Support Groups/Self-Help Groups

Support groups differ from self-help groups in that they are led by professional therapists rather than group members. (Definition from Inside MS April-June 2004 p. 53.) Please note that not everyone recognizes this distinction and you should inquire as to the credentials of the person leading the group if you need professional help. You may encounter other terms for these groups also such as peer mentoring, peer coaching, peer support, etc.

The Reeve Foundation has a Peer and Family Support Program. Peer Mentors are certified by the Reeve Foundation. If you are interested in becoming a Reeve Foundation Peer Mentor or being mentored, please call us at 1-800-539-7309 and ask for Bill Cawley or Harold Aguilar x7221.

Web Resources

National Spinal Cord Injury Association’s FactSheet on Starting a Support Group

http://www.spinalcord.org/nscia-support-groups/
NSCIA’s Regional Chapters, Support Groups and State Resources
Look for local support groups by choosing your state from the drop down menu.

http://www.caregiver.com/regionalresources/index.htm
Caregiver.com’s Directory of Support Groups for Caregivers

www.facingdisability.com
Facing Disability: For Families Facing Spinal Cord Injuries
a support group for family members of someone with an SCI, also offers peer counseling to people with SCI

www.TAPS.org
Tragedy Assistance Programs for Survivors (TAPS)
3033 Wilson Blvd., Suite 630
Arlington, VA 22201
Phone: 800-959-TAPS (8277)
Email: info@taps.org
TAPS is a non-profit organization that offers compassionate care to all those grieving the death of a loved one serving in the Armed Forces. Since 1994, TAPS has provided comfort and hope 24 hours a day, seven days a week through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

Support Groups

ARIZONA

East Valley Support Group (COMPASS)
Phone: 480-628-3028
Contact: Pauline Staples
Every 3rd Friday of the month 1:00PM – 3:00PM

Flagstaff Support Group
Phone: (928) 527-8567
Contact: Al White
Every 1st Tuesday of the month 2:00 PM - 3:30 PM

Grupo de apoyo en Español
Gentiva Rehab Without Walls, 7227 N 16th St #107, Phoenix, Arizona,
Phone: 480-390-5240
Contact: Diane Hendrix
El grupo de apoyo en Español para personas que tienen trauma cerebral y lesión a la columna. Este grupo hace actividades de diversión y actividades educacionales. Cuando: Cada segundo sábado del mes! Por favor llamar si usted quiere atender

Prescott Support Group
Phone: 928-759-8800
Contact: Jo Crawford
First Thursday of every month at 6:00 PM

SCI Women Support Group
Disability Empowerment Center
5025 E. Washington St. Phoenix, AZ 85034-7437
Phone: (602) 507-4209
Contact: Karen Halgren
Every 2nd Tuesday of the month 6:30 PM- 8:00 PM

CALIFORNIA

Leon S. Peter's Rehabilitation Center, Community Regional Medical Center
P.O. Box 1232
Fresno, California, 93715  
Phone: 559-877-3559  
Contact: Allen Roope

Tri-county Independent Living Center  
955 Myrtle Avenue  
Eureka, California, 95501  
Phone: 707-445-8404

http://www.scvmc.org/specialtycenters/rehab/services/Pages/spinal.aspx  
Santa Clara Valley Medical Center’s Peer Support Network  
751 South Bascom Ave.  
San Jose, CA 95128  
Phone: 408-885-5000  
They offer various support groups for people with spinal cord injuries--including one for women and one for the newly injured and their families.

FLORIDA

http://www.nchmd.org/default.aspx?id=570  
Brookdale Center at the NCH Healthcare System  
Naples, FL  
Phone: 239-624-5000  
Has formed a relationship with the Brain Injury Peer Visitor Association in Alpharetta, GA to offer peer visitors to patients.

Greater Orlando Spinal Cord Injury (SCI) Network  
100 West Gore Street, Suite 104  
Orlando, Florida, 32806  
Phone: (407) 900-6724  
Contact: Bob Melia

HEALTHSOUTH - Sea Pines Rehabilitation Hospital  
101 East Florida Ave., Melbourne, Florida, 32901  
Phone: (321) 952-6588  
Contact: Laura Leitz

HEALTHSOUTH - Tampa Bay Area Support Group  
c/o Florida SCI Resource Center  
901 N. Clearwater Largo Rd., Largo, Florida, 33770  
Phone: 727-586-2999  
Contact: Pattie Brenner

The Spinal Cord Injury Support Group of South Florida  
c/o Healthsouth Sunrise Rehabilitation Hospital  
4399 Nob Hill Road
Sunrise, FL 33351
Contact: Fran Wade
Phone: 954-748-3084

GEORGIA

Columbus SCI Support Group
Phone: 706-322-9039
Contact: Ramona Cost

HEALTHSOUTH Central GA Rehab Hospital
3351 Northside Dr.
Macon, Georgia, 31210
Phone: 478-201-6500
Meet 1st Tuesday monthly 6:30 PM in the cafeteria of Central GA Rehab Hospital

INDIANA

Spinal Cord Support Group
Hook Rehabilitation Outpatient Services
8501 E. 56th Street, Suite 140 Indianapolis, IN 46216
Phone: 317-621-3000
Contact: Holly Hons
First Thursday of the month 6:00 PM RSVP prior by phone

KENTUCKY

Friends with Spinal Cord Injuries
3785 Hwy 95
Benton, Kentucky, 42025
Phone: 270-227-1200
Contact: Anndrea Coffman
Meets the third Thursday of the month at 4 p.m. (sometimes that changes depending on the speaker). Affiliated with Lourdes Hospital in Paducah, Kentucky and Spinal Cord Injury Association of Kentucky. Our mission: is to give people with Spinal Cord Injuries the ease of knowing they are not alone in the world.

