Support Groups/Self-Help Groups/Peer Mentoring

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 in which Peer Mentors are certified by the Reeve Foundation. If you are interested in being mentored by a Reeve Foundation Peer Mentor, please go to the Reeve website: www.ChristopherReeve.org/Peer.
Web Resources

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

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

http://www.stroke.org/stroke-resources/resource-library/facilitating-stroke-support-group-0
National Stroke Association: Facilitating a Stroke Support Group

http://www.stroke.org/stroke-resources/resource-library/marketing-your-stroke-support-group
National Stroke Association: Marketing Your Stroke Support Group

www.TAPS.org
Tragedy Assistance Programs for Survivors (TAPS)
3033 Wilson Blvd., Third Floor
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.

Virtual Support Groups

https://www.heypeers.com/organizations/99#list
Christopher & Dana Reeve Foundation’s Peer & Family Support Program virtual support groups. The Reeve Foundation offers 3 virtual support groups: one for caregivers of people living with paralysis, one for quadriplegics, and one for paraplegics. Please go to the above link to register for a meeting. There is no charge to attend. Some are hosted by people living with paralysis while others are hosted by social workers.
Support Groups by State

ARIZONA

East Valley Support Group (COMPASS)
Granite Reef Sr. Ctr.
1700 N. Granite Reef Rd.
Scottsdale, AZ 85257
Phone: 602-241-1006
Contact: Pauline Staples
Every 3rd Friday of the month 2:00PM – 4:30PM

Flagstaff Support Group
Northern Arizona Health Care Training Center
1200 N. Beaver St.
Flagstaff, AZ 86001
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
Mountain Valley Regional Rehabilitation
3700 W. Windsong Dr.
Prescott Valley, AZ 86314
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., Suite 110
Phoenix, AZ 85034-7437
Phone: (602) 507-4209
Contact: Donna Powers
Every 2nd Tuesday of the month 6:30 PM- 8:00 PM
Wheel Life Group Support Group at Dignity Health St. Joseph’s Hospital and Medical Center
This support group is part of the Arizona Spinal Cord Injury Association and meets the first Wed. of each month at 5:45 pm in the Sontag Pavillion, 350 W. Thomas Rd. Phoenix AZ 85013. Please contact Tammy Abbott-Thiel at 602-406-3421 for more information.

CALIFORNIA

Leon S. Peter's Rehabilitation Center, Community Regional Medical Center
2823 Fresno St.
Fresno, CA 93721
Phone: 559-459-2789
Contact: Lynne Jarman
Meets 3rd Wed of every other month

Tri-county Independent Living Center
139 5th St.
Eureka, CA 95501
Phone: 707-445-8404

www.facebook.com/groups/scipeersupport/

Bay Area Spinal Cord Injury Peer Group (Berkeley)
Ed Roberts Campus
3075 Adeline St.
Berkeley, CA 94703
Phone: 415-205-3882; 510-868-9175 (Contact Tom Shankle)
Email: spinalnetwork@everydayabilities.org
Meets 2nd Thursday of the month, 6:00-8:30pm.

www.facebook.com/Napaspinalcordinjurynetwork?ref=hl

Napa Spinal Cord Injury Network
Community Outreach Center
3448 Villa Lane, Suite 102
Napa, CA 94558
Phone: 707-299-9123 (Contact Jim Burnett)
Email: Jburnettdd@aol.com
Meets last Friday of the month, 1:00-2:00pm.

https://norcalsci.org/support-groups

NorCal SCI’s list of support groups
NorCal SCI also offers family support groups for the family and friends of people living with spinal cord injury. https://norcalsci.org/family-support

www.placervillemobilitysupportgroup.org
Placerville Mobility Support Group
Meeting Place: Round Table Pizza
3975 Missouri Flat Rd.
Placerville CA 95667
Contact: Lynn Murray
Phone: 530-295-7620
Email: lynnmurray2684@att.net
This group is the first California chapter of the United Spinal Association. Their mission is to improve the physical, mental and emotional well-being of persons with some form of ambulatory impairment. Meets 4th Monday of each month at 6:30 pm.

www.facebook.com/groups/scipeersupport/

San Francisco Bay Area Spinal Network
Independent Living Resources Center of SF
825 Howard St
San Francisco, CA 94103
Phone: 415-205-3882 (Contact Tom Shankle); 510-868-9175
Email: spinalnetwork@everydayabilities.org
Meets 4th Thursday of the month, 6:00-8:30pm.

