

Support Group Directory



2013-2014
Fourteenth Edition

Published by The Self-Help Center
A Program of Family Service
405 S. State St., Champaign, IL 61820
(217) 352-0099
www.selfhelp.famservcc.org

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Dedication

This edition of the Support Group Directory is dedicated to **Sharon Monday**, who served as Coordinator of the Self-Help Center for 17 years. During her tenure at Family Service, Sharon assisted hundreds of individuals, started a self-help class at the University of Illinois, produced nine editions of the Support Group Directory, participated on panels, conducted presentations and facilitated numerous workshops on topics related to self-help and mutual support. Sharon has been a strong and vocal advocate for the self-help movement and an invaluable resource to community self-helpers.

“Although the world is full of suffering, it is full also of the overcoming of it.”

Helen Keller

Acknowledgements

We would like to thank each of the local self-help groups and agencies who have contributed information on local groups to make this directory possible.

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The Self-Help Center

The Self-Help Center, a program of Family Service, provides support to self-help groups in Champaign County and other surrounding counties in central Illinois. It facilitates the development of new groups and helps to connect individuals with appropriate self-help/support groups. It increases community awareness of the value of self-help and the resources available to groups. The Self-Help Center is funded by the Champaign County Mental Health Board, Carle and private contributions.

Services Provided by the Self-Help Center

- ***Database of information*** on support groups in Champaign County and surrounding East Central Illinois communities, and groups in-formation.
- This ***support group directory***.
- ***Specialized support group listings*** on particular topics.
- ***Website and on-line group listings*** at www.selfhelp.famservcc.org.
- ***The Self-Helper*** newsletter.
- Self-Help ***lending library*** with over 100 titles.
- The Self-Help Center of Family Service of Champaign County is ***on Facebook***.
- ***Workshops, conferences and educational packets*** on starting, publicizing and facilitating groups.
- ***Consultation service*** to assist individuals with starting new groups or improving the functioning of existing groups.

Your assistance is welcome! To volunteer or contribute monetary or in-kind donations, call (217) 352-0099 or write us at: Family Service, Self-Help Center, 405 S. State St., Champaign, IL 61820.

The Support Group Directory has been produced by the work of the following members of...

The Self-Help Center Staff

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Coordinator	Mary Anne Wilson
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Volunteer Support	Zelig Bartell Jennifer Hodges Donna LeClerc
Computer Support	Karen Fletcher Ted Kappas

Confidentiality

The right to privacy is respected by the entire staff of Family Service and the Self-Help Center. Anyone may contact the Center for information on self-help groups and is not required to provide personal information to receive services.

About This Directory

This directory is organized by major categories of groups and within categories by county. Although most groups listed are located in Champaign County, groups from nearby counties are also included. A group may be listed in more than one category. In addition to the table of contents which lists the categories, a topical index is provided at the back. Each group listing contains the name of the group, a purpose statement, contact names and numbers, an address, membership information, meeting times and places if known. We have also included information on the year the group formed, affiliation, and leadership structure, if known.

The following is a key to the coded information which appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

The information listed in this directory is based on information gathered from group contact people during the spring of 2013.

Online Listings of Groups

Self-Help groups are continuously forming, changing, and disbanding. You can search our online listings of support groups by topic on the Self-Help Center website at www.selfhelp.famservcc.org for the most up-to-date group information.

If you are unable to locate a particular group in this directory or on the website, call the Self-Help Center at (217) 352-0099. We may be able to locate a state or national support group or class on the subject. The Self-Help Center can also help you form a group or link you with people interested in the topic.

Contact Us

If you have any information about changes in the support groups listed in this directory or about new groups that have formed, please call us at (217) 352-0099 or e-mail updates to: mawilson@familyservicecc.org. This will help us provide current information for those who contact the Center for referrals to groups. We can also update the website information immediately for those searching online.

Disclaimer

The groups listed in this directory are independent resources available to the public. The Self-Help Center does not oversee or endorse groups listed in the directory.

What is a Self-Help Group?

A self-help group, also known as mutual help, mutual aid, or a support group, is a voluntary gathering of people who share a common problem, condition or history. By coming together, members share support and ideas on how to cope and live more productive and fulfilling lives. Groups are usually free of charge, on-going and open to new members.

Millions of Americans turn to support groups to help them cope with some of life's most difficult challenges. Ranging from tiny gatherings to national networks, self-help groups play an important role in the health and mental health care system. They compliment traditional services by effectively helping people deal with problems, stress, hardship, pain and personal development. In self-help groups, people take responsibility for each other and themselves. They find that participating with others dealing with similar issues is non-stigmatizing and effective.

Self-Help Groups-What Makes A Good One?

What do I look for when I search for the right group?

As you size up the right support group for you, some good things to look for are:

- Warmth and friendliness between members and a welcoming attitude toward newcomers.
- Some focus and structure to meetings, while allowing time for members to mingle informally.
- Regularly scheduled meetings with an ongoing agenda to reassure members that the group will be there for them in the future with support and information.
- General participation and shared decision-making by members. Although most groups need people to take certain responsibilities, no one person should be allowed to dominate a meeting with their problems. Ideally, meetings should offer a non-judgmental atmosphere where each person who chooses has a chance to speak out. In addition to periodic lectures by professionals in your special area of concern, up-to-date resource material should be available to all members.

Approach your first meeting with an open mind and try to find out all you can. You may need to attend several meetings before you feel things are "clicking". If you don't feel you have found "your" group, and you are still interested in finding the right one, keep trying. Even within the same organization, chapters can be very different and membership is usually quite fluid.

How can one of these groups help me?

It helps to be with people who share a common concern and to gather information. Participants share experiences with others who not only have been through the same suffering, but also are finding ways to cope with and even master it. If you have been nearly incapacitated by "the problem," you initiate a positive action and gain a feeling of restored control by simply attending a meeting. Then, once there, you find the comfort of fellowship with other similar sufferers, and, by hearing others' experiences, even come to learn that you may be better off than you realized. Also, through the caring and sharing exchange, you can gain insight on your problem and learn helpful coping strategies while you become part of a network that receives up-to-date information. Finally, and perhaps the most therapeutic of all, a support group can help you regain self-esteem as you become involved with and are helpful to others in the group.

It is important to realize that support groups are not a substitute for group therapy or individual counseling. Therapy may be a valuable component of recovery. The benefit of a support group arises from the sharing of life experiences, the altruism, and a sense of community within the group.

Abstract of information with permission of the Rainy Day People Clearinghouse from an article in Back to Health by Jinx Smith in June, 1989, and a newsletter of the Rainy Day People Clearinghouse, Scottsdale, AZ, Spring, 1996.

ADDICTIONS

Alcohol Abuse

CHAMPAIGN COUNTY

Al-Anon Family Group (Champaign) * (1983 A,L)

The Al-Anon Family Group is a fellowship of relatives and friends of alcoholics. Teens and adults share their experiences, strengths, and hopes for overcoming their common problems with alcoholism.

Contact: Al-Anon (866) 794-8515 **Email:** contact@district12afg.org

Local Website: www.district12afg.org **National Website:** www.al-anon.org

Write: AFG-District 12, PO Box 12, Champaign, IL

Alateen * (A,L)

Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Meets Fri., 7:00 p.m., Emmanuel Episcopal Church, State and University, Champaign.

Contact: Champaign/Urbana Al-Anon/Alateen Answering Service (866) 794-8515

Email: aa-ecior@aa-eci.org

Local Website: www.aa-eci.org **National Website:** www.alateen.org

Write: AFG - District 12, P.O. Box 3351, Champaign, IL 61826-3351

Alcoholics Anonymous (AA) - Champaign * (1935 A,L)

Alcoholics Anonymous brings together men and women who share strengths, experiences, and hopes to overcome problems with alcoholism. The hotline number has information on individual meetings, such as smoking or child care. Child care is available some mornings. Group literature is available.

Contact: AA Hotline (217) 373-4200 **Email:** aa-ecior@aa-eci.org

Local Website: www.aa-eci.org **National Website:** www.alcoholics-anonymous.org

Celebrate Recovery (Windsor Road Christian Church) * (2009 A,L)

Celebrate Recovery is a twelve-step, Christ-centered, recovery program that addresses all types of habits, hurts, and inhibitions. It is based on the fellowship of a caring community. It includes large-group sharing and small, separate-gender groups related to chemical dependency, and men's and women's issues. Meets Fri., 6:00-9:00 p.m., Windsor Road Christian Church, 2501 Windsor Rd., Champaign.

Contact: Windsor Road Christian Church (217) 359-2122

Email: gwackerlin@comcast.net **National Website:** www.celebraterecovery.com

Write: Windsor Road Christian Church, 2501 Windsor Rd., Champaign, IL 61822

Healing Journey (The Vineyard Church) * (1999 A,L)

Healing Journey is a twelve-step program based on the teachings of Jesus Christ. It is for people who are building healthy relationships and finding hope, strength, and freedom from hurts, habits and inhibitions. Child care is available for a minimal fee. A workbook costs \$20. For directions to the meeting room, look for signs or go to the Welcome Desk. Meets Tues., 7:00-9:00 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL.

Contact: Daniel Putman, The Vineyard Church (217) 384-3070

Email: daniel.putman@thevineyardchurch.us **Local Website:** thevineyardchurch.us

Write: Daniel Putman, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

No Longer Bound * (1998 F,L)

No Longer Bound is a Christian support group for people, ages 18 and older, who want to learn new behavior patterns for any unwanted habits. The group uses biblical principles and emphasizes self-understanding and the unchanging love of God for all humanity. It offers tools to restore the fruit of the Spirit, provides a workable formula for confronting the past, provides a model for surrendering one's life to God, reaffirms God's right and power to rule over all of life, and emphasizes the relationship between the twelve-steps and the practices of Christian living. The group includes discussion, learning, self-awareness, and sharing of life experiences. Call Evangelist Eloris Nash or email for schedule, information, and preregistration. Meets Fri., 6:00-9:00 p.m.

Contact: Evangelist Eloris Nash (217) 352-9527 or (217) 390-2813 **Email:** ladyenash@aol.com

R12 Weekly Recovery Support Group * (2009 A,L)

Celebrate Recovery is a twelve-step, faith-based group for people recovering from addictions or dysfunctional coping behaviors. Meets Sat., 10:00-11:00 a.m., First Christian Church, Rm. 109, 3601 S. Staley Rd., Champaign.

Contact: Lee Shores 369-3783 **Email:** shores.lee@gmail.com or r12cbm@gmail.com

Spanish Twelve-Step Group - Grupo de Apoyo de Doce Pasos para Hombres * (2008 F,L)

The Spanish Twelve-Step Group is for Spanish-speaking men who commit domestic violence or who abuse alcohol or drugs. Topics include domestic violence, anger management, chemical dependency, relapse prevention, trust, and more. Hablamos español. Este es un grupo de apoyo de los doce pasos para hombres. Los temas incluyen violencia familiar, como controlar la ira, falta de confianza, dependencia química, prevención de recaídas, y mucho más. La junta es cada sábado, horario 8:30 a.m. Meets Sat., 8:30 a.m., Cultivadores El Centro Latino, 555 S. Maplewood, Rantoul.

Contact: Nelson Cuevas, Cultivadores El Centro Latino (217) 892-5292

Email: cultivadores@mchsi.com

Write: Nelson Cuevas, Cultivadores El Centro Latino, 555 S. Maplewood, Rantoul, IL 61866

Women for Sobriety (W.F.S.) * (1998 A,L)

Women for Sobriety provides meetings in certain areas and phone support to help women recover from alcoholism and/or chemical addictions. This is an alternative recovery program from AA.

Contact: Sue (217) 355-3921 or WFS National Office (215) 536-8026

Email: newlife@nni.com **National Website:** www.womenforsobriety.org

MACON COUNTY

Al-Anon Family Group (Macon) * (1952 A,L)

The Al-Anon Family Group provides aid to family members of alcoholics and is open to everyone. Child care is available for Sunday and Tuesday meetings. Meets Sunday, 6:00 p.m., in Decatur; Tues., 7:00 p.m., in Decatur; Thurs., 10:00 a.m., in Decatur; and Thurs., 8:00 p.m., in Mt. Zion. Call for meeting locations.

Contact: Hotline (217) 423-8214 **National Website:** www.al-anon.org

Alcoholics Anonymous (AA) - Macon * (1935 A,L)

Alcoholics Anonymous brings together men and women who share strengths, experiences, and hopes to overcome their common problems with alcoholism.

Contact: AA Hotline (217) 422-3766

National Website: www.alcoholics-anonymous.org

Write: Alcoholics Anonymous, P.O. Box 2484, Decatur, IL 62524

Codependency / Dysfunctional Families and Behaviors

CHAMPAIGN COUNTY

Al-Anon Family Group (Champaign) * (1983 A,L)

The Al-Anon Family Group is a fellowship of relatives and friends of alcoholics. Teens and adults share their experiences, strengths, and hopes for overcoming their common problems with alcoholism.

Contact: Al-Anon (866) 794-8515 **Local Website:** www.aa-eci.org

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Celebrate Recovery is a twelve-step, Christ-centered, recovery program that addresses all types of habits, hurts, and inhibitions. It is based on the fellowship of a caring community. It includes large-group sharing and small, separate-gender groups related to chemical dependency, and men's and women's issues. Meets Fri., 6:00-9:00 p.m., Windsor Road Christian Church, 2501 Windsor Rd., Champaign.

Contact: Windsor Road Christian Church (217) 359-2122 **Email:** gwackerlin@comcast.net

Write: Windsor Road Christian Church, 2501 Windsor Rd., Champaign, IL 61822

Co-Dependents Anonymous (CODA) * (2005 A,L)

Co-Dependents Anonymous is a twelve-step fellowship of men and women whose common purpose is to recover from codependence, and to develop and maintain healthy relationships. Group literature is available. Donations are requested to cover literature and expenses. Meets Mon., 7:00-8:00 p.m., The Pavilion, Lecture Room, 809 W. Church St., Champaign; and Tues., 7:00-8:00 p.m., Serenity Shack, 117 Ohio St., Rantoul.

Contact: Lou (217) 898-2847 or Stan (217) 493-6429

Email: CODALou@gmail.com or creation1957@gmail.com **National Website:** www.coda.org

Healing Journey (The Vineyard Church) * (1999 A,L)

Healing Journey is a twelve-step program based on the teachings of Jesus Christ. It is for people who are building healthy relationships and finding hope, strength, and freedom from hurts, habits, and inhibitions. Child care is available for a minimal fee. A workbook costs \$20. For directions to the meeting room, look for signs or go to the Welcome Desk. Meets Tues., 7:00-9:15 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL.