MARYLAND

http://www.kernan.org/patients/classes.htm
Kernan Hospital Spinal Cord Injury Support Group
2200 Kernan Drive
Baltimore, Maryland 21207
Phone: 410-448-6307
2nd Tuesday of each month 6-8 p.m

Kennedy Krieger Institute's spinal cord injury support group
801 North Broadway, Room 202
Baltimore MD 21205
Phone: 443-923-9200
Monthly support group, “Regeneration Generation.” Each month features a new and exciting topic presentation or discussion. Meetings are held on one Monday each month from 12-2 PM, and lunch is provided for those who RSVP.

MASSACHUSETTS

Boston Medical Center Support/Discussion Group Meeting
7 West-Harrison Ave Campus
Boston, Massachusetts, 02111
Phone: 781-933-8666
Boston Medical Center - 4:00 PM (Held the third Tuesday of the month)

http://www.mercycares.com/calendar.asp?ID=10714&cats=1
Mercy Medical Center Support Group Meeting
271 Carew St.
Springfield, MA 01104
Phone: 413-748-6892
Mercy Medical Center - the last Tuesday of the month from 6 to 8 p.m. in the Deliso Conference Center (lower level)

http://www.spauldingrehab.org/
Spaulding Support/Discussion Group Meeting
300 First Avenue
Charlestown, MA
Phone: 617-952-5643
Spaulding Rehab Hospital – Every Thursday 4-5 PM in the Light House room on the 6th floor

http://www.whittierhealth.com/rehabilitation_hospitals/westborough.html
Whittier Westborough Support Group Meeting
150 Flanders Road
Westborough, MA, 01581
Phone: (508) 871-2000 Ext. x2165
Contact: Lynn
5:00 PM (Held the Second Wednesday of the month)
MISSISSIPPI

Magnolia Coast SCI Support Group
1304 Vine St.
Jackson, Mississippi, 39202
Phone: 601-969-4009
Contact: Michelle Bahret

MISSOURI

Southwest Center for Independent Living
2864 S. Nettleson Ave.
Springfield, Missouri, 65807
Phone: (417) 886-1188

NEW JERSEY

NJ Self Help Group Clearinghouse
1-800-367-6274 or 973-989-1122 (Mon-Fri, 8:30am-5pm).

NEW YORK

Long Island Spinal Cord Injury Resource Center
Phone: 561-221-9255
Contact: Ron Quartararo
A project of the Testaverde Fund for Spinal Cord Injury Inc. Location (meeting place) - Wantagh, Long Island, NY. Meets first Tues of each month (subject to change). Works to fund research for a cure for spinal cord injury; promote education about SCI through the schools; and provide assistance and support to families who have a loved one become a victim of SCI.

Spinal Cord Injury Network of Central New York
ARISE
635 James Street
Syracuse, New York, 13203
Phone: (315) 464-2337
Contact: Tammy Bartoszek
Phone: (315) 247-0927
Contact: Maria Froio

OHIO

Hillside Rehabilitation Hospital
8747 Squires Lane
Warren, Ohio, 44484  
Phone: (330) 841-3856  
Contact: [Hospital Contact: Rebecca Lebron](#)  
Phone: (330) 889-2158  
Contact: [Peer Contact: Rick Ackerman](#)  
We meet the second Monday of each month at 5 PM in the Occupational Therapy room. All are welcome.

**PENNSYLVANIA**

**Delaware Valley Spinal Cord Injury Assoc.**  
2610 Belmont Ave., Philadelphia, Pennsylvania, 19131  
Phone: (215) 477-4946  
Contact: Bruce McElrath

**HEALTHSOUTH**  
Rehabilitation Hospital of Altoona, 2005 Valley View Blvd.  
Altoona, PA 16602  
Phone: (800) 873-4220

**HEALTHSOUTH - Rehabilitation Hospital of York**  
1850 Normandie Dr.,  
York, PA 17404  
Phone: (717) 767-6941


**Magee Rehabilitation**  
1513 Race Street  
Philadelphia, PA 19102  
Phone: 800-966-2433  
First link is for brain injury, MS, stroke support group info. Second link is for SCI support group

**SOUTH CAROLINA**

**Chester County Chapter Peer Support Group Meeting**  
Phone: (803) 482-4389  
Contact: [Lee Carter](#)

**Columbia, SC Area Support Group**  
Phone: (803) 252-2198  
Contact: [Diane Epperly](#)
The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at: http://www1.youseemore.com/ReevePRC/default.asp

Books


This book is heavy on NJ support groups but does include some national, international, online, and model one-of-a-kind support groups.

Articles

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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