

SUPPORT GROUPS

| <u>COUNTY</u> | <u>GROUP</u> | <u>DATE & TOPIC</u> | <u>LOCATION</u> | <u>CONTACTS</u> |
|---|--|---|---|--|
| BELMONT <i>(cross-disability)</i> | S.E.A. Peer Support Group | <i>Contact S.E.A. for date & time.</i> | Bridgeport Manor Community Room 1 Gould Park Rd., Bridgeport | Contact: Ruthanne Donalson 1-888-213-4452, ext. 215 |
| COSHOCTON <i>(cross-disability)</i> | Echoing Hills Brain Injury Support Group | Mon. November 16 th 2:00 p.m. [3 rd Monday] | Echoing Hills Residential Center 36272 Co. Rd. 79, Warsaw | Contact: Frances Gundrum 1-888-213-4452, ext. 219 |
| COSHOCTON <i>(caregivers)</i> | Caregivers Support Group [Area Agency on Aging, Region 9] | Thurs. November 19 th 10:30 – 11:30 a.m. [3 rd Thursday] | Coshocton Public Library 655 Main St., Coshocton | Contact: Pat Lake, RN 1-800-932-7277, ext. #279 AAA-9 |
| GUERNSEY <i>(cross-disability)</i> | Guernsey County Advocacy Group | <i>Contact S.E.A. for date & time.</i> | Salvation Army 221 Dewey Ave., Cambridge | Contact: Heather Heid 1-888-213-4452 |
| GUERNSEY <i>(cross-disability)</i> | Disabled Persons Support & Resource Group | Wed. November 4 th & Wed. December 2 nd 5:00 – 7:00 p.m. [1 st Wednesday] | Southeastern Ohio Regional Medical Center Morrison Room 1341 Clark St., Cambridge | Contact: Betty Parry, BSN, RNBC 740-439-8197 (day) 740-432-2103 (evening) |
| GUERNSEY <i>(caregivers)</i> | Caregivers Support Group [Area Agency on Aging, Region 9] | Mon. November 2 nd & Mon. December 7 th 2:00 – 3:00 p.m. [1 st Monday] | Guernsey County District Library, Crossroads Branch, 63500 Byesville Rd., Cambridge | Contact: Pat Lake, RN 1-800-932-7277, ext. #279 AAA-9 |
| HARRISON <i>(cross-disability)</i> | S.E.A. Peer Support Group for Parents of Children with Disabilities | <i>Contact S.E.A. for date & time.</i> | Tri-County Help Center 109 W. Warren St., Cadiz | Contact: Bobbie Houy 1-888-213-4452, ext. 224 |
| HARRISON <i>(caregivers)</i> | Caregivers Support Group [Area Agency on Aging, Region 9] | Thurs. November 5 th & Thurs. December 3 rd 11:00 a.m. – 12:00 p.m. [1 st Thursday] | Harrison Community Hospital 951 E. Market St., Cadiz | Contact: Pat Lake, RN 1-800-932-7277, ext. #279 AAA-9 |
| HARRISON <i>(brain injury)</i> | Cadiz Brain Injury Support Group | Wed. November 11 th 6:00 – 8:00 p.m. Discussion Topic: <i>Gratitude – What are we grateful for?</i> [2 nd Wednesday] | Puskarich Library 200 E. Market St. Cadiz | Contact: Chris Curtiss 1-888-213-4452, ext. #213 ccurtiss@biaoh.org |
| HOLMES <i>(cross-disability)</i> | Oak Pointe In-house Peer Support Group | 1 st Tuesday of each month 2:00 p.m. | Oak Pointe Nursing & Rehab Center 130 Buena Vista St., Baltic | Contact: Frances Gundrum 1-888-213-4452, ext. 219 |