Contact: Daniel Puttman, The Vineyard Church (217) 384-3070

Email: daniel.puttman@thevineyardchurch.us **Local Website:** <http://thevineyardchurch.us>

Write: Daniel Puttman, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

No Longer Bound * (1998 F,L)

No Longer Bound is a Christian support group for people, ages 18 and older, who want to learn new behavior patterns for any unwanted habits. The group uses biblical principles and emphasizes self-understanding and the unchanging love of God for all humanity. It emphasizes the relationship between the twelve-steps and the practices of Christian living. The group includes discussion, learning, self-awareness, and sharing of life experiences. Call Evangelist Eloris Nash or email for schedule, information, and preregistration. Meets Fri., 6:00-9:00 p.m.

Contact: Evangelist Eloris Nash (217) 352-9527 or (217) 390-2813 **Email:** ladyenash@aol.com

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Contact: Lee Shores 369-3783

Email: shores.lee@gmail.com

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The Spanish Twelve-Step Group is for Spanish-speaking men who commit domestic violence or who abuse alcohol or drugs. Topics include domestic violence, anger management, chemical dependency, relapse prevention, trust, and more. Hablamos español. Este es un grupo de apoyo de los doce pasos para hombres. Los temas incluyen violencia familiar, como controlar la ira, falta de confianza, dependencia química, prevención de recaídas, y mucho más. La junta es cada sábado, horario 8:30 a.m. Meets Sat., 8:30 a.m., Cultivadores El Centro Latino, 555 S. Maplewood, Rantoul.

Contact: Nelson Cuevas, Cultivadores El Centro Latino (217) 892-5292

Email: cultivadores@mchsi.com

Write: Nelson Cuevas, Cultivadores El Centro Latino, 555 S. Maplewood, Rantoul, IL 61866

MACON COUNTY

Al-Anon Family Group (Macon) * (1952 A,L)

The Al-Anon Family Group provides aid to family members of alcoholics and is open to everyone. Child care is available for Sunday and Tuesday meetings. Meets Sunday, 6:00 p.m., in Decatur; Tues., 7:00 p.m., in Decatur; Thurs., 10:00 a.m., in Decatur; and Thurs., 8:00 p.m., in Mt. Zion. Call for meeting locations.

Contact: Hotline (217) 423-8214 **National Website:** www.al-anon.org

Compulsive Overeating

CHAMPAIGN COUNTY

Overeaters Anonymous (OA) - Champaign-Urbana * (1960 A,L)

Overeaters Anonymous is a twelve-step, self-help group for compulsive overeaters and people with anorexia or bulimia. For local meetings call (888) 216-8458 (automated message) or visit website.

Contact: (888) 216-8458

Email: shayjr917@yahoo.com **National Website:** www.oa.org

Write: Overeaters Anonymous, PO Box 44020, Rio Rancho, NM 87174

Overeaters Anonymous (OA) - Rantoul * (1960 A,L)

Overeaters Anonymous is a twelve-step, self-help group for compulsive overeaters and people with anorexia or bulimia. For local meetings call (888) 216-8458 (automated message) or visit website.

Rantoul group meets Tues., 5:00-6:00 p.m., Serenity Shack, 117 N. Ohio St., Rantoul.

Contact: Barbara (217) 379-7572 or (888) 216-8458 (automated message)

Email: bjs1506@yahoo.com **National Website:** www.oa.org

Write: Overeaters Anonymous, PO Box 44020, Rio Rancho, NM 87174

TOPS (Take Off Pounds Sensibly) - Champaign and East Central Illinois * (1948 A,L)

The mission of TOPS is to support members as they take off and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization based in Milwaukee, Wisconsin, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and sponsor obesity research. TOPS publishes educational materials to help its members understand the dynamics of behavior change, good nutrition, and increased activity in developing a healthy new lifestyle. Local chapter meetings incorporate all of these elements on a weekly basis. Annual membership, which includes member magazine, is \$26 plus nominal chapter fees to cover operating expenses – on average, less than \$5 per month. There are also

meetings in Coles, DeWitt, Douglas, Ford, Iroquois, McLean, Piatt, and Vermilion Counties. For meeting information, check the website or local community calendar, email or call. Champaign County chapter meets Thurs., 6:00 p.m., Tolono Township Hall, 111 E. Holden St., Tolono.

Contact: Kristina Meece (217) 784-4977 or Sharon Dines (815) 698-2098

Email: topsygirl123@gmail.com or sharondines712@yahoo.com **National Website:** www.tops.org

Write: Sharon Dines, 2353 N 1250 East Rd., Danforth, IL 60930

VERMILION COUNTY

TOPS (Take Off Pounds Sensibly) - Vermilion * (1948 A,L)

The mission of TOPS is to support members as they take off and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization based in Milwaukee, Wisconsin, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and sponsor obesity research. Annual membership, which includes member magazine, is \$26 plus nominal chapter fees to cover operating expenses – on average, less than \$5 per month. There are several weekly meetings in Vermilion County. For meeting information, check the website or local community calendar, email or call.

Contact: Area Captain, Tuck Miller (217) 497-4506 or Coordinator, Sharon Dines (815) 698-2098

Email: topsac6419@gmail.com or sharondines712@yahoo.com **National Website:** www.tops.org

Write: TOPS, 807 Franklin, Danville, IL 61832

Drug Abuse

CHAMPAIGN COUNTY

Celebrate Recovery (Windsor Road Christian Church) * (2009 A,L)

Celebrate Recovery is a twelve-step, Christ-centered, recovery program that addresses all types of habits, hurts, and inhibitions. It is based on the fellowship of a caring community. It includes large-group sharing and small, separate-gender groups related to chemical dependency, and men's and women's issues. Meets Fri., 6:00-9:00 p.m., Windsor Road Christian Church, 2501 Windsor Rd., Champaign.

Contact: Windsor Road Christian Church (217) 359-2122

Email: gwackerlin@comcast.net **National Website:** www.celebraterecovery.com

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Email: daniel.putman@thevineyardchurch.us **Local Website:** <http://thevineyardchurch.us>

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Contact: Evangelist Eloris Nash (217) 352-9527 or (217) 390-2813 **Email:** ladyenash@aol.com

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Email: cultivadores@mchsi.com

Write: Nelson Cuevas, Cultivadores El Centro Latino, 555 S. Maplewood, Rantoul, IL 61866

Women for Sobriety (W.F.S.) * (1998 A,L)

Women for Sobriety provides meetings in certain areas and phone support to help women recover from alcoholism and/or chemical addictions. This is an alternative recovery program from AA.

Contact: Sue (217) 355-3921 or national office (215) 536-8026 **Email:** newlife@nni.com

CHAMPAIGN COUNTY AND EAST CENTRAL IL

Narcotics Anonymous (NA) * (1953 A,L)

Narcotics Anonymous provides support for any individual who wishes to live a drug-free life. It provides education about NA to interested groups in the community. For meeting times and places in Champaign, Coles, McLean, Macon, Peoria, Sangamon and Vermilion Counties, contact the Helpline.

Contact: Helpline (800) 539-0475

Email: pi@ppana.org

Local Website: www.ppana.org

Write: Primary Purpose Area of NA, P.O. Box 1332, Champaign, IL 61824-1332

Gambling

CHAMPAIGN COUNTY

Champaign-Urbana Gamblers Anonymous * (1984 A,L)

Champaign-Urbana Gamblers Anonymous provides a twelve-step group for recovering gamblers. Meets Sun., 7:00 p.m., The Pavilion, Group Room D, 809 W. Church St., Champaign.

Contact: Whit (217) 714-5760 or Sheldon (217) 352-3632

Email: sjtolsj@gmail.com

National Website: www.gamblersanonymous.org

Write: 1701 Gentry Square Lane, 101, Champaign, Il 61821

Sex / Love Addiction

CHAMPAIGN COUNTY

Freedom Support Group (Meadowbrook Church) * (2007 F,P)

Freedom Group is a Christ-centered support group ministry whose mission is to encourage, empower and equip God's people to live every day in sexual integrity. This fellowship of men has found that their common struggle is God's opportunity. Each day, members work at allowing God to transform their lives by the renewal of their minds and by experiencing freedom from habitual sins while learning to grow in God's grace. Meets every Sunday, 7:30 a.m., Meadowbrook Church, 1902 S. Duncan Road, Champaign. Contact Tony Kauffman for more information

Contact: Tony Kauffman (217) 621-0236 **Email:** kauffman@sbcglobal.net

Heart 2 Heart Group for Couples * (2012 F,L)

This group is for couples trying to cope with, restore and improve marriages damaged by sexual betrayal. Helps couples continually improve their relationships with Christ and each other. Various materials are used to address relationship issues. Meets weekly on Tues. for one hour. Call for time and location.

Contact: Sally Shores (217) 369-3783 or (217) 369-4149 **Email:** r12cbm@gmail.com

Write: Sally and Lee Shores, 201 Dropseed Dr., Savoy, IL 61874

L.I.F.E. Group for Men * (2012 A,L)

This Living in Freedom Everyday (L.I.F.E.) group is for men that have sexual strongholds such as; pornography, physical affairs, emotional affairs, peeping, sex issues, etc. Group is safe, secure, and provides accountability as well as activities to facilitate healing from sexual related strongholds. Group materials are Christ-centered and workbook fee is \$25. Meets weekly and new members are welcome any time.

Contact: Lee Shores (217) 369-3783 **Email:** r12cbm@gmail.com

L.I.F.E. Group for Spouses * (2012 A,L)

Living in Freedom Everyday (L.I.F.E.) group for spouses is for women/ wives that have been hurt and are looking for healing from their husband's sexual betrayal and struggles with sexual integrity. Uses Christ-centered L.I.F.E. Recovery International materials and recovery model. Group meets weekly. Call for time and location.

Contact: Lee and Sally Shores (217) 369-4149 or (217) 369-3783

Email: r12cbm@gmail.com **Local Website:** <http://freedomeveryday.org>

Write: Lee and Sally Shores, R12 Ministry, 201 Dropseed Dr., Savoy, IL 61874

Men's Freedom Support Group (Vineyard Church) *

The Freedom Support Group is a Christ-based group for men who struggle with sexually addictive behaviors. It helps men to live lives of sexual sobriety and wholeness. Meets Wed., 6:30-7:30 p.m., at the Prayer House on Coler in Urbana.

Contact: Dale Petre (217) 419-4080 **Email:** dmp74@att.net

Sex Addicts Anonymous (SAA) * (A,L)

Sex Addicts Anonymous is a twelve-step fellowship of men and women who have the desire to stop their addictive sexual behaviors and to help others recover from sexual addiction. A newsletter and group literature are available. Meets Mon. 12:00-1:00 p.m. and Thurs. 8:00-9:00 p.m. There is a related style meeting Sat., 12:00 p.m. Email or call for meeting locations.

Contact: (800) 557-9052 to leave a message

Email: saainfo@champaign-saa.org

Local Website: www.champaign-saa.org **National Website:** <http://saa-recovery.org>

BEREAVEMENT

Bereavement (General)

CENTRAL IL

Mothers Against Drunk Driving (MADD Illinois) * (1980 A,L)

MADD Illinois provides phone support and victim court advocacy to people who are coping with the loss of a loved one from an alcohol-related accident. MADD Illinois provides assistance with the medical, emotional, and legal problems after an accident.

Contact: (217) 523-MADD (6233) or (888) 440-MADD (6233) **Email:** il.state@madd.org

Local Website: www.madd.org/local-offices/il/ **National Website:** www.madd.org

Write: MADD Illinois, 2070 W. Monroe St., Ste. B, Springfield, IL 62704

CHAMPAIGN COUNTY

Bereaved Parents of the USA, Champaign-Urbana Chapter * (2012 A,L)

Provides support for any adults who have lost a child, grandchild or sibling. Group is the local chapter of the national non-profit organization, Bereaved Parents of the USA. Meets 2nd Sun., 4:30-6:00 p.m., Champaign Public Library, Robeson C meeting room.

Contact: Jane and Jerry Pica, (217) 373-1321 or Linda and James Ellison (217) 840-6377

Email: khlinda@juno.com **National Website:** www.bereavedparentsusa.org/

Write: Jane Pica, 2521 Pinehurst Dr., Champaign, IL 61822

Christian Grief Support Group * (2006 P/L)

The mission of the group is to provide a safe place for people who are facing grief after a loss to receive and give support in a Christian environment. Information shared in the group is held in confidence. A trained facilitator leads the meetings, which are open to anyone in the community. Meets 1st Wed., 600-7:00 p.m., Faith United Methodist Church, Champaign.

Contact: Rev. Kenneth A. Cox, (217) 398-0480

Email: kcox65@sbcglobal.net **Local Website:** www.champaignfaith.org

Write: Rev. Kenneth A. Cox, Faith United Methodist Church, 1719 S. Prospect Ave., Champaign, IL 61820

GriefShare (Meadowbrook Community/Champaign First United Methodist Church) * (2012 A,L)

GriefShare is a grief recovery seminar and support group. It is nondenominational, but does feature biblical teachings for recovery. Gain access to valuable resources to help you recover from your loss. Call for meeting time and location of current session and to register. One-time cost for workbook, \$15. A special GriefShare for the Holidays group meets in November.

Contact: Bettyann Rockwell (217) 351-3019 or Pastor Cathy Minor (217) 356-9078

Local Website: www.meadow.org

Write: GriefShare, Meadowbrook Community Church, 1902 S. Duncan Rd., Champaign, IL 61822 or GriefShare, Champaign First United Methodist Church, 210 W. Church St., Champaign, IL 61820

GriefShare (The Vineyard Church) * (2000 A,L)

GriefShare is a thirteen-week, grief recovery seminar and support group. It is nondenominational, but does feature biblical teachings for recovery. Registration fee is \$20. Child care is available for \$2 per hour per child. For directions to meeting room, look for signs or go to the Welcome Desk. Meets Tues.,

7:00-9:15 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.

Contact: Ricky Merriman (217) 384-3070 **Email:** ricky.merriman@thevineyardchurch.us

Local Website: thevineyardchurch.us **National Website:** www.griefshare.org

Write: Ricky Merriman, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Life after Loss * (1990 F,P/L)

Life after Loss is a support group for adults who are experiencing grief after the death of a loved one. Members share experiences and participate in activities that allow them to remember their loved ones and to move on in their lives. Call for meeting schedule, location and to preregister. Afternoon and evening sessions are available.