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.

www.ilrscc.org
https://www.facebook.com/pages/category/Public-Figure/SCI-Peer-Support-Group-of-Solano-Contra-Costa-Counties-207904149302258/

SCI Peer Support Group of Solano & Contra Costa Counties
1850 Gateway Blvd, Suite 120
Concord, CA 94520
Phone: 925-363-7293 (Contact Michael Hopfe)
Email: Michaelh@ilrscc.org

Roseville Area SCI Peer Support Group
6 Medical Plaza Dr.
Roseville, CA 95661
Phone: 916-872-3083 (Contact Todd Boyer)
Email: Toddboyer@comcast.net
Meets 1st Thursday of the month, 6:30-8:00pm.

Sacramento SCI Support Group
SCI-FIT Building
2404 Del Paso Road  
Sacramento, CA 95834  
Phone: 209-200-7153 (Contact Charlene Vine)  
Email: charvine@sbcglobal.net  
Meets 1st Wednesday of the month, 6:00-8:00pm.

**UC Davis Hospital SCI Peer Support**  
2315 Stockton Blvd., Room 0343  
Sacramento, CA 95817  
Davis Tower Room 1704  
Phone: 916-816-6347 (Contact Holly Bleasdale)  
Email: hdbleasdale@ucdavis.edu  
Meets every Wednesday, 3:00-4:00pm.

[www.facebook.com/rehabresearchcenter](http://www.facebook.com/rehabresearchcenter)

**Santa Clara County: SCI Connections**  
Bascom Community Center  
751 S. Bascom Ave  
San Jose, CA 95128  
Phone: 408-793-6433 (Contact Robert Medel)  
Email: Robert.Medel@hhs.sccgov.org  
Meets 3rd Thursday of the month, 6:30-8:30pm and available online/Webcast.

[www.facebook.com/groups/810812255653338/](http://www.facebook.com/groups/810812255653338/)

**Sonoma County SCI Support Group**  
7 Indigo Dr. # 102  
Petaluma, CA 94954 (Location may change)  
Phone: 860-614-8351 (Contact Stan Kosloski)  
Email: stankosloski@gmail.com  
Meets 3rd Monday of the month, 5:00-6:30pm.

**FLORIDA**

[https://www.nchmd.org/template/brookdale-(new)/brookdale-support-groups](https://www.nchmd.org/template/brookdale-(new)/brookdale-support-groups)

**Brookdale Center at the NCH Healthcare System**  
11190 Health Park Blvd  
Naples, FL 34110  
Phone: 239-624-5700  
Has formed a relationship with the Brain Injury Peer Visitor Association in Alpharetta, GA to offer peer visitors to patients. Provides brain injury, stroke and caregiver support groups.

[www.goscin.org](http://www.goscin.org)

**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: 321-984-4600  
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  

https://www.mhs.net/services/rehabilitation/conditions/spinal-cord  

Memorial Regional Hospital South  
3600 Washington St.  
Hollywood, FL 33024  
Phone: 954-518-2111  
Email: vleyland@mhs.net  
Memorial South offers inpatient and outpatient services for individuals with paralysis. They provide comprehensive spinal cord treatment, rehabilitation and support aimed at optimizing recovery, restoring function, and if necessary, helping you adjust to a new way of life. SCI peer mentors and onsite and Zoom support groups are offered.  

http://www.scisg.org/broward-chapter  
Spinal Cord Injury Support Group – Broward Chapter  
c/o Encompass Health  
4399 Nob Hill Road  
Sunrise, FL 33351  
Contact: Ryan Gebauer  
Phone: 954-696-7204  
Email: rmggebauer@gmail.com  

http://www.scisg.org/miami-chapter  
Spinal Cord Injury Support Group – Miami Chapter  
Christine Lynn Rehab  
1611 NW 12th Ave.  
Miami FL 33136  
Contact: Anson James  
Phone: 407-637-7774  
Email: ansonansonj@aol.com  

http://www.scisg.org/palmbeach-chapter  
Spinal Cord Injury Support Group – Palm Beach Chapter
https://westfloridahospital.com/service/rehab
West Florida Rehabilitation Institute
8383 N. Davis Hwy.
Pensacola FL 32514
Phone: 850-494-6100
Email: Carrie.Rayburn@gmail.com
Their spinal cord reunion/support group is catered towards those affected by spinal cord injuries and their family/caregivers. One group is held on the second Tuesday of each month at 2:30 pm to 3:30 pm in the Rehab Community Rooms.

GEORGIA
Columbus SCI Support Group
Phone: 706-322-9039
Contact: Ramona Cost; rvcost@mindspring.com

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

KANSAS
http://www.kumed.com/
University of Kansas Health System
3910 Rainbow Blvd.
Kansas City, KS 66160
Phone: 913-588-1227
SCI Support Group Phone: 913-588-7815
The Spinal Cord Injury Program at the University of Kansas Health System (a Level 1 Trauma Center), offers comprehensive services as well as an SCI support group that meets the second Thursday of each month. For more info on the support group, call 913-588-7815.