SUPPORT GROUPS

| <u>COUNTY</u> | <u>GROUP</u> | <u>DATE & TOPIC</u> | <u>LOCATION</u> | <u>CONTACTS</u> |
|--|--|---|---|---|
| HOLMES <i>(primarily brain injury)</i> | Scenic Pointe In-house Peer Support Group | Mon. November 16 th 10:00 a.m. [3 rd Monday] | Scenic Pointe Nursing & Rehab Facility 8067 Twp. Rd. 334 Millersburg | Contacts: Cindy Asche, LSW 330-674-0015 Chris Curtiss 1-888-213-4452, ext. #213 ccurtiss@biaoh.org |
| JEFFERSON <i>(cross-disability)</i> | S.E.A. Peer Support Group | Tues. November 23 rd 1:00 p.m. [4 th Tuesday] | Gaylord Towers 707 Market St., Steubenville | Contact: Heather Heid 1-888-213-4452, ext. 217 |
| MUSKINGUM <i>(brain injury)</i> | Zanesville Brain Injury Support Group | Mon. November 16 th 6:00 p.m. [3 rd Monday] | Genesis Health Care System Adair Ave. Campus Good Samaritan Hospital Rooms 1 & 2 Zanesville | Facilitator: Brenda Verhey, LSW, LPCC Rehab Social Services Psychology Counselor 740-450-6338 Contact: Phyllis Bishop 740-454-4324 1-800-225-7957 |
| NOBLE <i>(brain injury)</i> | Brain Injury Support Group | Support Group Thanksgiving Dinner Tues. November 10th 6:00 p.m. <i>(No December meeting)</i> | Noble County Health Dept. Conference Room 44069 Marietta Rd., Caldwell [Conference Room is downstairs. Use outside entrance, rear of building.] | Contact: Jenny Rucker Area 12 Office, BIAOH 740-732-4958 jrucker@biaoh.org |
| STARK <i>(brain injury)</i> | Stark County Brain Injury Support Group | No Meeting in November [2 nd Thursday] | Canton Baptist Temple 515 Whipple Ave. NW Canton [Use door "G," rear of building, or door "H" for more accessibility.] | Contacts: Lyla Kepler, 330-455-7969 Lkbisg1250@aol.com Chris Curtiss 1-888-213-4452, ext. #213 ccurtiss@biaoh.org |
| SUMMIT <i>(brain injury)</i> | Heads Up, No Boundaries Support Group | Every Friday 1:00–2:30 p.m. Open to survivors, family members, friends. | Edwin Shaw Hospital Board Rooms A & B 1621 Flickinger Rd. Akron | Contact: Nancy Brown 330-673-8347 cell 330-606-2327 mkbrown4@aol.com |

Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.