Contact: Carle Hospice Bereavement Coordinator (217) 383-3151 or (800) 239-3620

Local Website: www.carle.com

Write: Life after Loss, Carle Hospice, 206 A West Anthony Dr., Champaign, IL 61822

Our Time * (1993 F,P/L)

Our Time is a community-based support program for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. At the same time, a parent group meets to address how grief is expressed in children and how parents can help their children work through their grief.

Contact: Vera Duncanson (217) 337-2487 **Email:** vera.duncanson@presencehealth.org

Write: Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61821

Presence Grief Support Group * (2011,A,P)

Presence Hospice and Pastoral Care staff are hosting this series of six sessions to be with others who have similar grief experiences, to share stories, support and hope. Meets throughout the year at Presence Center for Healthy Aging, 410 E. University Ave., Ste. 200, Champaign. Contact Vera for the group schedule.

Contact: Vera Duncanson 337-2487 **Email:** vera.duncanson@presencehealth.org

Write: Vera Duncanson, Presence Covenant Pastoral Care, 1400 W. Park St., Urbana, IL 61801

Rainbows For All Children (DBA) Rainbows (Champaign) * (1983 A,P/L)

Rainbows offers groups for children, ages preschool to teens, who have experienced the death of a parent, the divorce of parents, the incarceration of a parent, the military deployment of a parent or any other significant loss. The groups provide emotional support, education, and understanding. Small groups are held through the sponsorship of public and parochial schools. High school and adult curricula are available.

Contact: Rainbows (800) 266-3206 or (847) 952-1770

Email: info@rainbows.org **National Website:** www.rainbows.org

Write: Rainbows, 1360 Hamilton Parkway, Itasca, IL 61043

COLES COUNTY

Hopeful Horizons * (2012 P)

The Hopeful Horizons group provides support for anyone grieving the loss of a loved one due to death. Meets on the third Thursday of every month, 1:00-2:30 p.m., SBLHC Prairie Pavilion Bldg II, first room on the left at the top of the stairs.

Contact: Dawn Macke, LCSW, Bereavement Counselor (800) 454-4055

Email: dmacke@sblhs.org

Write: Dawn Macke, Lincolnland Hospice of SBLHC, 1000 Health Center Dr., Mattoon, IL 61938

Pathways Through Grief * (1991 F,L)

Pathways Through Grief provides education and support for anyone experiencing a loss through death. Meets 1st Wed., 7:00-9:00 p.m., Sarah Bush Lincoln Health Center (SBLHC), Education Center, 1000 Health Center Dr., Mattoon, IL.

Contact: Dawn Macke, LCSW, Bereavement Counselor (800) 454-4055

Email: dmacke@sblhs.org **Local Website:** www.sarahbush.org

Write: Dawn Macke, Lincolnland Hospice of SBLHC, 1000 Health Center Dr., Mattoon, IL 61938

MACON COUNTY**Hidden Victims Phone Support * (F,P)**

Hidden Victims Program provides phone support to people who have survived the death of a significant other from a homicide or DUI fatality. The service is provided by the Victim Services Coordinator of the State's Attorney's Office. The service also provides survivors with individual therapy by a licensed therapist. Survivors must be referred to therapy by the services coordinator. Therapy is provided through grant funds, and there is no cost. The incident MUST have occurred in Macon County, and survivors must cooperate in the prosecution of a case. Survivors who reside outside of Macon County may participate in individual therapy if they are able to come to the program.

Contact: Melanie Long, Certified Advocate, Victim Services Coord. (217) 424-1419

Email: mlong@sa-macon-il.us

Write: Melanie Long, Macon County State Attorneys Office, 4th Floor, 253 E. Wood St., Decatur, IL 62523

Young Widowed Support Group * (2011 F,L)

The Young Widowed Support Group offers emotional support through your time of grieving and loneliness, hope for a brighter tomorrow, even though that may sound impossible, and friendships with others who can cry, laugh, and heal with you. This group will discuss some of the unique challenges of being a young widow(er), such as unfulfilled dreams, children, finances and loneliness. Meets 3rd Thurs., 6:00 p.m., at various restaurants in Decatur. For a list of meetings or to be included on e-mail list, call or e-mail.

Contact: Dawn Followell (217) 864-2799 **Email:** rdfdlf@comcast.net

VERMILION COUNTY**GriefShare (Southside Church of the Nazarene) * (2004 A,P/L)**

GriefShare provides a thirteen-week, grief recovery seminar and support group. The program is nondenominational, but does feature biblical teachings for recovery. Focus is on healing. There is a fee for a workbook. Meets Thurs., 6:00-7:30 p.m., Fall and Spring, Southside Church of the Nazarene, Fellowship Hall, 1629 King St., Tilton.

Contact: church office (217) 446-7876 or Midge Van Cleave (217) 354-4149

Email: church@southsidenaz.us or danmidge@sbcglobal.net

National Website: www.griefshare.org

Write: Midge Van Cleave, RN, Parish Nurse, Southside Church of the Nazarene, 1629 King St., Tilton, IL 61833

Loss and Grief Recovery Group (Presence United Samaritans) * (1982 F,P)

The Loss and Grief Recovery Group provides nine sessions for anyone, ages 16 and over, who needs help to deal with a loss through death. The series provides learning opportunities to heal from grief wounds and to grow from them. The group is facilitated by trained staff. Group literature and transportation are available. Registration is required. Meets Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville.

Contact: Sister Joanne Vander Heyden, Pastoral Care Department (217) 443-5000

Email: joanne.vanderheyden@presencehealth.org **Local Website:** www.provena.org/usmc/

Write: Sister Joanne Vander Heyden, Loss and Grief Recovery Group, Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville, IL 61832

Death of a Child or Unborn Child

CHAMPAIGN COUNTY

Bereaved Parents of the USA, Champaign-Urbana Chapter * (2012 A,L)

Provides support for any adults who have lost a child, grandchild or sibling. Group is the local chapter of the national non-profit organization, Bereaved Parents of the USA. Meets 2nd Sun., 4:30-6:00 p.m., Champaign Public Library, Robeson C Meeting Rm.

Contact: Jane and Jerry Pica (217) 373-1321 or Linda and James Ellison (217) 840-6377

Email: khlinda@juno.com **National Website:** www.bereavedparentsusa.org/

Write: Jane Pica, 2521 Pinehurst Dr., Champaign, IL 61822

Empty Arms * (2006 F,L)

Empty Arms is a grief support network that was established by two mothers who experienced the loss of an infant. The group provides understanding and compassion to parents who have suffered the loss of a baby through miscarriage, stillbirth or infant death at any time. Grieving parents, adult family members, and their friends are invited to learn more about the grief process, to grow through the experience, and to share in each other's lives. Meets 1st Thurs., 6:00-7:30 p.m., Windsor Road Christian Church, 2501 W. Windsor Rd., Champaign.

Contact: Becky Ames (217) 390-7418 or Meghan Drewes (217) 637-5338

Email: bames@giftofhope.org

S.H.A.R.E. (Source of Help in Airing and Resolving Experiences) * (1977 A,P/L)

S.H.A.R.E. provides support to parents who have lost a child through ectopic pregnancy, miscarriage, stillbirth, neonatal death, or SIDS (Sudden Infant Death Syndrome) at any time in the past. A Walk to Remember event is held in the Fall. There are no fees, but donations are welcome. A lending library is available. Call in May and December for dates of special events. There are no regular meetings when special events occur. Call to confirm meeting location. Meets 3rd Thurs., 7:00-9:00 p.m., Administrative Conference Rm. 3, Presence Covenant Medical Center, 1400 W. Park St., Urbana.

Contact: Karen Mortensen (217) 766-8175 (c) or Ginny Conron (217) 377-9781 (c)

Email: share.urbana@gmail.com or virginia.conron@presencehealth.org

Write: SHARE Co-Facilitator/Coordinator, Presence Covenant Medical Center, 1400 W. Park St., Urbana, IL 61801

MCLEAN COUNTY

Compassionate Friends - Bloomington/Normal Chapter * (1986 A,L)

Compassionate Friends is a national, self-help support organization offering friendship, understanding and hope to families grieving the death of a child of any age, from any cause. There is no religious affiliation and no fees are charged. All bereaved family members are welcome. Contact The Compassionate Friends National Office for current local meeting information.

Contact: National office of Compassionate Friends (877) 969-0010 or (630) 990-0010

Email: nationaloffice@compassionatefriends.org

National Website: www.compassionatefriends.org

VERMILION COUNTY

Little Angels Parent Support Group * (1987 F,P)

This group provides emotional and spiritual support for parents who have lost children through miscarriage, ectopic pregnancy, stillbirth, neonatal death, SIDS (Sudden Infant Death Syndrome) or any illness. Family members and close friends, ages 12 and older, are encouraged to attend. Individual help is available for those who cannot attend the meetings. Transportation and a lending library are available. Meets 1st Thur., (not Jan. 1st or July 4th), 7:00-8:30 p.m., Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville.

Contact: Sister Joanne Vander Heyden, Pastoral Care Department (217) 443-5000

Email: joanne.vanderheyden@presencehealth.org **Local Website:** www.provenausmc.com

Write: Sister Joanne Vander Hayden, Presence USMC, 812 N. Logan Ave., Danville, IL 61832

Loss of a Pet

CHAMPAIGN COUNTY

CARE Pet Loss Hotline * (1990 F,P)

The CARE Pet Loss Hotline provides phone support only for people of all ages who are experiencing the loss of a pet or other animal through accident, chronic disease or misadventure. Support is provided to people who are struggling with a euthanasia decision. The University of Illinois hotline is open for calls in the evening, on Tues., Thurs., and Sun., 7:00 p.m.-9:00 p.m. Leave a message at other times.

Contact: CARE Pet Loss Hotline (217) 244-CARE (2273) or toll free (877) 394-CARE (2273)

Email: grieffhelp@vetmed.illinois.edu **Local Website:** www.vetmed.illinois.edu/CARE/

Survivors of Suicide

CHAMPAIGN COUNTY

Survivors of Suicide Support Group (Champaign) * (1999 F,P)

The Survivors of Suicide Support Group is for family and friends who have experienced a death by suicide. Attendance in the group is ongoing. An initial screening and orientation interview is required to join. Call to schedule an interview before attending the group. There is no fee. Meets 2nd Mon., 6:00-8:00 p.m., Presence Covenant Medical Center, 1400 W. Park St., Urbana.

Contact: Peter Dyck, Presence Covenant Pastoral Care (217) 337-2181

Email: peter.dyck@presencehealth.org

Write: Peter Dyck, Presence Covenant Pastoral Care, 1400 W. Park St., Urbana, IL 61801

PEORIA COUNTY

Survivors of Suicide Grief Support Group (Peoria) * (1989 A,P/L)

The Survivors of Suicide Grief Support Group provides support to anyone who is grieving over a death by suicide. It does not provide support for those who have attempted suicide. The group is not for children or adolescents. Group literature is available. Meets 1st and 3rd Tues., 7:00-8:30 p.m., Chapel area at Proctor Hospital, 5409 N. Knoxville Ave, Peoria.

Contact: Rev. Eimo Hinrichs (309) 697-3342

Email: eimopat@aol.com

Write: Rev. Eimo Hinrichs, 5032 W. Burns Ave., Bartonville, IL 61607

CAREGIVERS

Caregivers (Alzheimer's Disease / Dementia)

CHAMPAIGN COUNTY

Alzheimer's Support Group (Champaign County) * (1986 A,P/L)

This group provides information about Alzheimer's disease and related disorders. It offers support from others who have common challenges and frustrations, and gives guidance in dealing with guilt, anger, frustration, and loneliness. Open to families, caregivers, and friends. Meets at Champaign Urbana Nursing Rehab, 302 W. Burwash Ave., Savoy. Call for dates and times.

Contact: Elaine Schneider (217) 402-9670

Write: Alzheimer's Support Group, Champaign Urbana Nursing Rehab, 302 W. Burwash Ave., Savoy, IL 61874

Circle of Friends Adult Day Center Caregivers Support Group * (1996 A,P)

This group provides emotional support to caregivers. All are welcome regardless of whether a family member attends the Circle of Friends Adult Day Center. Attendees can bring their own lunch to meetings. For questions or to request a brochure, use the contact information below. Meets 3rd Wed., 12:00-1:00 p.m., 609 W. Washington St., Champaign.

Contact: Kathy Rhoads or Carol Mauck (217) 359-7937

Email: adc@advancenet.net **Local Website:** www.circleoffriendsadc.net

Write: Kathy Rhoads, MSW, LCSW; or Carol Mauck, LCSW, Circle of Friends Adult Day Center, 609 W. Washington St., Champaign, IL 61820-3332

Memory Loss Support Group * (1984 F,P/L)

This group provides support, encouragement, and information primarily for primary caregivers. Group literature is available. Meets 3rd Thurs., 10 a.m.-11 a.m., Brookens Building, 1776 E. Washington St., Urbana. Call before attending first meeting.

Contact: Gail Shivers (217) 384-3784 ext. 4330 **Email:** gshivers@co.champaign.il.us

Write: Gail Shivers, Champaign County Nursing Home, Alzheimer's Unit, 500 Art Bartell Rd., Urbana, IL 61802

Minds in Motion * (2007 F,P)

This program enhances the mental, physical, and cognitive functioning of older adults and adults diagnosed with early memory loss. Activities include "brain fitness" activities (mental exercises, games, memory enhancement), exercises such as Taiji, dance, strength and endurance training; relaxation therapies; creative activities such as art, writing, music, and storytelling; social activities; and community events. Family members of people with early memory loss focus on self-care while creating positive activities for themselves and their family members. The program meets for 4 hours a day. Call to verify meeting times. Meets Thurs., 10:00 a.m.-2:00 p.m., First United Methodist Church, 210 W. Church St., Champaign.

Contact: Program Coordinators Jill Tompkins 217) 341-5492 or Alice Faron 217) 359-1079; or Sandy Burgener, PhD, Program Director (217) 898-4251 for information or to enroll in the program.

