

2018

# Support, Self-Help, and Awareness Groups

Provided by  
Department of Community Health Services



**Abington**  
Jefferson Health™

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

<b>Abington Institute for Metabolic &amp; Bariatric Surgery Weight Loss Center Support Group</b>	<b>Abington-Jefferson Health's Cancer Help Line</b>	<b>Adult Children of Alcoholics Support Group</b>
<p>This support group is for anyone who is investigating, scheduled for, or has had surgery for weight loss. Offers education and guest speakers on topics of interest to patients who are pre and post-operative Gastric Bypass, Laparoscopic Adjustable Banding and Duodenal Switch After Laparoscopic Adjustable Gastric Banding. Attendance is mandatory for patients who are pre-operative surgery and frequent post-operative attendance is recommended for continued success. Registration is not required.</p>	<p>AJH's Cancer Help Line provides information about cancer, its diagnosis and treatment, and referrals to community cancer resources.</p> <p><u>This is a free and confidential service.</u></p>	<p>A fellowship of men and women based on a 12-step program of recovery, this program is intended for adults who are affected by growing up in a home affected by alcoholism, or by any other dysfunction.</p>
<p>Third Tuesday of every month 7:30pm – 9:00pm Abington Hospital, Zaslow Auditorium Contact: Anne Foley – 215-441-6828</p>	<p>1-800-405-HELP</p>	<p>Every Sunday Morning 9:00am – 10:30am Abington Hospital, Lenfest Pavilion, Rooms P&amp;G Contact: Brian – 215-281-9045</p>

<b>Al-Anon Meeting Support Group</b>	<b>Alcoholics Anonymous (AA) Journeys</b>	<b>Alzheimer's Caregivers Support Group</b>
<p>This is a fellowship of people whose lives have been affected by alcoholism in a family member or a close friend. This group meets in Abington and Warminster.</p>	<p>Alcoholics Anonymous is a group of men and women who share their experiences, strength and hope to recover from alcoholism. The only requirement for membership is the desire to stop drinking.</p>	<p>This is a group for caregivers to share their experiences with Alzheimer's.</p>
<p>Abington: Every Sunday Evening 7:00pm – 8:30pm Abington Hospital, Lenfest Pavilion, Rooms P&amp;G Contact: 215-222-5244</p> <p>Warminster: Every Tuesday Evening 7:30pm – 9:00pm Abington Health-Warminster Main Building, 1<sup>st</sup> Floor, Main Meeting Room Contact: Allison Hudson – 215-206-3005</p>	<p>Every Monday Evening 6:30pm – 7:30pm Abington Hospital, Widener Building, Beardwood Classroom Contact: Susie C – 215-887-1531</p>	<p>First Thursday of every month (except July &amp; August) 6:30pm – 8:00pm Abington Health – Lansdale, 51 Medical Campus Drive Contact: Terry – 267-263-2874</p>



<b>Behavioral Modification/Weight Loss Program</b>	<b>Bereaved Spouses/Partners Support Group - WARMINSTER</b>	<b>Bereaved Spouses/Partners Support Group – LANSDALE</b>
<p>This is an Abington satellite of the Trevoze Behavior Modification Program, which is a self-help support group system for weight loss.</p> <p>Pre-registration is required.</p>	<p>This is an eight-week bereavement program. The program is designed to help participants understand the grieving process and learn ways of coping after the loss of a spouse/life partner.</p> <p>Pre-registration is required.</p>	<p>This is an eight-week bereavement program. The program is designed to help participants understand the grieving process and learn ways of coping after the loss of a spouse/life partner.</p> <p>Pre-registration is required.</p>
<p>Every Thursday Evening 4:30pm – 6:00pm Abington Hospital, Widener Building, Beardwood Classroom Contact: Kathy – 215-635-3173</p>	<p>Wednesdays: Call for dates 10:00am – 11:30am Abington Health – Warminster Main Conference Room Contact: Carmela – 215-441-6842</p>	<p>Thursdays: Call for dates 2:00pm – 3:30pm Abington Health – North Penn Campus, 51 Medical Campus Drive Contact: Carmela – 215-441-6842</p>