-- Brian Tracy

SUPPORT GROUPS

| <u>COUNTY</u> | <u>GROUP</u> | <u>DATE & TOPIC</u> | <u>LOCATION</u> | <u>CONTACTS</u> |
|--|---|--|--|--|
| <p align="center">SUMMIT (Serving Summit, Stark, Portage & Medina Counties)</p> <p align="center"><i>(brain injury)</i></p> | <p align="center">Community Clubhouse for Brain Injury (A program of the Community Health Center)</p> <p align="center">Clubhouse Hours: Monday through Friday 8:00 a.m. – 4:30 p.m. Closed Sat. & Sun.</p> | <p align="center">Educational Support Group Meeting Thurs. November 19th 6:30 p.m. [3rd Thursday] Speaker: Atty. Larry V. ***** NOTE: Christmas Party will be Dec. 14th, 6:00 p.m. – the 2nd Monday ***** Bible Study Each Tuesday 1:00 p.m. ***** Support Group for Survivors Only Each Wednesday 1:00 p.m.</p> | <p align="center">Community Clubhouse for Brain Injury Summit Terrace Apartments 697 E. Waterloo Rd. – Office Akron, OH 44306</p> | <p align="center">Contacts: Betty Bacalu, Director 330-703-1113 Dawna Tenney 330-802-6177 Clubhouse Phone: 330-724-4000 Fax: 330-724-9211 E-mail: tbi@commclubhouse.org Web Site: www.commclubhouse.org</p> |
| <p align="center">TRUMBULL <i>(brain injury)</i></p> | <p align="center">Insight Brain Injury Support Group</p> | <p align="center">4th Thursday of each month</p> | <p align="center">Hillside Rehab Hospital, Board Room, 8747 Squires Lane NE Warren</p> | <p align="center">Contact: Laura Blanco 330-841-3757</p> |
| <p align="center">TUSCARAWAS <i>(mental health issues)</i></p> | <p align="center">Hopeful Hearts I – A.C.E. NAMI Connection Peer Recovery Support Group [NAMI of Tuscarawas & Carroll Counties]</p> | <p align="center">Every Wednesday 1:30 – 3:00 p.m. (Group limited to mental health consumers only)</p> | <p align="center">A.C.E. Clubhouse 115 3rd St. SW New Philadelphia</p> | <p align="center">Group Facilitator: Karen Nicholson Contact: Karen Nicholson 330-308-5742 [A.C.E. Clubhouse]</p> |
| <p align="center">TUSCARAWAS <i>(mental health issues)</i></p> | <p align="center">Hopeful Hearts II – CMH NAMI Connection Peer Recovery Support Group [NAMI of Tuscarawas & Carroll Counties]</p> | <p align="center">Every Thursday 6:00 – 7:30 p.m. (Group limited to mental health consumers only)</p> | <p align="center">Community Mental Health Hospital Drive, Dover (behind Union Hospital) ***** [No Meeting Thanksgiving, Thurs. Nov. 26th, & no meeting Christmas Eve, Thurs. Dec. 24th,]</p> | <p align="center">Group Facilitator & Contact: Lisa Houk 330-458-0846 bigskygirl_44656@yahoo.com</p> |
| <p align="center">TUSCARAWAS <i>(mental health issues)</i></p> | <p align="center">NAMI Family Support Group [NAMI of Tuscarawas & Carroll Counties]</p> | <p align="center">Every Tuesday 6:00 – 8:00 p.m. [Open to individuals & families affected by mental health issues]</p> | <p align="center">246 N. Walnut St. Newcomerstown (former video store)</p> | <p align="center">Group Facilitator & Contact: Matt Leonard 740-492-0023</p> |

SUPPORT GROUPS

| <u>COUNTY</u> | <u>GROUP</u> | <u>DATE & TOPIC</u> | <u>LOCATION</u> | <u>CONTACTS</u> |
|--|--|--|--|---|
| TUSCARAWAS <i>(caregivers)</i> | Caregivers Support Group [Area Agency on Aging, Region 9] | Mon. November 9 th 12:00 – 1:00 p.m. [2 nd Monday] | Tuscarawas Senior Center 425 Prospect St. Dover | Contact: Pat Lake, RN 1-800-932-7277, ext. #279 AAA-9 |
| TUSCARAWAS <i>(cross-disability)</i> | S.E.A. Peer Support Group | <i>Contact S.E.A. for date & time.</i> | S.E.A. Conference Room 1458 Fifth St. NW New Philadelphia | Contact: Ruthanne Donalson 330-343-9292 ext. #215 |
| TUSCARAWAS <i>(brain injury)</i> | Tuscarawas County Brain Injury Support Group | Tues. November 10 th 7:00 – 9:00 p.m. [2 nd Tuesday] <u>Speaker:</u> Dianne Renicker Director, S.E.A. <u>Topic:</u> <i>New Freedom Transportation</i> ***** <u>NOTE:</u> The Christmas Meeting will be held Tues. Dec. 15 th , the 3rd Tues. of December instead of the 2 nd | Hennis Care & Assisted Living Centre Main Dining Room, Wing 1 1720 Cross St. Dover | Contact: Chris Curtiss 1-888-213-4452, ext. #213 ccurtiss@biaoh.org |
| TUSCARAWAS <i>(ALS – Lou Gehrig’s Disease)</i> | ALS Family Support Group of Ohio, Inc. | Thurs. November 19 th 7:00 – 8:30 p.m. [3 rd Thurs.] <u>Speakers:</u> Jim Graef & Walt & Phyllis Van Horn <u>Topic:</u> <i>Six Years of ALS Family Support</i> | Union Hospital Reeves Auditorium 659 Boulevard Dover | Contact: Phyllis Van Horn 330-343-2690 werehere4u@roadrunner.com web site: www.alsfamilysupportgroup.com |
| TUSCARAWAS <i>(military issues)</i> | Tuscarawas County Circle of Friends | (Open to family & friends of individuals serving in any branch of the Armed Forces) | New Philadelphia VFW 441 Park Ave. NW New Philadelphia | Contacts: Ann Marino 330-364-6018 Cindy Lorenz 330-339-3628 TuscCircleOfFriends@gmail.com |
| WEST VIRGINIA <i>(caregivers)</i> | Caregivers Support Group | Fri. November 6 th 2:00 p.m. [See Memo for special event in December!] | Altenheim Resource Center 1359 National Rd. Wheeling, WV | Contact: Ann Koegler 304-243-0996 |