Email: jillstompkins@gmail.com or a.faron@comcast.net

VERMILION COUNTY

Alzheimer's Caregiver Support Group * (2007 F,P)

Meets 3rd Thurs., 5:00-6:00 p.m., Hawthorne Inn, 3222 Independence Dr., Danville, IL

Contact: Kim LeLoup (217) 431-1600 ext. 5

Email: danvillehigardencourtcoordinator@libertyvillage.com

Write: Kim LeLoup - Alzheimer's Caregiver Support Group, Hawthorne Inn, 3222 Independence Dr., Danville, IL 61832

VA Illiana Health Care System - Alzheimer's and Related Dementia Caregivers * (1985 A,P/L)

This is an open group dedicated to improving the quality of life of caregivers through support and education in a confidential setting. The group offers caregivers the opportunity to ask questions, share stories, and learn caregiving tips through discussion, guest speakers, and information from the Alzheimer's Association. Caregivers of nonveterans are also welcome. Meets 2nd Wed., 2:00-3:30 p.m., VA Medical Center, Community Living Center (CLC), Conference Rm., Bldg. 101, 1900 E. Main St., Danville.

Contact: Cheryl Rome, MSW (217) 554-5122

Write: Cheryl Rome, MSW, VA Medical Center, SWS-122, 1900 E. Main St., Danville, IL 61832

Caregivers (Cancer)

CHAMPAIGN COUNTY

Daytime Cancer Caregivers Group * (2009 F,P)

This group is exclusively for caregivers of patients with cancer and is open to all family members, friends, and caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 2nd Tues., 12:00-1:00 p.m., Carle Cancer Center, 1st floor, Breast Imaging Conference Rm., 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-4066

Email: lynn.kolisetty@carle.com **Local Website:** www.carle.org

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Evening Cancer Caregivers Group * (2009 F,P)

This group is exclusively for caregivers of patients with cancer and is open to all family members, friends, and caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 4th Tues., 7:00-8:00 p.m., 1st floor conference rm., Carle Cancer Center, 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-4066

Email: lynn.kolisetty@carle.com **Local Website:** www.carle.org

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Support for Recovery * (2003 A,P/L)

Support for Recovery is a one-on-one peer support program open to cancer patients, family members and caregivers. Trained volunteers, who are cancer survivors and caregivers, provide comfort, support and assistance.

Contact: American Cancer Society (217) 356-4861 or (800) ACS-2345

Email: pam.barak@cancer.org

Write: Pam Barak, Patient Services Coordinator, 2509 S. Neil St., Champaign, IL 61820

Caregivers (General)

CHAMPAIGN COUNTY

Circle of Friends Adult Day Center Caregivers Support Group * (1996 A,P)

This group provides emotional support to caregivers. All are welcome regardless of whether a family member attends the Circle of Friends Adult Day Center. Attendees can bring their own lunch to meetings. For questions or to request a brochure, use contact information below. Meets 3rd Wed., 12:00-1:00 p.m., 609 W. Washington St., Champaign.

Contact: Kathy Rhoads or Carol Mauck (217) 359-7937

Email: adc@advancenet.net **Local Website:** www.circleoffriendsadc.net

Write: Kathy Rhoads, MSW, LCSW or Carol Mauck, LCSW, Circle of Friends Adult Day Center, 609 W. Washington St., Champaign, IL 61820-3332

PIATT COUNTY

Atwood Caregivers' Support Group * (2010 F,P)

The Atwood Caregivers' Support Group is for caregivers who are providing help to a family member or to a friend who is age 60 or older. Meets last Wed., 4:00-5:30 p.m., United Church of Atwood, Atwood.

Contact: Roxanna Webb (217) 352-5100, ext. 136 **Email:** rwebb@familyservicecc.org

Write: Roxanna Webb, Caregiver Advisor, Family Service Senior Resource Center (SRC), 405 S. State St., Champaign, IL 61820

Caregivers Support Group of Piatt County * (1992 F,P)

This support group is a self-help network of caregivers. The group is open to anyone who is caring for a friend or loved one who is living at home or in a nursing home. The group enables caregivers to share common issues and concerns, and provides an opportunity to better understand the role of a caregiver. A newsletter is available. Meets last Mon., 3:00-4:00 p.m., Piatt County Nursing Home, 1111 N. State St., Monticello, IL 61856.

Contact: Kristine Donaldson, Social Services Director (217) 762-6672

For Men Only * (2010 F,P)

Provides support and encouragement to men who find themselves in the new role as a caregiver. Group discusses how to locate helpful resources, to identify the benefits of caregiving and balancing your role as a caregiver. Meets 2nd Fri., every other month, Hardee's Restaurant, North Market St., Monticello.

Contact: Roxanna Webb (217) 352-5100, ext. 136 or Faith In Action Office (217) 762-7575 ext. 2

Email: rwebb@familyservicecc.org

Write: Roxanna Webb, Caregiver Advisor, Family Service Senior Resource Center (SRC), 405 S. State St., Champaign, IL 61820

DISABILITIES

Autism / Asperger's Syndrome

CHAMPAIGN COUNTY

C-U Autism Network for Parents and Professionals * (1995 F,P/L)

Champaign-Urbana Autism Network is a support group for anyone living or working on the autism spectrum. Phone support, education and networking opportunities for individuals who are living with or supporting those with autism spectrum disorders are provided. Group sponsors meetings, workshops,

and family/caregiver events, and offers opportunities to exchange information on resources, trainings, interventions, legislation, advocacy and more via e-mail, website and listserv. C-U Autism Network is a project of the Autism Society of Illinois. Check website for information on family events, children's activities and the sibling support group. Meets 1st Thurs., 7:00-8:30 p.m., Sept.-May, (not in Jan.), Doris Kelley Christopher Hall, 904 W. Nevada St., Urbana.

Contact: Sally Mustered (217) 621-8429

Email: info@cuautismnetwork.org **Local Website:** www.cuautismnetwork.org

Write: P.O. Box 107, Savoy, IL 61874

Illinois Autism Training and Technical Assistance Project * (1998 A,P/L)

This group hosts programs for parents and educators on topics related to autism and pervasive developmental disorder (PDD). This is an initiative of the State Board of Education which provides training and technical assistance to educate students with autism and other pervasive developmental disorders. A resource lending library is available. Call for meeting schedule and location.

Contact: Kathy Gould, Project Director, Lombard State Office (630) 889-7398

Email: gouldkl@comcast.net **Local Website:** www.illinoisautismproject.org

Write: Illinois Autism Training and Technical Assistance Project, 1590 S. Fairfield Ave., Lombard, IL 60148

MACON COUNTY

Autism/Asperger Syndrome Support Group for Macon County * (2006 F,P)

This group provides support for parents, grandparents, relatives and professionals who live or work with children with autism and Asperger syndrome. The group provides time to share, listen, and learn from one another about what can be done to help loved ones with autism to succeed in life. Meets once a month at Garfield Montessori School. Call for meeting dates and times. An informal coffee group meets Mon., 9:00-11:00 a.m., to get to know others and make friends who truly understand. Call Jan to be added to group e-mail or phone list or for information on resources.

Contact: Jan Kriisa (217) 855-9890 **Email:** jankriisa@comcast.net

Write: Jan Kriisa, 2187 Hoyt Dr., Decatur, IL 62522

MCLEAN COUNTY

Autism Society of McLean County *

The Autism Society provides support groups for families, adults, and teens; family outings; a sports camp; and autism awareness. Adult group for parents and family members meets last Thurs., 5:30-6:30 p.m., Children's Foundation Healthy Start House, 1115 E. Taylor St., Bloomington. Teen group varies every month. Contact for the teen group is asmctnt@gmail.com.

Contact: David Warner, President (309) 661-9440

Email: info@autismmclean.org or asmctnt@gmail.com **Local Website:** www.autismmclean.org

Write: 2404 E. Empire Ave., Ste. 231, Bloomington, IL 61704

Blind / Vision Impaired

CHAMPAIGN COUNTY

Low Vision Support Group - East Central Illinois * (1989 F,P/L)

This life-, goal-oriented group provides support and education to people with low vision and their family members. Newsletter and resource information also available. Meets 1st Wed., 1:30-2:30 p.m., PACE office, 1317 E. Florida Ave., Urbana.

Contact: Becky at PACE (217) 344-5433 (voice), (217) 689-0289 (video phone) or (217) 344-5024 (TTY)

Email: becky@pacecil.org

Local Website: www.paceil.org

Write: Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

Prairie Village Vision Loss Support Group * (2000 F,P)

This group provides education and support to people with vision loss who are residents of Prairie Village or live in the Rantoul area. Meets 3rd Fri., 1:00 p.m., Prairie Village Retirement Community, 200 W. International Dr., Rantoul.

Contact: Becky at PACE (217) 344-5433 or Activity Director (217) 892-2800

Email: becky@pacecil.org **Local Website:** www.pacecil.org

Write: Becky, PACE, 1317 E. Florida Ave., Urbana, IL 61801

RCCSEC (Rural Champaign County Special Ed Cooperative) *

RCCSEC provides phone support only and a lending library for parents of children who are visually impaired.

Contact: Pam Golden (217) 892-8877, ext. 164

Email: goldenp@rccsec.org **Local Website:** www.rccsec.org

Write: Pam Golden, Rural Champaign County Special Ed Cooperative, 201 S. Sheldon, Rantoul, IL 61866

Windsor of Savoy Vision Loss Support Group * (2012 F,P)

This group provides education and support to people with vision loss who are residents of Windsor of Savoy or live in the Savoy area. Meets 4th Fri., 10:30 a.m.-11:30 a.m., Windsor of Savoy Retirement Community, 401 Berwash Ave., Savoy.

Contact: Becky at PACE (217) 344-5433 **Email:** becky@pacecil.org

PIATT COUNTY

See You in Piatt County - Low Vision Support Group *

This group provides education and support to people with vision loss who are residents of Maple Point Retirement Community or live in the Monticello area. Meets 1st Tues., 1:30 -3:00 p.m., Maple Point Retirement Community, 1000 N. Union, Monticello. Transportation is available.

Contact: Becky at PACE (217) 344-5433. For transportation, call Julie Glawe, Faith in Action (217)762-7575 **Email:** becky@pacecil.org

Vision Loss Support Group * (2000 F,P/L)

This group is for Monticello and Piatt County residents who are experiencing vision loss. The group addresses new ways to accomplish old tasks such as reading, writing and cooking. People share thoughts, struggles, triumphs, obstacles and adjustments to vision loss. Transportation is available. Meets 1st Tues., Mar., June, Sept., and Dec., 1:30-3:00 p.m., at various locations in Monticello.

Contact: John Nation (217) 762-8117 **Email:** ajnation@mchsi.com

Write: John Nation, 603 Cedar Lane, Monticello, IL 61856

VERMILION COUNTY

VIPIO (Visually Impaired Persons Inspiring Others) * (1991 F,L)

This group provides services to people with low vision and their families. Meetings include referrals, information, peer counseling and coping skills. Meets 4th Mon. (except May), 1:30-3:00 p.m., with socializing beforehand from 1:00-1:30 p.m. Meets at Danville Public Library, 319 N. Vermilion, Danville.

Contact: Becky at PACE (217) 344-5433 (voice), (217) 689-0289 (video phone), or (217) 344-5024 (TTY) or Mary Jane Starnes, Danville Public Library (217) 477-4227

Email: becky@pacecil.org or mjstarnes@danville.lib.il.us

Local Website: www.pacecil.org

Write: Becky DeGeorge, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

Developmentally Disabled / Down Syndrome

CHAMPAIGN COUNTY

Down Syndrome Network * (1989 A,L)

The Down Syndrome Network improves the quality of life of people with Down Syndrome and their families through support, education and public awareness. Meets monthly for activities and events throughout the year. Calendar can be accessed through the website.

Email: president@champaigndsn.org **Local Website:** www.champaigndsn.org

Write: Down Syndrome Network, PO Box 1143, Champaign, IL 61824

MCLEAN COUNTY

Central Illinois Down Syndrome Organization * (1978 F,L)

Support group for parents of children with Down Syndrome which works to increase public awareness. Organization has a newsletter and a lending library in the Bloomington Public Library.

Contact: Central IL Down Syndrome Organization 309-452-3264 **Email:** info@cidso.org

Write: Central IL Down Syndrome Organization, P.O. Box 595, Normal, IL 61761

Disabilities (General)

CHAMPAIGN COUNTY

Access UP! * (2013 F,L)

Access UP! is a group housed within the Uniting Pride (UP) Center of Champaign County. The group hopes for dialogue among individuals with disabilities and their allies. Topics of conversation are not limited. They can include accessibility, independence, community building, and sexuality (heterosexual, lesbian, gay, bisexual, asexual, and any other identity you choose). The group is open to all individuals over the age of 18. To stay connected with the group, join on Facebook at www.facebook.com/groups/434291759998217/members.

Contact: UP Center Administration (217) 550-4248

Email: info@unitingpride.org **Local Website:** www.unitingpride.org

Write: UP Center of Champaign County, 202 S. Broadway Ave., Ste. 102, Urbana, IL 61801-3319

Advocates for Access (formerly U-Can) * (1991 F,L)

This advocacy group is a forum for people with disabilities, their friends, and families to identify and work towards eliminating physical, attitudinal, and legal barriers in our community. Advocates for Access empowers people to work with their peers toward solutions to overcome access barriers.

Meeting times and days may change, but this is rare. Call to confirm a meeting before attending. PACE membership fee is \$15 per year. PACE provides a newsletter and has an equipment loan program.

Meets 3rd Wed., 3:00-4:00 p.m., PACE, 1317 E. Florida Ave., Urbana.

Contact: Eric (217) 344-5433 (voice), (217) 689-0289 (video phone), (217) 344-2414 (fax), or (217) 344-5024 (TTY)

Email: eric@pacecil.org

Local Website: www.pacecil.org

Write: PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044

Disabled American Veterans - Champaign County Chapter 8 * (1952 A,L)

This group provides fellowship and assistance to disabled veterans. Membership fee is \$40 per year. A newsletter is available. Meets 3rd Wed., 6:00 p.m., VFW Hall, 609 Edgebrook Dr., Champaign.

Contact: Bill Anderson (217) 356-4283 (h) or (217) 649-9793 (c)

Illinois Early Intervention (EI) Clearinghouse *

The Illinois Early Intervention (EI) Clearinghouse identifies and collects research-based and best-practice early intervention information to share with families. Provides a free lending library of parenting and special needs DVD's, books and journals related to the development of young children with special needs including autism, Down syndrome and speech, and their families. Staff can help families and service providers find resources. Website links to other resources in the state and nation.

