

DIRECTORY
OF
AREA SUPPORT GROUPS

2019

Compiled and published by the:
Chester County Department of Aging Services
Government Services Center, Suite 320
601 Westtown Road, P. O. Box 2747
West Chester, Pennsylvania 19380-0990
610-344-6350 or 1-800- 692-1100, Ext. 6350
Website: chesco.org/aging
ELDER ABUSE HOTLINE: 1-800-564-7000

ADDICTIONS/ SELF-HELP

- **Alcoholics Anonymous** - Toll free number: 1-877-934-2522 or 215-923-7900. Fax number: 215-923-7133 or www.aasepia.org.
- **Community Crossroads Peer Support Center**; 825 Paoli Pike, West Chester; Double Trouble; Support for those recovering from addiction & mental health problems: for the Bipolar, Tuesdays & Thursdays, 3:30 pm-5:00 pm. 610-918-4907.
- **Narcotics Anonymous** – Website: <http://www.cleanacresna.org/meetings/>.

ALZHEIMER'S SUPPORT

- **Alzheimer's Association**: Toll free number: 1-800-272-3900 or www.alz.org. Local association - 399 Market Street, Suite 102, Philadelphia.
- **Exton: Sunrise Assisted Living of Exton**; 200 Sunrise Blvd., 610-594-0455; Fax: 610-594-0456. Group meets monthly on the 1st Friday of the month at 10:30 am. www.sunriseseniorliving.com. Call for information.
- **Kennett Area Senior Center**, 427 S. Walnut St. 610-444-4819; 1st Wednesday of the month, 10:00 am-12:00 pm.
- **Malvern: Sunrise Assisted Living of Paoli**; 324 W. Lancaster Ave., 610-251-9994. Fax: 610-251-9985; www.sunriseseniorliving.com. Call for appointment.
- **Pottstown: Manatawny Manor** - Adult Day Care, 30 Old Schulykill Rd. & Route 724, Pottstown, PA 19465. 2nd Wednesday of the month @ 10:30am. 610-705-3700; Fax: 610-705-3702.
- **West Chester: Sunrise Assisted Living of Westtown**, 1045 Wilmington Pike, 610-399-4464; Fax: 610-399-4413 or 610-918-3598. For caregivers of a loved one with Alzheimer's - 3rd Tuesday of the month.

ASTHMA

- **Website**: www.lungusa.org.

BEREAVEMENT/GRIEF

- **Oxford: Brandywine River Valley Home, Health and Hospice**, held at Jennersville Regional Hospital, Conference Room A. Meets the 2nd and 4th Tuesday @ 6:30 pm-8:00 pm and another @ Brandywine Hospital, 2nd Floor, N. Conference Room, 1st & 3rd Tuesday @ 6:30 pm-8:00 pm. 610-998-1700.
- **Pottstown Hospital (Chestmont Building)** “Grief Support”, 2nd floor Conference Room; 1st Thursday of month at 6:30 pm. 610-327-7000.
- **Roger's Bistro**, 900 Boot Road, West Chester. Widowed Person Services (WPS) serves without discrimination newly widowed spouses or partners. 2nd Saturday @ 11:30 am; Call Norma Beck at 610-692-3771.
- **West Chester: Provided by the Neighborhood Hospice Program – Neighborhood Visiting Nurses Association**. North Hills Medical Building, 795 E. Marshall Street, West Chester, Pa. 610-696-8312, ext. 393. Anyone Living with Loss. The groups are free and open to the community. Call for more information. To register, leave the following information: name, address, phone number.

CANCER SUPPORT – Breast Cancer

- **Paoli Hospital Cancer Center**; 255 W. Lancaster Ave.; Breast Cancer support meets 3rd Thursday of the month; 7:00 pm–8:30 pm. Call Vicki Hughes @ 484-565-1253.
- **West Chester: Chester County Hospital**; Meetings provide insight, encouragement, friendship, and valuable information. Call Cynthia Brown at 610-431-5296.

CANCER SUPPORT

- **Paoli Memorial Hospital**: “Family Caregiver Support” (Caregiver support for families dealing with cancer). 3rd Wednesday of each month, 5:30 pm. 255 W. Lancaster Avenue, Paoli. Call Vicki Hughes at 484-565-1253.
- **Pottstown Hospital**; “**Cancer Support For Women**”; Cancer Center Lobby; 1st Monday of every month; 7:00 pm; 610-327-7315.
- **Pottstown Hospital**; “**Cancer Support For Men**”; Cancer Center Lobby; 4th Wednesday of every month; 7:00 pm; 610-327-7315.
- **American Cancer Society Program - “Reach to Recovery”**. 1-888-227-5445.
- **Website**: www.cancersupportphiladelphia.org.

CANCER SUPPORT – Laryngectomy

- **Toll free numbers**: 1-800-227-2345 or www.cancer.org. OR American Cancer Society – 1-888-227-5445.
- **Website**: www.webwhispers.org to find support groups, professional supplies and information.

CANCER SUPPORT- Prostate

- **Toll free number**: 1-800-227-2345; Website: www.cancer.org.
- **Phoenixville Hospital**; Call 610-983-1800 for more information.