<b>Bereavement Support Group</b>	<b>Bright Perspectives Support Group</b>	<b>Building The Family Support Group</b>
<p>A less intensive group to “check in” between Spring and Fall Bereavement Support Group Sessions.</p>	<p>This support group is for people with depression and/or bipolar disorder. The group provides friendship, support, and information in a positive, confidential environment.</p>	<p>This group provides education for young parents. Babies and children are welcome.</p>
<p>Second Tuesday of every month 6:30pm – 8:00pm Abington Hospital – 3-Lenfest Contact: John – 215-481-2700</p>	<p>Every Monday evening 7:00pm – 8:00pm Abington Health – Warminster, Main Building, Library, 1<sup>st</sup> Floor Contact: 215-970-5462</p>	<p>Call for dates 6:30pm – 8:30pm Abington Hospital – Room P&amp;G Contact: Liz – 215-348-9770</p>

<b>Cancer Support Community of Greater Philadelphia</b>	<b>Caregivers Support Group</b>	<b>Colitis/Crohn's Disease Support Group</b>
This support group provides cancer support services, such as support groups, workshops, lectures and social events for those living with cancer and their loved ones. Include: Prostate Cancer Support Group, Living with Cancer Support Group, Chair Yoga, Reiki, Life After Treatment, and Writing Workshop for Health and Healing.	This group is open for those who are providing care to a relative or friend with any chronic illness.  Registration is required.	This group is for individuals that have been diagnosed with Colitis/Crohn's Disease
Mondays, call for times. Abington Hospital, Garden Training Room. Contact: Rebecca – 215-481-6700	Fourth Monday of every month 1:00pm – 2:00pm Abington Health – Willow Grove, Willowood Building, Suite 162 Contact: Sarah 215-481-3160	Meets the Third Wednesday of Jan/March/May/Sept/Nov 7:00pm – 9:00pm Abington Health – Lansdale, Board Room Contact: Shelly 215-361-6796

<b>Dealing With Memory Loss Support Group</b>	<b>Diabetes Continuing Education Support Group</b>	<b>Diet Chat Network Support Group</b>
This group offers those with early dementia and their family members an opportunity to discuss feelings, concerns and questions with their peers and with speakers on topics related to dementia and memory loss. Those with dementia and family members meet separately during each session enabling all to express themselves openly.	This group provides ongoing support and education to individuals with diabetes and their family members.	Join a support group whose mission is to help you lose weight and improve your health. Here you will get the support of others who are on the same journey of losing weight. For more information: <a href="http://www.thedietchatnetwork.com">http://www.thedietchatnetwork.com</a>
First Wednesday of every month 3:30pm – 5:00pm Abington Health – Warminster Conference Room 3 Contact: Kathy – 215-441-6888	Call for dates 7:00pm – 9:00pm Abington Health – Willow Grove Willowood Building, Suite 251 Contact: Diabetes Center of Abington Health – 215-672-0899	Call for dates/times Abington Health – Warminster, Main Building, Library, 1 <sup>st</sup> Floor Contact: Bruce, 267-994-7870



<b>Domestic Violence Support Group</b>	<b>Faith Community Nurse Network</b>	<b>Family Caregivers Support Group</b>
A weekly women's support group providing emotional support and guidance in developing assertiveness and stronger self-esteem. This group provides an opportunity for women to sort out feelings in a safe and confidential setting. This group is facilitated by a domestic violence social worker.	A time for continuing education and sharing concerns related to health ministry in a congregational setting.	If you are caring for an elderly or handicapped person, these groups are for you! On-site respite care is available with pre-registration.
Domestic Violence Social worker – 215-481-2576  24 Hour Emergency Hotline: 1-800-773-2424	Call for dates and times Abington Health – Willow Grove Willowood Building, Suite 251 Contact: Shelly, 215-361-6796	Third Tuesday of every month Abington Health Adult Day Sves. Contact: Terry – 267-263-2874