Contact: (217) 333-1386 or toll free (877) 275-3227 **Local Website:** <http://eiclearinghouse.org>

Write: Illinois Early Intervention Clearinghouse, Early Childhood and Parenting Collaborative, University of Illinois at Urbana-Champaign, Children's Research Center, Rm. 20, 51 Gerty Dr., Champaign, IL 61820 young adults with disabilities

Speak Out! * (2008 F,P/L)

This group is for teens and young adults with disabilities. The group helps youth to speak up for their rights, socialize and have a good time. It meets at the same time as the Parents of Adults with Disabilities support group. Group is sponsored by Community Choices, Inc. Bring snacks and drinks to share. Meets 2nd Thurs., 7:00-8:30 p.m., Sept.-May, St. Matthews Church, 2200 Philo Rd., Urbana.

Contact: Community Choices (217) 621-1090

Email: jen.advocacy@gmail.com **Local Website:** <http://communitychoicesinc.org>

Write: Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

SANGAMON COUNTY

Becoming Empowered and Successful Teens (BEST) * (2000 F,P)

This group provides socializing and support for teens with disabilities, ages 14 to 21. Meets last Wed., Sept.-May, 6:00-8:30 p.m., Springfield Center for Independent Living, 330 S. Grand Ave. W., Springfield. Times and dates are subject to change. This group is on hold until further notice. Contact Carolyn Thorpe for more information.

Contact: Carolyn Thorpe (217) 523-2587

Email: cthorpe@scil.org

Local Website: www.scil.org

Write: Carolyn Thorpe, Springfield Center for Independent Living, 330 S. Grand Ave. W., Springfield, IL 62704-3716

Parent 2 Parent * (1999 F,P)

This group is for parents of teenagers with disabilities and focuses on the transition process from school to adult life. It provides an opportunity for parents to become familiar with the agencies and professionals who can ease this transition. A newsletter and group literature are available. Meets 2nd Wed., 5:30-7:30 p.m., YMCA (Downtown Springfield), 701 S. 4th St., Springfield.

Contact: Carolyn Thorpe (217) 523-2587

Email: thorpe@scil.org

Local Website: www.scil.org

Write: Carolyn Thorpe, YMCA, 701 S. 4th St., Springfield, IL 62704

Learning Disabilities

CHAMPAIGN COUNTY

LEAP (Linking Educators and Parents) * (2006 F,P)

This study group focuses on strategies to help children cope with dyslexia and find ways to overcome the stress that accompanies it. Meets 4th Tues., 6:30-8:00 p.m., Urbana Free Library, 210 W. Green St., Urbana.

Contact: Marilyn Kay (217) 367-0398 or The International Dyslexia Association (410) 296-0232

Email: mfkay@sbcglobal.net **National Website:** www.interdys.org

Write: Marilyn Kay, 607 W. Nevada St., Urbana, IL 61801

Physical Disabilities

CHAMPAIGN COUNTY

Disabled American Veterans - Champaign County Chapter 8 * (1952 A,L)

This group provides fellowship and assistance to disabled veterans. Membership fee is \$40 per year. A newsletter is available. Meets 3rd Wed., 6:00 p.m., VFW Hall, 609 Edgebrook Dr., Champaign.

Contact: Bill Anderson (217) 356-4283 (h) or (217) 649-9793 (c)

East Central Illinois Amputee and Family Support * (2001 A,L)

Provides peer support and a peer visitor program for new amputees and their families.

Contact: Bob Devlin (217) 344-6664

Write: Bob Devlin, Omni Care, 502 S. Vine St., Urbana, IL 61801

HEALTH

AIDS/HIV

CHAMPAIGN COUNTY

HIV Support Group * (2002 A,P)

This group is open to anyone infected or affected by HIV and AIDS. It includes open discussion, socializing and education. Meets 3rd Thurs., 6:00 p.m., Carle Forum, lower level, 611 W. Park St., Urbana.

Contact: Jessica Batey (217) 531-5355 or Darrell Scott (217) 531-5383

Email: dscott@c-uphd.org or jbatey@c-uphd.org

Write: Champaign-Urbana Public Health District, 201 Kenyon Rd., Champaign IL 61820

ALS (Lou Gehrig's Disease)

EAST CENTRAL IL

ALS (Lou Gehrig's Disease) Association * (1984)

The ALS Association provides a variety of services to patients with ALS (amyotrophic lateral sclerosis) and their family members, including phone visits, case management services, Skype® appointments for virtual home visits and community education and the availability of loaner medical equipment such as power wheel chairs, hospital beds and communication devices. The Association partners with the U of I Medical Center as well as U of Chicago Medical Center to fund two Multidisciplinary ALS Clinics and

is developing a third ALS clinic with Rush Medical Center.

Contact: Tony Cook, LPN, Care Services Coordinator (312) 932-0000 (w) or (312) 257-5434 (c) or Joumana Barody, RN-Director of Care Services (312) 932-0000 (w) or (312) 931-7127 (c)

Email: tony@alsachicago.org or joumana@alsachicago.org

Local Website: www.alsachicago.org **National Website:** www.alsa.org

Write: Tony Cook, ALS Assn. Greater Chicago Chapter, 220 W. Huron St., Suite 4003, Chicago, IL 60654

Alzheimer's Disease / Dementia

CHAMPAIGN COUNTY

Alzheimer's Support Group (Champaign County) * (1986 A,P/L)

This group provides information about Alzheimer's disease and related disorders. It offers support from others who have common challenges and frustrations, and gives guidance in dealing with guilt, anger, frustration, and loneliness. Open to families, caregivers, and friends. Meets at Champaign Urbana Nursing Rehab, 302 W. Burwash Ave., Savoy. Call for dates and times.

Contact: Elaine Schneider (217) 402-9670

Write: Alzheimer's Support Group, Champaign Urbana Nursing Rehab, 302 W. Burwash Ave., Savoy, IL 61874

Memory Loss Support Group * (1984 F,P/L)

This group provides support, encouragement, and information primarily for primary caregivers. Group literature is available. Meets 3rd Thurs., 10 a.m.-11 a.m., Brookens Building, 1776 E. Washington St., Urbana. Call before attending first meeting.

Contact: Gail Shivers (217) 384-3784 ext. 4330 **Email:** jgshivers@co.champaign.il.us

Write: Gail Shivers, Champaign County Nursing Home, Alzheimer's Unit, 500 Art Bartell Rd., Urbana, IL 61802

Minds in Motion * (2007 F,P)

This program enhances the mental, physical, and cognitive functioning of older adults and adults diagnosed with early memory loss. Activities include "brain fitness" activities (mental exercises, games, memory enhancement), exercises such as Taiji, dance, strength and endurance training; relaxation therapies; creative activities such as art, writing, music, and storytelling; social activities; and community events. Family members of people with early memory loss focus on self-care while creating positive activities for themselves and their family members. The program meets for 4 hours a day. Call to verify meeting times. Meets Thurs., 10:00 a.m.-2:00 p.m., First United Methodist Church, 210 W. Church St., Champaign.

Contact: Program Coordinators Jill Tompkins (217) 341-5492 or Alice Faron (217) 359-1079; or Sandy Burgener, PhD, Program Director at (217) 898-4251 for information or to enroll in the program

Email: jillstompkins@gmail.com or a.faron@comcast.net

VERMILION COUNTY

Alzheimer's Caregiver Support Group * (2007 F,P)

Meets 3rd Thurs., 5:00-6:00 p.m., Hawthorne Inn, 3222 Independence Dr., Danville

Contact: Kim LeLoup (217) 431-1600 ext. 5

Email: gardencourt@libertyvillage.com

Write: Alzheimer's Caregiver Support Group, Hawthorne Inn, 3222 Independence Dr., Danville, IL 61837

VA Illiana Health Care System - Alzheimer's and Related Dementia Caregivers * (1985 A,P/L)

This is an open group dedicated to improving the quality of caregivers' lives through support and education in a confidential setting. The group offers caregivers the opportunity to ask questions, share stories, and to learn caregiving tips through discussion, guest speakers, and information from the Alzheimer's Association. Caregivers of nonveterans are also welcome. Meets 2nd Wed., 2:00-3:30 p.m., VA Medical Center, Community Living Center (CLC), Conference Room, Building 101, 1900 E. Main St., Danville.

Contact: Cheryl Rome, MSW (217) 554-5122

Write: Cheryl Rome, MSW, VA Medical Center, SWS-122, 1900 E. Main St., Danville, IL 61832

Bariatric Bypass Surgery

CHAMPAIGN COUNTY

Bariatric Support Group * (2001 A,P/L)

This support group is for bariatric surgery patients, past, present and prospective, and will give you a chance to share your ideas and concerns, talk about your frustrations, celebrate your successes and hear others speak about their experiences. Meets 2nd Thurs., 6:30 - 7:30 p.m., 2nd floor of Carle - Champaign on Curtis, 1701 W. Curtis Rd., Champaign.

Contact: Ann Carroll (217) 383-3240 **Email:** ann.carroll@carle.com

Write: Carle - Champaign on Curtis, 1701 W. Curtis Rd., Champaign IL 61821

Brain Injury / TBI / Brain Tumor / Aneurysm / Stroke

CHAMPAIGN COUNTY

Champaign-Urbana Brain Injury Support Group * (1990 A,P)

This group provides support and education to survivors of traumatic brain injury (TBI), and other brain-related illnesses such as brain tumor, aneurysm or stroke. It also provides support and education to family members. Call to verify dates and times of scheduled community activities. Meets 2nd Sat., 10:30 a.m.-12:30 p.m., 2nd floor conference rm., Carle Mills Cancer Center, 611 W. University Ave., Urbana, IL.

Contact: Dawn Henry (217) 383-6423; or the Brain Injury Association of Illinois (312) 726-5699 or (800) 699-6443 **Email:** dawn.henry@carle.com

Local Website: www.biaill.org **National Website:** www.biausa.org

Write: Dawn Henry, Rogers 3 Rehab, Carle Foundation Hospital, 611 W. Park St., Urbana, IL 61801

Breast Cancer

CHAMPAIGN COUNTY

Carle Info 2 Know * (F,P)

This group provides information and education on breast cancer. It is open to anyone interested in breast cancer. Each session features a guest speaker. Feel free to bring your lunch. Meets 3rd Thurs., 12:00-1:00 p.m., Mills Breast Cancer Institute, 3rd floor, 509 W. University Ave., Urbana.

Contact: Mary VanCleave, RN (217) 383-6416

Email: mary.vancleave@carle.com **Local Website:** www.millshope.com

Carle Women's Room Support Group * (1999 F,P)

This support and education group is open to women dealing with any female-oriented cancer (breast, ovarian, cervical, etc.), for ages 18 and older, unless approved by Social Work. Lunch is provided. See

the website under patient education and resources. Meets 4th Tues., 12:00-1:00 p.m., Carle Cancer Center, 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-3010

Email: lynn.kolisetty@carle.com **Local Website:** www.millshope.com

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Christie Clinic Breast Cancer Support Group * (1997 F,P/L)

This group is for women who have breast cancer. This wellness-focused group is comprised of breast cancer survivors of all ages and experienced health care professionals. Our goal is to share ideas, provide support, answer questions and offer solutions to problems for people who are coping with breast cancer. The format of each meeting includes a short presentation by a guest speaker followed by informal group interaction. You may attend as often as you wish, and you can always bring along a family member or friend. Meets 1st Wed., 7:00 p.m., 2nd floor meeting room, Christie on Windsor, 1801 W. Windsor Rd., Champaign.

Contact: Department of General Surgery (217) 366-5445 **Local Website:** www.christieclinic.com

Hereditary Breast and Ovarian Cancer Support Group * (2013 F,P)

This is an open forum group for any woman who has breast or ovarian cancer. Meets 1st Tues., 12:00-1:00 p.m., Carle Cancer Center, 1st floor conference room, 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-3010

Email: lynn.kolisetty@carle.com **Local Website:** www.millshope.com

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Reach to Recovery * (1969 A,P/L)

Reach to Recovery is a one-on-one peer support program for women who have a concern about breast cancer. Trained volunteers, who are breast cancer survivors, assist newly diagnosed patients, those facing a possible diagnosis, patients experiencing lymphedema, those who have completed treatment, and patients facing a possible recurrence or advanced breast cancer.

Contact: American Cancer Society (217) 356-4861 or (800) ACS-2345

Email: pam.barak@cancer.org **National Website:** www.cancer.org

Write: Pam Barak, Patient Services Coordinator, 2509 S. Neil St., Champaign, IL 61820

Young Survival Coalition * (2010 A,L)

This group provides support to premenopausal women with breast cancer and their families. The group is affiliated with an international organization that focuses on the issues unique to young women with breast cancer. Spouses, partners, and children are welcome to attend to discuss issues that members face, and to socialize. Meets last Tues., 7:00 p.m., Jupiter's at the Crossing, 2511 Village Green Pl., Champaign.

Contact: Young Survival Coalition **Email:** yscchampaignurbana@youngsurvival.org

Local Website: www.youngsurvival.org/champaignurbana

National Website: www.youngsurvival.org

VERMILION COUNTY

Breast Cancer Support Group * (2013, F,L)

Newly-formed group in Hoopeston area provides caring and support for women with breast cancer. Co-facilitated group is designed to allow women to openly share their experiences and feelings, ask questions and support one another. Meets at Carle-Hoopeston Regional Hospital in the Community

Room. Meeting dates and times vary, call for more information.

Contact: Pat Foster (815) 984-4040

New Horizon Breast Cancer Support Group * (2004 F,P)

This education and social support group is open to all women and men with breast cancer, whether they are newly diagnosed or long-term cancer survivors. Guest speakers and fellowship are included in the meeting. Meets 3rd Mon., 6:00 p.m., Jocko's Piazza Inn, Williams St., Danville.