Love the moment, and the energy of that moment will spread beyond all boundaries.

-- Sister Corita Kent

November 2009

(Brain injury-specific groups are marked accordingly)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>2</p> <p>2:00 – 3:00 p.m. Caregivers Cambridge ***** ← Did you remember to turn your clocks back yesterday?? 🕒</p> | <p>3</p> <p>2:00 p.m. Oak Pointe, Baltic [S.E.A.]</p>  <p>Election Day</p> | <p>4</p> <p>1:30–3:00 p.m. Hopeful Hearts A.C.E. New Philadelphia 5:00 – 7:00 p.m. SE OH Med. Ctr., Cambridge 6:00 – 8:00 p.m. NAMI Family Support Group, Newcomerstown</p> | <p>5</p> <p>11:00 am – 12:00 p.m. Caregivers – Cadiz 6:00 – 7:30 p.m. Hopeful Hearts CMH Dover</p> | <p>6</p> <p>1:00 – 2:30p.m. Heads Up, Akron <i>(brain injury)</i></p> <p>2:00 p.m. Caregivers, Wheeling, WV</p> |
| <p>9</p> <p>12:00 – 1:00 p.m. Caregivers Dover</p> | <p>10</p> <p>6:00 p.m. <i>Support Group</i> <i>Thanksgiving Dinner</i> Caldwell, Noble County <i>(brain injury)</i> 7:00 – 9:00 p.m. Tuscarawas County, Dover <i>(brain injury)</i></p> | <p>11</p> <p>1:30 – 3:00 p.m. Hopeful Hearts A.C.E. New Philadelphia 6:00 – 8:00 p.m. NAMI Family Support Group, Newcomerstown 6:00 – 8:00 p.m. Cadiz <i>(brain injury)</i></p> | <p>12</p> <p>6:00 – 7:30 p.m. Hopeful Hearts CMH Dover</p> | <p>13</p> <p>1:00 – 2:30p.m. Heads Up, Akron <i>(brain injury)</i></p> |
| <p>16</p> <p>10:00 a.m. Scenic Pointe, Millersburg <i>(brain injury)</i> 2:00 p.m. Echoing Hills, Warsaw [S.E.A.] 6:00 p.m. Good Samaritan, Zanesville <i>(brain injury)</i></p> | <p>17</p> | <p>18</p> <p>1:30 – 3:00 p.m. Hopeful Hearts A.C.E. New Philadelphia 6:00 – 8:00 p.m. NAMI Family Support Group, Newcomerstown</p> | <p>19</p> <p>10:30 – 11:30 a.m. Caregivers, Coshocton 6:00 – 7:30 p.m. Hopeful Hearts CMH Dover 6:30 p.m. Community Clubhouse Akron <i>(brain injury)</i> 7:00-8:30 p.m. ALS, Union Hospital, Dover</p> | <p>20</p> <p>1:00 – 2:30p.m. Heads Up, Akron <i>(brain injury)</i></p> |
| <p>23</p> | <p>24</p> <p>1:00 p.m. S.E.A. group, Steubenville</p> | <p>25</p> <p>1:30 – 3:00 p.m. Hopeful Hearts A.C.E. New Philadelphia 6:00 – 8:00 p.m. NAMI Family Support Group, Newcomerstown</p> | <p>26</p>  | <p>27</p> <p>1:00 – 2:30p.m. Heads Up, Akron <i>(brain injury)</i></p> |



Veterans Day, November 11th