<b>First Steps: Beginning the Journey of Bereavement Support Group</b>	<b>Focus On Motherhood</b>	<b>General Loss Support Group</b>
This general bereavement support group is available to anyone who has experienced a loss within the past 6 months. The program will be educational as well as provide a support component. Registration is required.	A comprehensive prenatal program for pregnant adolescences, other at-risk young women, fathers-to-be, and their families.  Pre-Registration is required.	This is an eight-week bereavement program. The program is designed to help participants understand the grieving process and learn ways of coping after the loss of a spouse/life partner.  Pre-Registration is required.
First Tuesday of every month 6:30pm – 8:30pm Abington Health – Willow Grove, Willowood Building, Suite 163 Contact: Carmela - 215-441-6842	All day sessions/Call for dates 8:30am – 4:00pm Abington Hospital, 4-Lenfest Contact: Kathleen 215-348-9770	Call for dates Abington Health – Willow Grove Willowood, Suite 163 Contact: Carmela – 215-441-6842





<b>Help Yourself to Healthy Living</b>	<b>Kidney Talk</b>	<b>Lupus Support Group</b>
This is a monthly support group to help people learn what steps they can take to create a healthier and more independent life. There is a brief health-related topic that is discussed by the facilitators followed by discussion.	This monthly group provides educational and emotional support to help patients, families and caregivers to better understand and deal with chronic Kidney Disease and Dialysis	This group is designed to teach coping mechanisms to decrease stress and improve quality of life. Strategies for enhancing communication will also be taught. Meetings are open to family and friends.
Please call for dates and time. Abington – Lansdale Hospital Contact: 215-361-6796	Third Thursday of every month 6:00pm – 9:00pm Abington Health – Willow Grove Willowood Building, Suite 163 Contact: Lee – 215-830-1115	Second Wednesday of every month 7:00pm – 9:00pm Abington Hospital, Lenfest Pavilion, Rooms P&G Contact: Annette – 215-517-5070

<b>LVAD Support Group</b>	<b>Narcotics Anonymous</b>	<b>New Directions Support Group</b>
This support group is intended for all LVAD patients and their families/friends as well as prospective LVAD patients.	This is a 12-step program that provides educational, emotional, and social support for any individual experiencing problems with addiction. The program enables those individuals who wish to live drug free to do so.	A support group for people with mood disorders (depression and bipolar), and their families.  For more information: <a href="http://www.newdirectionssupport.org">www.newdirectionssupport.org</a>
Third Wednesday of every month 12:00pm – 2:00pm Abington Hospital, Lenfest Pavilion, Classrooms 1&2 Contact: Jeneal – 215-481-8695	Every Friday Evening 7:00pm – 8:15pm Abington Hospital, Widener Building, Beardwood Auditorium Contact: Jeff – 215-385-1058	Meets at Abington Presbyterian Church and Willow Grove Giant. Contact: Ruth – 215-659-2366

<b>Nursing Mothers Advisory Council Hotline</b>	<b>O.U.R. Stroke Club</b>	<b>Ostomy Support Group</b>
This hotline provides breast feeding advice and referrals for nursing mothers.	This is a support and educational group for stroke survivors of all ages and for those who care for them.	This is a support group that provides a forum for ostomates to meet, exchange information, develop friendships and support each other through their shared concerns.
Contact: Tara – 215-794-9852	Registration is required. Meets 2 <sup>nd</sup> Thursday of every month 1:30-3:30pm. Abington Hospital, Neuroscience Conference Rm 3 <sup>rd</sup> floor of Widener Building Contact: Colleen – 215-481-3631	Meets the 2 <sup>nd</sup> Tuesdays of February, April, June, October and December Abington Health – Willow Grove Willowood, Suite 251 Contact: Donna – 215-481-5800



<b>Perinatal Bereavement Support Group</b>	<b>Post-Polio Support Group</b>	<b>Sjogren's Syndrome Support Group</b>
The Perinatal Loss Support Group is for parents whose baby has died before, during, or shortly after birth.	This is a self-help group for persons once afflicted with polio and now experiencing loss of muscle strength, shortness of breath and other symptoms.	This group is for those who suffer from an auto-immune disease called Sjogren's Syndrome. This disease effects the moisture producing glands of the body. The group provides support and experiences from patients and medical professionals who are interested in sharing knowledge and awareness.
Third Wednesday of every month 7:00pm – 8:30pm Abington Hospital, 3-Lenfest Atrium Contact: Bertha – 215-481-4814	Meets the 3 <sup>rd</sup> Sunday of every month at 1:00pm Abington Hospital, Rooms P&G Contact: Judy – 215-219-2813	Saturdays, call for dates. Giant Super Food Store, 315 York Road, Willow Grove Contact: Kathy – 610-384-8723

