

HEALTH GROUPS

This list of health-related self-help groups in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at lliss@familyservicecc.org.

The following is a key to the coded information that 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.

Inclusion in this list does not constitute an endorsement or evaluation.

AIDS/HIV

Champaign County

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 Barood, 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:** alsa.org **Write:** Tony Cook, ALS Association - Greater Chicago Chapter, 220 W. Huron St., Ste. 4003, Chicago, IL 60654

Alzheimer's Disease / Dementia

Champaign County

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

Self-Help Center, 405 S. State St., Champaign, IL 61820 Phone: (217) 352-0099 Website: selfhelp.famservcc.org

A program of Family Service funded in part by 

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

Vermillion

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 County

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

Brain Injury / TBI

Champaign County

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@biail.org
Local Website: biail.org **National Website:** biauxa.org **Write:** Dawn Henry, Rogers 3 Rehab, Carle Foundation Hospital, 611 W. Park St., Urbana, IL 61801

Breast Cancer

Champaign County

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

Vermillion

Breast Cancer Support Group (2013, F,L) This newly-formed group in the Hoopston 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-Hoopston 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

New Horizon Breast Cancer Support Group (2004 F,P) 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 County

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 **Local 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:** Kimberly Harden or Lynn Kolisetty, 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

Vermillion

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 Dancy (217) 620-5719 **E-mail:** carolynsue40@comcast.net **Write:** Cancer Prayer and Support Group, Fithian United Methodist Church, 101 E. Clinton St., Fithian, IL 61844

Chronic Fatigue Syndrome

Champaign County

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:** lisaanya25@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 County

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 patient to attend, and no registration is necessary. Meets 3rd Tues., (except Dec.), 7:00 p.m., Carle Champaign on Kirby, 1813 W. Kirby Ave., Champaign.

Call: Martha Trenkamp, RD, CDE, Carle Endocrinology Dept. (217) 383-3490 **E-mail:** martha.trenkamp@carle.com

Write: Martha Trenkamp, Carle Diabetes/Endocrinology Dept., 1813 W. Kirby Ave., Champaign, IL 61821

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. 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

Diabetes Management Support Group - Urbana (PCMC) (2008 F,P) 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, Gibson Area Hospital and Health Services, 1120 N. Melvin, Gibson City, IL 60936

Vermillion

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

Diabetes Management Support Group - Danville (PUSMC) (2008 F,P) 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 County

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 County

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@epilepsy-chicago.org **Write:** Tracy Schultz, Epilepsy Resource Center, 232 Bruns Lane, Springfield, IL 62702

Fibromyalgia

Champaign County

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 County

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 Medical Center, 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 County

Multiple Sclerosis Self-Help Support Group (1993 A,L) 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 County

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 County

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 of East Central Illinois, 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 County

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, Carle Foundation Hospital, Pulmonary Rehabilitation Services, 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 County

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

Rest Easy - CPAP Users Support Group (1995 F,P) 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 County

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:** biauxa.org **Write:** Dawn Henry, Rogers 3 Rehab, Carle Foundation Hospital, 611 W. Park St., Urbana, IL 61801

Presence Covenant Stroke Support Group (1981 A,P) 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 Medical Center, 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

Vermillion

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 County

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

Champaign County

The Facial Pain Association Support Group (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

*For a complete listing of area support groups, visit the Self-Help Center website at
selfhelp.famservcc.org*