KENTUCKY

Friends with Spinal Cord Injuries
3785 Hwy 95
Benton, Kentucky, 42025
Phone: 270-493-0495
Contact: Andrea 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.

MAINE

https://www.encompasshealth.com/locations/nerhp/our-programs
New England Rehabilitation Hospital SCI/D Support Group
335 Brighton Ave.
Portland ME 04102
Phone: 207-775-4000
An SCI/D support group that meets on the second Tuesday of each month from 4-5:30 pm.

MARYLAND

https://www.umms.org/rehab/community/support-groups
University of Maryland Rehabilitation and Orthopedic Institute (formerly known as 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: 443-923-7998
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: 617-414-5000
Boston Medical Center - 4:00 PM (Held the third Tuesday of the month)

http://www.mercycares.com/body-springfield.cfm?id=64&action=detail&ref=3640

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
Contact: Lynn
5:00 PM (Held the Second Wednesday of the month)

MISSISSIPPI

https://www.lifeofms.com/

LIFE of Mississippi
1304 Vine St.
Jackson, MS 39202
Phone: 601-969-4009
Toll-free: 800-748-9398
An independent living center that offers peer support.

MISSOURI

https://empowerabilities.org/
Empower: Abilities
2864 S. Nettleson Ave.
Springfield, MO 65807
Phone: 417-886-1188
A center for independent living that offers SCI and post-polio support groups

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
3445 Edgerton Ave
Wantagh, NY 11793
Phone: 516-729-1061
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.

www.syracusespinalassociation.org
Syracuse Spinal Association Support Group
Email: oliviawattles21@gmail.com
The support group meets in the ARISE building in Syracuse on the 2nd Tuesday of each month at 5:30 pm at:
635 James St.
Syracuse, NY 13203

OHIO

Hillside Rehabilitation Hospital
8747 Squires Lane NE
Warren, Ohio, 44484
Phone: 330-841-3700; 330-841-3709
We meet the second Monday of each month at 5 PM in the Occupational/ Center One Gym at Hillside Rehabilitation Hospital. All are welcome.

OSU Dodd Hall Rehabilitation Hospital
SCI Peer Support Group
Dodd Hall, 480 Medical Center Dr.
Columbus OH 43210
Phone: 614-408-0085
Email: pnowell264@gmail.com
The SCI Peer support group meets on the first Thursday of the month from 4 pm to 5:30 pm at the Blue Gym on the first floor of Dodd Hall when possible. Otherwise we meet virtually. We are a support group for SCI patients and caregivers to share experiences with others. The meeting is informal and everyone is welcome.

PENNSYLVANIA

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

[www.healthsouthaltoona.com](http://www.healthsouthaltoona.com)

HEALTHSOUTH
Rehabilitation Hospital of Altoona, 2005 Valley View Blvd.
Altoona, PA 16602
Phone: 814-944-3535

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

[https://mageerehab.org/](https://mageerehab.org/)

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

135 Wylie St.
Chester, SC
Phone: 803-482-4389
Every 3rd Tuesday of every month at 5:30PM
Contact: Lee Carter

Columbia, SC Area Support Group
2935 Colonial Drive
Columbia, SC
Phone: 803-252-2198
Every last Tuesday of every month at 6:30PM
Contact: Diane Epperly

Florence, SC Area Support Group
900E Cheves St.
Florence, SC
Phone: 803-459-4171
Every 1PM on 4th Thursday of every month from 4-6 pm
Contact: Ronnie McFadden

Orangeburg, SC Area Support Group
3000 Matthews Rd
Orangeburg, SC
Phone: (803) 829-2043
Every 2nd Thursday every month at 6:30PM
Contact: Rebecca Felder

Spartanburg, SC Area Support Group
101 St. Matthews Lane
Spartanburg, SC
Phone: (864) 595-1947
Meets every 3rd Tuesday at 6:15 pm
Contact: Dot Colson

TENNESSEE

www.westtennspinal.com
West Tennessee Spinal Cord Injury
Jackson, TN 38305
Meetings at: Patterson Physical Therapy, 176 West University Pkwy, Suite E, Jackson TN
Phone: 731-616-3906
Email: krobyvia@yahoo.com
A peer support group that meets quarterly for information, sharing issues, and friendship.
WASHINGTON

https://unitedspinal.org/group/northwest-spinal-injury-network-bellingham-wa/

Northwest Spinal Cord Injury Network
Bellingham WA 98226
Phone: 360-296-5336
Email: sciofwhatcom@gmail.com
A peer support group.

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This project was supported, in part, by grant number 90PRRC0002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.