<b>Younger Widow/Widower Bereavement Support Group</b>
This program is designed to help understand the grieving process and learn ways of coping after the loss of a spouse, life partner, or significant other.
Pre-registration is required.
Meets the 2 <sup>nd</sup> Wednesday of every month from 6:30pm – 7:30pm Abington Health – Willow Grove – Willowood, Suite 163 Contact: Carmela – 215-441-6842

## SAFE HARBOR PROGRAMS

Safe Harbor provides support groups for children, teens, young adults and parent/caregiver that have experienced the death of a loved one. All groups are held at the Abington Health-Willow Grove, Pennwood Building, 4<sup>th</sup> floor. Groups are led by trained, experienced facilitators in a caring and supportive atmosphere.

### A Program for Grieving Children, Teens and Families

This grief support group is for children, teens and families who have lost a loved one through death. Children ages four through eighteen are assigned to age appropriate groups. A young adult group (ages 19 to 30) is also available. Parents and guardians are provided with necessary tools to understand and assist their grieving children. This group meets every other Tuesday, Wednesday or Thursday from 6:30 - 8:00 pm. Pre-registration is required.

### Young Adult Grief Support Group

This group will meet the needs of young adults ages 19 to 30 who are grieving the death of a loved one. This group meets every other week on Monday evenings from 6:30 to 8:00 pm. Pre-registration is not required.

### Camp Charlie

Camp Charlie is a grief support camp sponsored by Safe Harbor in June. Camp Charlie is open to campers ages 6-12, and buddies over age 13 that have experienced the death of a parent or sibling. Camp Charlie activities are based on the expressive arts as healing measures. Camp Charlie is open to all and is free of charge

For more information or to register for any of our programs, please call (215) 481-5983.

### DIRECTIONS TO SUPPORT GROUP LOCATIONS

Abington Hospital - Jefferson Health



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### 1200 Old York Road, Abington

From Center City Philadelphia and the Philadelphia International Airport, take Route 76 (Schuylkill Expressway) west to Route 1 North (Roosevelt Expressway). Take Broad Street exit, and turn left at second light (Broad Street). Continue north on Broad Street, bear right onto Old York Road (past 66<sup>th</sup> Avenue). Follow Old York Road (Route 611) for approximately five miles. Abington Memorial Hospital is on the left. Turn left at Keith Road; the main entrance with valet parking is on the right after coming to the end of the driveway.

### Abington Health Center- Willow Grove (Blairwood, Northwood, Pennwood, and Willowood Buildings)

This campus is located one half-mile from Route 611. From the Pennsylvania Turnpike, take exit 343. Go north (towards Doylestown) on Route 611 and turn left at Blair Mill Road. The entrance to the center is on the left. Or, go south on Route 611 (toward Abington) and immediately turn right on Maryland Road. The entrance to the center is on your right.

### Abington Health Center- Warminster Campus 225 Newtown Road, Warminster

Take Street Road (Route 132) east from Warminster to Newtown Road. There is a gas station on the left and Craven Hall on the right. Turn right onto Newtown Road. The AMHC- Warminster Campus is one-half mile down Newtown Road on the left.

### Giant Super Food Store, 315 York Road, Willow Grove

From Abington Memorial Hospital: Start out going north on Old York Road (Route 611 North) toward Keith Road. Continue to follow Route 611 North. Turn slight right onto York Road (Route 263 North). The Giant Super Food Store will be on your right.

### Abington Presbyterian Church, 1082 Old York Road, Abington

From Abington Memorial Hospital: Start out going southwest on Old York Road (Route 611) toward Horace Avenue. After the intersection of Susquehanna Road and Old York Road, the church is on your right.

For further information, please call  
Community Health Services at  
(215) 481-2204 or visit our website: [www.abingtonhealth.org](http://www.abingtonhealth.org).

All support, self-help and awareness groups at AMH are free of charge unless otherwise indicated. AMH makes its facilities available for the programs identified above as a community service. AMH and its related organizations, their officers, trustees, and employees have no responsibility or liability for the content, presentation or activities of any of these programs, or for the conduct, abilities or qualifications of such programs' staff, leaders or participants.