Contact: Sandy Hart (217) 267-3290 or (217) 431-4290

Email: hartqmrn@aol.com **Local Website:** [facebook.com/#!/horizonsupport?fref=ts](https://www.facebook.com/#!/horizonsupport?fref=ts)

Cancer (General)

CHAMPAIGN COUNTY

Carle Daytime Cancer Support Group * (1998 F,P)

This is an open forum for anyone who has or knows someone who has cancer. Lunch is provided. Meets 2nd Wed., 12:00-1:00 p.m., Carle Cancer Center, 1st floor conference room, 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-3010 **Email:** lynn.kolisetty@carle.com

Local Website: www.millshope.com

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Carle Head and Neck Cancer Daytime Support Group * (2007 F,P)

This group educates and supports cancer patients, families, and friends, ages 18 and older, unless approved by Lynn. See the website under support groups. Meets 4th Wed., 2:00-3:00 p.m., Carle Cancer Center, Houseworth Conference Room, 2nd floor, 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, Oncology Social Worker, (217) 383-4066

Email: lynn.kolisetty@carle.com **Local Website:** www.carle.org

Write: Lynn Kolisetty, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Carle Head and Neck Cancer Nighttime Support Group * (2007 F,P)

This peer support and education group is for people with head and neck cancers and for the people who support them. See the website under support groups. Meets 2nd Mon., 7:00-8:00 p.m., Unitarian Universalist Church, 309 W. Green St., Urbana.

Contact: Lynn Kolisetty, Oncology Social Worker, (217) 383-4066

Email: lynn.kolisetty@carle.com **Local Website:** www.carle.org

Write: Lynn Kolisetty, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Carle Nighttime Cancer Support Group * (1981 A,P)

This group is open to anyone who has or knows someone who has cancer. Light refreshments are provided. Meets 1st and 3rd Wed., 7:00-8:30 p.m., Carle Cancer Center, Houseworth Conference Rm., 2nd fl., 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-3010

Email: lynn.kolisetty@carle.com **Local Website:** www.carle.org

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Carle Women's Room Support Group * (1999 F,P)

This support and education group is open to women dealing with any female-oriented cancer (breast, ovarian, cervical, etc.), for ages 18 and older, unless approved by Social Work. Lunch is provided. See

the website under patient education and resources. Meets 4th Tues., 12:00-1:00 p.m., Carle Cancer Center, 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-3010

Email: lynn.kolisetty@carle.com **Local Website:** www.millshope.com

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Daytime Cancer Caregivers Group * (2009 F,P)

This group is exclusively for caregivers of patients with cancer and is open to all family members, friends, and caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 2nd Tues., 12:00-1:00 p.m., Carle Cancer Center, 1st floor, Breast Imaging Conference Rm. , 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LSW (217) 383-4066

Email: lynn.kolisetty@carle.com **Local Website:** www.carle.org

Write: Lynn.Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Evening Cancer Caregivers Group * (2009 F,P)

This group is exclusively for caregivers of patients with cancer and is open to all family members, friends, and caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 4th Tues., 7:00-8:00 p.m., 1st floor conference rm., Carle Cancer Center, 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-4066

Email: lynn.kolisetty@carle.com **Local Website:** www.carle.org

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Hereditary Breast and Ovarian Cancer Support Group * (2013, F,P)

This is an open forum group for any woman who has breast or ovarian cancer. Meets 1st Tues., 12:00-1:00 p.m., Carle Cancer Center, 1st floor conference rm., 509 W. University Ave., Urbana.

Contact: Lynn Kolisetty, MSW, LCSW (217) 383-3010

Email: lynn.kolisetty@carle.com **Local Website:** www.millshope.com

Write: Lynn Kolisetty, MSW, LCSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Leukemia/Lymphoma/Myeloma/Transplant Support Group * (2007 F,L)

This group provides support and education to patients, family members and friends. Meetings are scheduled based on the needs of the group members. Call for meeting time and location.

Contact: Mica Witt (217) 586-1667 or (217) 898-1018; or Dan Culkin (217) 893-0362

Support for Recovery * (2003 A,P/L)

Support for Recovery is a one-on-one peer support program open to cancer patients, family members and caregivers. Trained volunteers, who are cancer survivors and caregivers, provide comfort, support, and assistance.

Contact: American Cancer Society (217) 356-4861 or (800) ACS-2345

Email: pam.barak@cancer.org

Write: Pam Barak, Patient Services Coordinator, 2509 S. Neil St., Champaign, IL 61820

Chronic Fatigue Syndrome

CHAMPAIGN COUNTY

Chronic Fatigue Syndrome Wellness Support * (1995 F,L)

This organization provides phone support only for people suffering from Chronic Fatigue Syndrome.

Contact: Lisa Schicht (217) 355-1778

Email: lisaenya25@sbcglobal.net **National Website:** www.cfids.org

Crohn's Disease and Colitis

CHAMPAIGN COUNTY

Central Illinois Crohn's/Colitis Group - Teens Only * (2013 F,P)

This group is comprised of teens from around central Illinois who have been diagnosed with Crohn's disease, Ulcerative Colitis or another Irritable Bowel Disorder. The group may discuss symptoms and frustrations of these disorders at times. However, the main goal is to be a place for teens to recognize that they "aren't the only ones." Games, art projects, and other activities fill the hour-long session. An adjacent room is reserved for parents to connect and support each other during the teen session. Meets in 2013 on June 12, Aug. 14, Oct. 16 and Dec. 11, 6:30 -7:30 p.m. Teen group meets in Physicians Conference room at the Carle Forum, parents meet in Auxiliary room.

Contact: Sara Burton (217) 326-1929

Email: sara.burton@carle.com **Local Website:** www.carle.org

PEORIA COUNTY

Crohn's and Colitis Foundation of America - Peoria Affiliate * (1989 A,L)

This group provides support and education for people with Crohn's Disease or colitis. Family and friends are welcome. Free parking and educational materials are available. Meets 4th Thurs., 7:00-9:00 p.m. in Feb., Apr., June, Aug. and Oct., 7th floor, St. Francis Medical Center, 530 N.E. Glen Oak Ave., Peoria.

Contact: Kathy Porter (800) 886-6664 or Chapter office (827) 827-0404

Email: jnkporter35@worldnet.att.net **Local Website:** www.ccfa.org

Diabetes

CHAMPAIGN COUNTY

Carle Diabetes Support Group in Champaign * (A,P/L)

This is a support and education group for people with diabetes, their friends, and family members. Each month a speaker addresses issues related to managing diabetes. The group is designed to provide education, and emotional and social support. Meets 3rd Tues. (except Dec.), 7:00 p.m., Carle Champaign on Kirby, 1813 W. Kirby Ave., Champaign.

Contact: Martha Trenkamp, RD, CDE, Carle Endocrinology Dept. (217) 383-3490

Email: martha.trenkamp@carle.com

Write: Martha Trenkamp, Carle Diabetes/Endocrinology Dept., 1813 W. Kirby Ave., Champaign, IL 61821

Christie Clinic Diabetes Support Group (Diabetes Straight Talk) * (F,P)

This group is free and open to anyone who has diabetes or an interest in diabetes. The group discusses issues and concerns that are important when living with diabetes. Attendees can learn more about topics

like monitoring blood sugar, understanding lab results, preparing injections, preventive care, nutrition, lifestyle, and more. Both Christie's diabetes educator and dietitian are available for questions and conversation. Call or visit the website for meeting dates. Meets 3rd Tues. (2nd Tues. in Nov. and Dec.), 6:00-7:00 p.m., 2nd floor Education Rm., Christie on Windsor, 1801 W. Windsor Rd., Champaign.

Contact: Carole Murphy, RN, BSN, CDE (217) 366-8020 or Debra Dempsey, RD, MEd, LDN (217) 366-8142.

Email: cmurphy@christieclinic.com

Local Website: www.christieclinic.com/patients/in-the-community/support-groups/

National Website: www.diabetes.org

Write: Carole Murphy, Christie on Windsor, 1801 W. Windsor Rd., Champaign, IL 61822

Diabetes Management Support Group - Urbana (PCMC) * (2008 F,P)

Presence Covenant Medical Center (PCMC) in Urbana offers a Diabetes Self Management series of classes twice a year. Topics include how to help individuals control diabetes, blood glucose monitoring, meal planning, medications, foot care, exercise, behavior and lifestyle changes, preventing and treating complications, and more. Classes include take-home materials. Each series runs for two consecutive sessions. Classes are held at the Center for Healthy Living in Champaign. Cost is \$15 per session. Registration is required for diabetes management classes and a support group. Call to register for classes or a support group at the Center for Healthy Living, 410 E. University Ave., Champaign.

Contact: Presence Covenant Main Hospital (217) 337-2000 or Carol (217) 337-2890

Email: carol.shriver@presencehealth.org **Local Website:** www.provena.org/covenant

FORD COUNTY

Diabetes Support Group - Gibson City * (1996 F,P)

This group is for people with diabetes and their family members. Meets 2nd Thurs., (except Dec. and Jan.), 7:00 p.m., radiology waiting area, Gibson Area Hospital and Health Services, 1120 N. Melvin, Gibson City.

Contact: Eileen Woolums, RN, BSN (217) 784-4093

Email: eileen_woolums@gibsonhospital.org **Local Website:** www.gibsonhospital.org

Write: Eileen Woolums, Gibson Area Hospital and Health Services, 1120 N. Melvin, Gibson City, IL 60936

VERMILION COUNTY

Carle Diabetes Support Group in Danville * (F,P)

This group is designed to provide emotional and social support and education for people with diabetes. A speaker at each meeting addresses issues related to managing diabetes. See the website under calendar of events for monthly topic and speaker. Meets 4th Tues. (except Nov. and Dec.), 6:30-7:30 p.m., Danville Family YMCA, 1111 N. Vermilion St., Danville. Group is free and open to the public, but space is limited, so registration is recommended.

Contact: (217) 431-7601 **Local Website:** www.carle.org

Diabetes Management Support Group - Danville (PUSMC) * (2008 F,P)

Presence United Samaritans Medical Center (PUSMC) in Danville offers a Diabetes Self Management series of classes twice a year. Topics include how to help individuals control diabetes, blood glucose monitoring, meal planning, medications, foot care, exercise, lifestyle changes, preventing and treating complications, and more. Classes include take-home materials. Classes are held in the Outpatient Nutrition Services Room at the medical center in Danville. Cost is \$15 per session and registration is required. Call for more information on classes or a support group.

Contact: (217) 443-5000 x4609

Local Website: www.provena.org/usmc

Write: Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville, IL 61832

Eating Disorders (Anorexia/Bulimia)

CHAMPAIGN COUNTY

Overeaters Anonymous (OA) - Champaign-Urbana * (1960 A,L)

Overeaters Anonymous is a twelve-step, self-help group for compulsive overeaters and people with anorexia or bulimia. For local meetings, call (888) 216-8458 (automated message) or visit website at www.oa.org.

Contact: (888) 216-8458

Email: shayjr917@yahoo.com **National Website:** www.oa.org

Write: Overeaters Anonymous, PO Box 44020, Rio Rancho, NM 87174

Overeaters Anonymous (OA) - Rantoul * (1960 A,L)

Overeaters Anonymous is a twelve-step, self-help group for compulsive overeaters and people with anorexia or bulimia. For local meetings, call (888) 216-8458 (automated message) or visit website at www.oa.org. Meets Tues., 5:00-6:00 p.m., Serenity Shack, 117 N. Ohio St., Rantoul.

Contact: Barbara (217) 379-7572 or (888) 216-8458 (automated message)

Email: bjs1506@yahoo.com **National Website:** www.oa.org

Write: Overeaters Anonymous, PO Box 44020, Rio Rancho, NM 87174

Epilepsy / Seizure Disorders

CHAMPAIGN COUNTY

Epilepsy Support Group * (2003 A,P/L)

This support group is for people with epilepsy or other seizure disorders, and for their family and friends. Meets 2nd Mon., 6:30-8:00 p.m., First Presbyterian Church, 302 W. Church St., Champaign.

Contact: Epilepsy Resource Center (217) 726-1839 or (800) 800-6401

Email: llboue@spfldsparc.org

Local Website: www.epilepsychampaign.org

Write: Linda LoBue, Epilepsy Resource Center, 232 Bruns Ln., Springfield, IL 62702

Fibromyalgia

CHAMPAIGN COUNTY

Fibromyalgia Support Group * (1990 A,L)

This group provides support for anyone with fibromyalgia, and for their families and friends. Speakers are invited, and meetings include time for caring and sharing. Meets 3rd Wed., every other month beginning Jan., 6:30-8:00 p.m., Carle - Champaign on Curtis, 2nd floor conference rm., 1701 W. Curtis Road, Champaign.

Contact: Phyllis Sommer (217) 367-0136

Email: sommer1@comcast.net

National Website: www.arthritis.org

Write: Phyllis Sommer, 2103 Rainbow View Dr., Urbana, IL 61802-5619

Heart Disease

CHAMPAIGN COUNTY

Powerful Hearts * (1997 F,P/L)

Powerful Hearts offers help, support, and encouragement to heart disease patients and their families. The group provides information and education to anyone interested in heart disease. There is a visitors program with training provided. Meets every six weeks, Presence Covenant Medical Center, 1400 W. Park St., Urbana.

Contact: Mary Ficek or Brittney Cromwell (217) 337-2237

Email: mary.ficek@presencehealth.org or brittney.cromwell@presencehealth.org

Write: Mary Ficek or Brittney Cromwell, Presence Covenant Medical Center, 1400 W. Park St., Urbana, IL 61801

IROQUOIS COUNTY

Lucky Hearts Support Group * (1989 F,P)

This group is for people with heart disease and their family members and significant others. Call to confirm a meeting. Meets 2nd Tues., every other month, beginning in Feb., 1:30 p.m., 1st floor conference rm., Iroquois Memorial Hospital, Watseka.

Contact: Marsha Hubert (800) 242-2731, ext. 7773 or (815) 432-7773

Email: cardiacrehab@iroquoismemorial.com **Local Website:** www.iroquoismemorial.com

Write: Marsha Hubert, Iroquois Memorial Hospital, 200 E. Fairman, Watseka, IL 60970

PEORIA COUNTY

TOUCH - The Organization for Understanding Children's Hearts * (1985 A,P/L)

The mission of TOUCH is to empower families, children, and adults who have congenital or acquired heart defects. The group makes a difference through emotional support, education, and public awareness. The group provides a "heartline" phone support number, a newsletter, and an annual picnic.

Contact: Gail Eaton (information) (309) 655-2650 or (800) 443-9898; or Cathy Cunningham (Champaign County phone support) (217) 239-1440

Email: gail.eaton@osfhealthcare.org

Local Website: www.touchhearts.org

Write: Gail Eaton, The Children's Hospital of Illinois, 530 N.E. Glen Oak Ave., Peoria, IL 61603

Hepatitis

CHAMPAIGN COUNTY

Carle Hepatitis C Support Group - Hep Alive * (2003 F,P)

Hep Alive provides support and education to patients with Hepatitis C or any other form of hepatitis, and their families. Snacks are provided. Meets 2nd Wed., 6:00-7:30 p.m., The Forum at Carle, Fritz Room, 611 W. Park St., Urbana.

