group and opportunities to participate in a wide range of community activities to foster a sense of community among women of all sexual orientations. Meets Fri., 6:30 p.m., 616 E. Green St. Ste. 212, Urbana, IL 61820.
Call: Sarah Mowitz (217) 244-8863 E-mail: mowitz2@illinois.edu Website: go.illinois.edu/lgbt
Write: Sarah Mowitz, 616 E. Green St. Ste. 212, Urbana, IL 61820
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