CARDIAC

- **American Heart Association** - www.heart.org .
- **West Chester: Chester County Hospital**; Cardiac Support Club, 701 E. Marshall St., West Chester, 4 Lasko Tower Conference Room, 1st Thursday of the month; 1:00-2:00pm. Call 610-220-0432 for more information.

CAREGIVER

- **Exton: Active Day of Exton**, 201 Sharp Lane; Sharp Lane Center, 2nd & 4th Monday of each month from 10:30 am – noon. 610-363-8044.
- **Paoli Memorial Hospital**: “**Family Caregiver Support**” (Families dealing with cancer). Call Vicki Hughes at 484-565-1253.

CARING FOR A SPOUSE (Alzheimer’s Foundation of America)

- This is a free, telephone based support group. Monday–Friday, 9:00 am–9:00 pm. Contact AFA’s National Toll Free helpline at 866-232-8484 and speak with one of our licensed Social Workers.

CHILDREN OF AGING PARENTS

- **Sunrise Assisted Living of Westtown**, 501 Skiles Blvd., West Chester; for caregivers of loved one with Alzheimer’s. 610-399-4464.

CROHN'S/COLITIS

- **Crohn's/Colitis Support Group:** Chester County Hospital; Open to patients and their families; for more information, call Ginger Gray at 610-430-1698. Website: www.cdfa.org.

CHRONIC FATIGUE

- **Website:** www.cfidsselfhelp.org for a list of support groups.

COPD ("Better Breathers" Group)

- **West Chester: Chester County Hospital.** Meets 1st Monday of every month at 2:30 pm. Call Edward Krueger at 610-738-2410.

CRIME VICTIMS

- **Crime Victims Center:** victims advocate and support program for those involved as the victim of a crime. Call 610-692-7420 for more info.

DIABETES

- **American Diabetes Association** - Toll free number: 1-800-342-2383 or www.diabetes.org.
- **Brandywine Hospital:** 610-383-8358.
- **Phoenixville Hospital:** Diabetes Learning Center - 610-983-1022
- **Chester County Hospital:** 610-738-2835. 3rd Thursday of each month, 7:00 pm–8:30 pm, 600 E. Marshall Street, Suite 302, West Chester (across the street from hospital).

DOMESTIC VIOLENCE

- **Toll free number:** 1-888-711-6270 Domestic Violence Center of Chester County, Inc. hotline or 610-431-1430 and 610-431-3546.

EZ BREATHERS

- **Phoenixville Hospital:** (Pulmonary Rehabilitation Program). Meets 2:00 pm–3:00 pm. Dates vary. Call first. 610-983-1243. 2nd Tuesday of every other month (Jan., March, May, July, Sept., Nov.)

FAMILIES WITH CHILDREN

- **GrandFamilies Support Group** - households that are headed by grandparents or other relatives who are sharing their home with nieces, nephews, grandchildren or other related children. Govt. Services Center, 601 Westtown Road, West Chester. 610-344-5670 (Shadell Quinones).
- **Tough Love:** Group to assist parents and grandparents coping with problems with their under age 18 children and grandchildren. Website: www.toughlove.com.

FIBROMYALGIA

- **Arthritis Foundation** - www.arthritis.org/about-arthritis/types/fibromyalgia.asp.

HIV/STD

- **Chester County Health Dept.** – offers free, confidential testing for HIV and STDs on a walk-in basis. No appointment is necessary. Clinics are held at the Govt. Services Center, 610 Westtown Road, West Chester, on the following days each month: Tuesday 9:00 am-4:00 pm and Wednesday 12:00 pm-6pm; 610-344-6252. Website: <http://chesco.org/860/Sexually-Transmitted-Diseases>.

HUNTINGTON'S DISEASE

- **1-800-345-HDSA** (4372) or hdsainfo@hdsa.org.

LUPUS

- **Lupus Foundation:** 215-517-5070 www.lupus.org.

LYME DISEASE

- **Website:** www.lymenet.org/SupportGroups.

MULTIPLE SCLEROSIS

- **Website:** www.nationalmssociety.org/pae or 1-215-271-1500.
- **Philadelphia Office of the M.S. Society:** For information on area support groups, call 215-271-2400.

OSTOMY

- **Toll free:** 1-800-826-0826 or website: www.ostomy.org.

PANIC DISORDER

- **Anxiety Disorder Association of America** - for more information call 240-485-1001 (Silver Spring, MD). Website: www.adaa.org.

PARKINSON'S DISEASE

- **Phoenixville:** meets at **Phoenixville Hospital, Medical Office Bldg., Suite 202**. 2nd Monday of every month at 1:00 pm–3:00 pm. 610-983-1288 (also for information on the “Freedom from Smoking” program).

REFLUX SYMPATHETIC DYSTROPHY SYNDROME

- **Website:** www.gerdhelp.com.

STROKE SUPPORT

- **Malvern Stroke:** TBI (traumatic brain injury), Bryn Mawr Rehab, 414 Paoli Pike, Malvern, PA, Administration Bldg, 2nd floor; 2nd Tuesday of every month from 7:00 pm-8:30 pm. 484-596-5430.

VISION/MACULAR DEGENERATION

- **Chester County Eye Care Associates**, Fern Hill Medical Campus, 915 Old Fern Hill Road, West Chester. Call 484-723-2080 for more information.