Contact: Penny Shonkwiler, RN (217) 531-5371 or (217) 383-3610

Email: pshonkwiler@c-uphd.org

Write: Penny Shonkwiler, RN, C-U Public Health District, 201 W. Kenyon Rd., Champaign, IL 61820

Inflammatory Bowel Disease / Irritable Bowel Syndrome

CHAMPAIGN COUNTY

Central Illinois Crohn's/Colitis Group - Teens Only * (2013 F,P)

This group is comprised of teens from around central Illinois who have been diagnosed with Crohn's disease, Ulcerative Colitis or another Irritable Bowel Disorder. The group may discuss symptoms and frustrations of these disorders, at times. However, the main goal is to be a place for teens to recognize that they "aren't the only ones." Games, art projects, and other activities fill the hour-long session. An adjacent room is reserved for parents to connect and support each other during the teen session. Meets in 2013 on June 12, Aug. 14, Oct. 16 and Dec. 11, 6:30 -7:30 p.m. Teen group meets in Physicians Conference Room at the Carle Forum, parents meet in Auxiliary Room.

Contact: Sara Burton (217) 326-1929

Email: sara.burton@carle.com **Local Website:** www.carle.org

PEORIA COUNTY

Crohn's and Colitis Foundation of America - Peoria Affiliate * (1989 A,L)

Contact: Kathy Porter (800) 886-6664 or Chapter office (827) 827-0404

Email: jnkporter35@worldnet.att.net **Local Website:** www.ccfa.org

Lupus

PEORIA COUNTY

Lupus Foundation of Illinois, Inc. - Central Illinois Branch * (1976 F,P/L)

This group provides support, education, and research information to lupus patients, and to families, medical personnel, and the public. Call in advance in case of inclement weather. Meets 1st Mon., Soderstrom Dermatology Center, 4909 N. Glen Park Place, Peoria.

Contact: Jan Hornback (309) 353-4357 **Email:** ciblupus@centurylink.net

Write: Jan Hornback, Lupus Foundation of America, Lupus Foundation of Illinois, Central Illinois Branch, P.O. Box 791, Pekin, IL 61555-0791

Multiple Sclerosis (MS)

CHAMPAIGN COUNTY

Multiple Sclerosis Self-Help Support Group * (1993 A,L)

This group addresses issues for people living with Multiple Sclerosis (MS) and their family members. The group maintains an upbeat approach and provides support and education about MS. Literature is available. Refreshments are served. Meets 2nd Sat., (except Dec.), 10:00 a.m.-12:00 p.m., First Baptist Church, 1602 S. Prospect Ave., Savoy.

Contact: Melissa Mills **Email:** savoymsgroup@yahoo.com

Local Website: www.msillinois.org **National Website:** nationalmssociety.org

MCLEAN COUNTY

McLean County Multiple Sclerosis Support Group * (1960 A,L)

This group provides discussion and guest speakers for people with multiple sclerosis (MS) and their families and friends. There is no fee. Meets 4th Tues., 6:30 p.m., St. John's Lutheran Church, Rm. 421, 1617 Emerson St., Bloomington (corner of Emerson St. and S. Towanda Ave).

Contact: David Oost (309) 287-2909 **Email:** oostdavid@gmail.com

PIATT COUNTY

Piatt County MS Support Group * (1991 A,L)

This group addresses the issues of people diagnosed with multiple sclerosis and their family members. The group maintains an upbeat approach that includes support and education. Evening meetings are held quarterly. Call Page for information on meeting dates and location.

Contact: Page Buck (217) 372-4831 or (217) 369-9276 **Email:** kpuck@hughes.net

Obesity

CHAMPAIGN COUNTY

Bariatric Support Group * (2001 A,P/L)

This support group is for bariatric surgery patients, past, present and prospective, and will give you a chance to share your ideas and concerns, talk about your frustrations, celebrate your successes and hear others speak about their experiences. Meets 2nd Thurs., 6:30 - 7:30 p.m., 2nd floor of Carle - Champaign on Curtis, 1701 W. Curtis Rd., Champaign.

Contact: Ann Carroll (217) 383-3240 **Email:** ann.carroll@carle.com

Write: Carle - Champaign on Curtis, 1701 W. Curtis Rd., Champaign IL 61821

Overeaters Anonymous (OA) - Champaign-Urbana * (1960 A,L)

Overeaters Anonymous is a twelve-step, self-help group for compulsive overeaters and people with anorexia or bulimia. For local meetings call (888) 216-8458 (automated message) or visit website at www.oa.org.

Contact: (888) 216-8458

Email: shayjr917@yahoo.com **National Website:** www.oa.org

Write: Overeaters Anonymous, PO Box 44020, Rio Rancho, NM 87174

Overeaters Anonymous (OA) - Rantoul * (1960 A,L)

Overeaters Anonymous is a twelve-step, self-help group for compulsive overeaters and people with anorexia or bulimia. For local meetings call (888) 216-8458 (automated message) or visit website at www.oa.org. Meets Tues., 5:00-6:00 p.m., Serenity Shack, 117 N. Ohio St., Rantoul.

Contact: Barbara (217) 379-7572 or (888) 216-8458 (automated message)

Email: bjs1506@yahoo.com **National Website:** www.oa.org

Write: Overeaters Anonymous, PO Box 44020, Rio Rancho, NM 87174

TOPS (Take Off Pounds Sensibly) - Champaign and East Central Illinois * (1948 A,L)

The mission of TOPS is to support members as they take off and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization based in Milwaukee, Wisconsin, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and sponsor obesity research. TOPS publishes educational materials to help its members understand the dynamics of behavior change, good nutrition, and increased activity in developing a healthy new lifestyle. Local chapter meetings incorporate all of these elements on a weekly basis. Annual membership, which includes member magazine, is \$26 plus nominal chapter fees to cover operating expenses – on average, less than \$5 per month. There are also meetings in Coles, DeWitt, Douglas, Ford, Iroquois, McLean, Piatt, and Vermilion Counties. For meeting information, check website or local community calendar, email or call. Champaign County chapter meets Thurs., 6:00 p.m., Tolono Township Hall, 111 E. Holden St., Tolono.

Contact: Kristina Meece (217) 784-4977 or Sharon Dines (815) 698-2098

Email: topsygirl123@gmail.com or sharondines712@yahoo.com **National Website:** www.tops.org

Write: Sharon Dines, 2353 N 1250 East Rd., Danforth, IL 60930

VERMILION COUNTY

TOPS (Take Off Pounds Sensibly) - Vermilion * (1948 A,L)

The mission of TOPS is to support members as they take off and keep off pounds sensibly. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization based in Milwaukee, Wisconsin, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight management support groups and sponsor obesity research. Annual membership, which includes member magazine, is \$26 plus nominal chapter fees to cover operating expenses – on average, less than \$5 per month. There are several weekly meetings in Vermilion County. For meeting information, check the website or local community calendar, email or call.

Contact: Area Captain, Tuck Miller (217) 497-4506 or Coordinator, Sharon Dines (815) 698-2098

Email: topsac6419@gmail.com or sharondines712@yahoo.com **National Website:** www.tops.org

Write: TOPS, 807 Franklin, Danville, IL 61832

Parkinson's Disease

CHAMPAIGN COUNTY

Carle Parkinson's Disease Support Group * (1996 F,P/L)

This support group is for people suffering from Parkinson's disease or related disorders and their family, friends and caregivers. Meetings include speakers, coffee and cookies. Free educational materials and pamphlets are available. Donations are accepted from group members. A contribution of \$5 per year to buy materials and supplies is helpful, but not required. Free parking is provided in South Parking Garage. Meets 1st Thurs. (except Dec. and Jan., call to check meeting dates in July and Sept.), 5:30-7:30 p.m., Carle South Clinic, 2nd floor, above main entrance, 605 W. University Ave., Urbana.

Contact: John Goodell (217) 337-0972 (h) or (217) 369-3579 (c) **Email:** jgoodell@illinois.edu

Write: John Godell, P.O. Box 386, Urbana, IL 61803

Polio

COLES COUNTY

Polio Survivors and Friends of East Central Illinois * (2005 A,P/L)

This group provides support, education, and social events for polio survivors and their family and friends. Meets 1st Sat. , 1:00-3:00 p.m., Sarah Bush Lincoln Hospital, Educational Center, Mattoon. If unable to attend in person, join group discussion by telephone by calling (toll free) 1-800-300-2164.

When asked for a pin number, enter 4227. Come early at noon and join us in the hospital cafeteria for lunch. Group does not meet in Jan. or Feb. Free monthly newsletter available upon request.

Contact: Glee (217) 508-4406

Email: auntglee@hotmail.com **National Website:** www.post-polio.org

Write: Polio Survivors and Friends of East Central Illinois, 929 Briarwood Ct., Charleston, IL 61920

Psoriasis

PEORIA COUNTY

Central Illinois Psoriasis Group * (1976 F,P)

This group helps people cope with psoriasis. Family and friends are invited to attend as well. Meets 3rd Thurs., 5:30-6:30 p.m., Sept. through May. Group does not meet over the summer months. Meets at Soderstrom Dermatology Center, 4909 Glen Park Place, Peoria. Call with questions or for information.

Contact: Nicole, RN, DNC (309) 674-7546 or (309) 690-6095

Email: nskaggs@skinnews.com **Local Website:** www.skinnews.com
Write: Soderstrom Dermatology Center, 4909 Glen Park Pl., Peoria, IL 61614

Respiratory Disease / Emphysema

CHAMPAIGN COUNTY

Carle Better Breathers Club * (2000 A,P)

This support group is for people with chronic pulmonary disease and their family and friends. The group provides education and support to those that live with chronic lung disease that affects their daily quality of life. Meets quarterly, 2:00 - 3:00 p.m., Carle University West Building, 810 W. University Ave., Urbana (corner of Lincoln Ave. and University Ave.).

Contact: Molly Martin or Debbie Brusveen (217) 383-4558

Email: debbie.brusveen@carle.com **National Website:** www.aacvpr.org

Write: Debbie Brusveen, Carle Foundation Hospital, Pulmonary Rehabilitation Services, 611 W. Park St., Urbana, IL 61801

MACON COUNTY

Breath of Life Club, Decatur * (1970 A,P)

This group helps people with chronic obstructive pulmonary disease (COPD) and their families to learn to live a more complete life. COPD includes emphysema; chronic bronchitis; and restrictive pulmonary disease, such as CHF, pulmonary fibrosis, sarcoidosis, and asthma. The group always has a speaker, respiratory therapists, and RN from the Pulmonary Clinic available to answer questions. Lunch or refreshments are served, and we have valet parking. Meets 3rd Tues., Mar.-Nov., 12:00-1:15 p.m., St. Mary's Hospital, Rm. 561, 1800 E. Lake Shore Dr., Decatur.

Contact: Cheryl Shipley (217) 464-2603 **Email:** cshipley@smd.hshs.org

Write: Cheryl Shipley, St. Mary's Hospital, 1800 E. Lake Shore Dr., Decatur, IL 62521

Sleep Apnea

CHAMPAIGN COUNTY

Awake & Aware - Sleep Apnea Support Group * (1998 F,P/L)

This support group meets the needs of people with sleep apnea in a supportive environment, and provides information about sleep apnea, its diagnosis, and its treatment. Meets 2nd Tues., Mar., June, Sept., Dec., 6:30-8:30 p.m., Fritz Conference Rm., lower level of The Forum at Carle, 611 W. Park St., Urbana.

Contact: Carle Sleep Lab (217) 383-3198

Local Website: www.carle.org

Write: Carle Foundation Hospital, Carle Sleep Lab, 611 W. Park St., Urbana, IL 61801

IROQUOIS COUNTY

Rest Easy - CPAP Users Support Group * (1995 F,P)

This group is for people who use CPAPs (Constant Positive Airway Pressure machines) and their families. Meets 3rd Wed., once per quarter, Iroquois Home Care, 200 N. Laird Lane, Watseka.

Contact: Jaime M. Henderson, Iroquois Home Care Director (815) 432-7781

Email: jaime.henderson@iroquoishomecare.com

Write: Rest Easy Support Group, Iroquois Home Care, 200 N. Laird Ln., Watseka, IL 60970

Spina Bifida

MCLEAN COUNTY

Central Illinois Spina Bifida Support Group * (2000 A,L)

This group provides support for children and adults with spina bifida and their parents and family members. The meeting format varies from speakers to informal networking and lasts about an hour. Meets 2nd Thurs., Sept.-May, 7:00 p.m., OSF, Conference Rm. B, Lower Level, 1701 E. College Ave., Bloomington.

Contact: Lynn Grabher Bradtke, MD or Illinois Spina Bifida Association (773) 444-0305

Email: lynn.bradtke@comcast.net **Local Website:** www.i-sba.org

Write: Illinois Spina Bifida Association, 8765 W. Higgins Rd. #403, Chicago, IL 60631

Stroke / Aphasia

CHAMPAIGN COUNTY

Champaign-Urbana Brain Injury Support Group * (1990 A,P)

This group provides support and education to survivors of traumatic brain injury (TBI), and other brain-related illnesses such as brain tumor, aneurysm or stroke. It also provides support and education to family members. Call to verify dates and times of scheduled community activities. Meets 2nd Sat., 10:30 a.m.–12:30 p.m., 2nd Floor Conference Rm., Carle Mills Cancer Center, 611 W. University Ave., Urbana, IL.

Contact: Dawn Henry (217) 383-6423; or the Brain Injury Association of Illinois (312) 726-5699 or (800) 699-6443 **Email:** dawn.henry@carle.com

Local Website: www.biaill.org **National Website:** www.biausa.org

Write: Dawn Henry, Rogers 3 Rehab, Carle Foundation Hospital, 611 W. Park St., Urbana, IL 61801

Presence Covenant Stroke Support Group * (1981 A,P)

This group brings together stroke survivors and their caregivers for mutual help, fellowship, education, and service to others. Meets 1st Wed., 3:00-4:30 p.m. (call for the meeting room), Presence Covenant Medical Center, 1400 W. Park St., Urbana.

Contact: Beth Romine (217) 337-2202 **Email:** beth.romine@presencehealth.org

Write: Beth Romine, Rehab, Presence Covenant Medical Center, 1400 W. Park St., Urbana, IL 61801

PIATT COUNTY

Stroke Support Network * (2012 F,P)

Group provides support and understanding to individuals dealing with the many unique physical and emotional challenges a stroke creates. Members support each other as they learn to cope with the new challenges in their own way and find positive solutions to gain independence from their stroke. Meets 4th Wed., 1:00 p.m., Piatt County Office Building conference room, 1115 N. State St., Monticello. Toni Bowdre, RN, and Hope Wolfe, APN, BC, CS, co-facilitate this meeting.

Contact: Faith In Action Office (217) 762-7575, ext. 2

VERMILION COUNTY

Illiana Stroke Survivors and Caregivers * (1990 A,P/L)

This group provides education and social support for survivors of stroke and their caregivers. There is a summer picnic and a Sept. cookout. A newsletter is available. Meets 2nd Sat., Apr.-Nov., 10:00 a.m., Immanuel Lutheran Church, 1930 N. Bowman Ave., Danville.

Contact: Kathy Tucker (217) 765-2098 or (217) 474-9290
Email: gkt6399@aol.com

Transplants

CHAMPAIGN COUNTY

Leukemia/Lymphoma/Myeloma/Transplant Support Group * (2007 F,L)

This group provides support and education to patients, family members and friends. Meetings are scheduled based on the needs of the group members. Call for meeting time and location.

Contact: Mica Witt (217) 586-1667 or (217) 898-1018; or Dan Culkin (217) 893-0362

Second Chance (Transplants) * (1995 F,P/L)

This support group is for recipients of transplants, those waiting for transplants or others concerned about transplants. Meets 1st Tues., 6:00 p.m., Presence Covenant Medical Center, Auditorium Rm. A, 1400 W. Park St., Urbana.

Contact: Jeanette Pritschet, LCSW at C-U Dialysis (217) 328-4100 or evenings, Frank Veach (217) 328-3224

Email: frankveach@hotmail.com or jeanette.pritschet@fmc-na.com

Write: Jeanette Pritschet, LCSW, C-U Dialysis, 1405 W. Park St., Urbana, IL 61801

Trigeminal Neuralgia

CHAMPAIGN COUNTY

The Facial Pain Association Support Group (TNA) * (2010 A,P/L)

This group provides support for people diagnosed with trigeminal neuralgia and for family, friends, and other interested people. Coffee and free parking are included. Meets 2nd Sat. of Apr., June, Aug. and Oct., 10:00 a.m.-12:00 p.m., The Carle Forum, Lauhoff Rm., 611 W. Park St., Urbana.

Contact: Connie (217) 621-3194 or national hotline (800) 923-3608

Email: curban1957@yahoo.com or jsroland@sbcglobal.net **National Website:** www.tna-support.org

MENTAL HEALTH

Friends and Families of the Mentally Ill

CHAMPAIGN COUNTY

Depression and Bipolar Support Alliance (DBSA) Friends and Family Group * (1990 A,L)

This group is for friends and family members who care about someone with any mental illness. The group is closed to consumers unless they are friends or family members as well. Call or email for more information. Meets Thurs., 7:00-9:00 p.m., Auditorium C, 1st floor, Presence Covenant Medical Center, 1400 W. Park St., Urbana 61801.

Contact: (217) 355-1193 **Email:** dbsa.uc@gmail.com

Local Website: www.dbsauc.org **National Website:** www.dbsalliance.org

NAMI (National Alliance on Mental Illness) - Champaign County * (1982 A,L)

NAMI Champaign County offers support, education, and advocacy to mental health consumers as well as loved ones of people with mental illness. The meetings consist of a brief time of sharing and caring,

a business meeting, and a program. Members have access to a lending library. NAMI Champaign County offers an array of educational and training programs for mental health consumers, family members, service providers, and the general public. These programs draw on the experiences of family members and mental health consumers who have learned to live well with mental illness and who are eager to help others. Educators and mental health professionals also attend to offer their expertise. Meets 2nd Mon. (except July and Aug.), 6:30-9:00 p.m., Community Elements, 202 W. Park Ave., Champaign.

Contact: NAMI Information Line (calls answered once a week) (217) 419-5345 or Diane Zell (217) 253-2413

Email: sue_keller@comcast.net or thezells1@gmail.com

Local Website: namichampaign.nami.org **National Website:** www.nami.org

Write: NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

NAMI Family Support * (2013 A/L)

NAMI Family Support is a free monthly meeting for any family member, friend or loved one of an adult person with severe mental illness. This group is for adults only and is facilitated by experienced family members. Join us as we learn how to understand and support our loved one with mental illness. Discover friends who care and understand, and share ideas that can help you better take care of yourself and your family. Learn about community services available and how to find them. We listen while you share your experiences and get much needed support. Meets 2nd Tues., Colony West clubhouse, 31 Colony West Dr., Champaign (1st right north of the junction of Prospect and Windsor).

Contact: Nancy Carter (217) 356-1525 or Gina Vallio (217) 552-7924 **Email:** ncart93@gmail.com

Mental Health (General)

CHAMPAIGN COUNTY

Co-Dependents Anonymous (CODA) * (2005 A,L)

Co-Dependents Anonymous is a twelve-step fellowship of men and women whose common purpose is to recover from codependence, and to develop and maintain healthy relationships. Group literature is available. Donations are requested to cover literature and expenses. Meets Mon., 7:00-8:00 p.m., The Pavilion, Lecture Room, 809 W. Church St., Champaign; and Tues., 7:00-8:00 p.m., Serenity Shack, 117 Ohio St., Rantoul.

Contact: Lou (217) 898-2847 or Stan (217) 493-6429

Email: codalou@gmail.com or creation1957@gmail.com **National Website:** www.coda.org

Depression and Bipolar Support Alliance (DBSA) Consumers Group * (1990 A,L)

The DBSA Consumers Group provides open discussion, information, and support to people with major depressive, bipolar, and schizoaffective disorders; panic and anxiety disorders; dual diagnoses (mental health disorders with substance abuse problems), and other mental illnesses. The group welcomes people who believe they may have these disorders, but who may not have been diagnosed. The meeting is open to friends, family members, professionals, and professional students. Call or email for more information. Meets Tues., 7:00-8:00 p.m., Auditorium C, 1st floor, Presence Covenant Medical Center, 1400 W. Park St., Urbana.

Contact: (217)355-1193 **Email:** dbsa.uc@gmail.com

Local Website: www.dbsauc.org **National Website:** www.DBSAlliance.org

Depression Support Group * (2009 F,L)

Group for people dealing with depression provides a place to share experiences and support one another. Family and friends are welcome to come and be part of the support network. Group is Christ-

centered, and nondenominational. Meets 2nd Tues., 7:00-8:00 p.m., upper level Sunday school building, St. Paul's Lutheran Church, Gifford.

Contact: Donna (217) 568-7516 or St. Paul's Lutheran Church (217) 568-7196

Email: stpauls.gifford@gmail.com

Emotions Anonymous (Champaign Chapter) * (1999 A,L)

Emotions Anonymous is a 12-step program for people who have emotions that cause difficulties in their lives. These emotions may be depression, anxiety, fear, loneliness, anger, compulsions or obsessions. Emotions Anonymous is based on the same program used by Alcoholics Anonymous. Nonsmoking meeting. Meets Tues., 7:15 p.m., Faith United Methodist Church, 1719 S. Prospect, Champaign.

Contact: (217) 352-3632 **Email:** eamtg2@gmail.com **Local Website:** eamtg.com

GROW in Illinois - Personal Growth Group (Champaign County) * (1978 A,L)

GROW is a self-help group that offers a program for personal growth through small weekly meetings and a voluntary network of members. It provides support and practical help to people, ages 18 and older, to cope with a mental disorder or emotional crisis. There are a number of groups in the Champaign-Urbana community. A newsletter and group literature are available. Meets Thurs., 6:00 p.m., University Room (just outside the cafeteria on the basement level), Presence Covenant Medical Center, 1400 W. Park St., Urbana.

Contact: Karen Shan, Champaign Program Secretary (217) 352-6989 or toll-free (888) 741-GROW (4769)

Email: growil@sbcglobal.net **National Website:** www.growinamerica.org

Write: Champaign County Fieldworker, GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

NAMI (National Alliance on Mental Illness) - Champaign County * (1982 A,L)

NAMI Champaign County offers support, education, and advocacy to mental health consumers as well as loved ones of people with mental illness. The meetings consist of a brief time of sharing and caring, a business meeting, and a program. Members have access to a lending library. NAMI Champaign County offers an array of educational and training programs for mental health consumers, family members, service providers, and the general public. These programs draw on the experiences of family members and mental health consumers who have learned to live well with mental illness and who are eager to help others. Educators and mental health professionals also attend to offer their expertise. Meets 2nd Mon. (except July and Aug.), 6:30-9:00 p.m., Community Elements, 202 W. Park Ave., Champaign.

Contact: NAMI Information Line (calls answered once a week) (217) 419-5345 or Diane Zell (217) 253-2413

Email: sue_keller@comcast.net or thezells1@gmail.com

Local Website: namichampaign.nami.org **National Website:** www.nami.org

Write: NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Support Group for Pregnant Mothers and Mothers Raising Infants * (2011 A,P)

This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support to mothers in Champaign County who may be at risk for Postpartum/Perinatal Depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Childcare is available and the groups are always free. Contact Crisis Nursery at 217-3720 or check website at www.crisisnursery.net for specific dates and times. No prior registration necessary.

Contact: Ann Ambrose (217) 337-2730

Email: ann@crisisnursery.net **Local Website:** www.crisisnursery.net

Write: Ann Ambrose, Crisis Nursery, 1309 West Hill St., Urbana, IL 61801

Survivors of Suicide Support Group (Champaign) * (1999 F,P)

This group is for family and friends who have experienced a death by suicide. Attendance in the group is ongoing. An initial screening and orientation interview is required to join. Call to schedule an interview before attending the group. There is no fee. Meets 2nd Mon., 6:00-8:00 p.m., Presence Covenant Medical Center, 1400 W. Park St., Urbana.

Contact: Peter Dyck, Presence Covenant Pastoral Care (217) 337-2181

Email: peter.dyck@presencehealth.org

Write: Peter Dyck, Presence Covenant Pastoral Care, 1400 W. Park St., Urbana, IL 61801

Wednesday Recovery Group (WRG) * (2009 F,L)

WRG is a peer-led support group for people dealing with mental health problems. Our mission is to be a weekly mental health recovery support group based on the Foundational Principles of Mental Health Recovery, which are Hope, Education, Personal Responsibility, Self-Advocacy, Support and Spirituality. Meets Wed., 1:00 - 2:00 p.m. at a local downtown Champaign church.

Contact: Margaret Stanton 367-5720 **Email:** margaret.stanton@gmail.com

COLES AND MOULTRIE COUNTIES

GROW in Illinois - Personal Growth Support Group (Coles and Moultrie Counties) * (1978 A,L)

GROW is a self-help group that offers a program of personal growth to prevent or recover from mental illness. The weekly meetings are also used to cope with crises such as death, divorce, or separation. A newsletter and group literature are available.

Contact: Brenda Eakins (217) 663-0556 or toll free (888) 741-GROW (4769)

Email: growil@sbcglobal.net **National Website:** www.growinamerica.org

Write: Brenda Eakins, GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

MACON COUNTY

GROW In Illinois - Personal Growth Group (Macon County) * (1978 A,L)

GROW is a self-help group that offers a program of personal growth through small, weekly meetings and a voluntary network of members. It provides support and practical help for anyone coping with a mental health problem or emotional crisis. Group literature is available.

Contact: toll free (888) 741-GROW (4769)

Email: growil@sbcglobal.net

National Website: www.growinamerica.org

Write: GROW in Illinois, P.O. Box 3667, Champaign, IL 61826-3667

PEORIA COUNTY

Survivors of Suicide Grief Support Group (Peoria) * (1989 A P/L)

This group provides support to anyone who is grieving over a death by suicide. It does not provide support for those who have attempted suicide. The group is not for children or adolescents. Group literature is available. Meets 1st and 3rd Tues., 7:00-8:30 p.m., Chapel area at Proctor Hospital, 5409 N. Knoxville Ave, Peoria.

Contact: Rev. Eimo Hinrichs (309) 697-3342

Email: eimopat@aol.com

Write: Rev. Eimo Hinrichs, 5032 W. Burns Ave., Bartonville, IL 61607

PIATT COUNTY

The Meeting Place * (2012 F, P)

This is a Loss Support Group for Seniors experiencing life's challenges (Health, Loneliness, Independence, Purpose, Financial, Family). Meets 2nd Tues., 10:30 a.m., Piatt County Office Building conference room, 1115 N. State St., Monticello.

Contact: Doug Edwards, LCSW, RDDP (217) 433-6109

VERMILION COUNTY

GROW In Illinois - Personal Growth Group (Vermilion County) * (1978 A,L)

GROW is a self-help group that offers a program of personal growth through small weekly meetings and a voluntary network of members. It provides support and practical help for anyone coping with a mental health problem or emotional crisis. Newsletter and group literature are available.

Contact: Fieldworker (217) 352-6989 or toll-free (888) 741-GROW (4769)

Email: growil@sbcglobal.net **National Website:** www.growinamerica.org

Write: GROW in Illinois, Vermilion County Fieldworker, P.O. Box 3667, Champaign, IL 61826-3667

PARENTING

Adoption

MCLEAN COUNTY

Healing Hearts * (1991 F,L)

This group provides search help, education about legal issues, and support for all members of the adoption triad and most birth family members. The group is for all people touched and separated by the adoption process. A lending library and Illinois adoption registry and medical forms are available.

Meets 4th Thurs., Jan.- Oct.; 3rd Tues., Nov. (no meeting in Dec.), 7:00 p.m., St. John's Lutheran Church, Rm. 200, 1617 E. Emerson St., Bloomington, IL.

Contact: Marilyn (309) 820-0230 (h) or (309) 530-8969 (c) **Email:** digger719@aol.com

Write: Healing Hearts, 2814 Scarborough St., Bloomington, IL 61704

Children with Disabilities / Illnesses

CHAMPAIGN COUNTY

C-U Autism Network for Parents and Professionals * (1995 F,P/L)

Champaign-Urbana Autism Network is a support group for anyone living or working on the autism spectrum. Phone support, education and networking opportunities for individuals who are living with or supporting those with autism spectrum disorders are provided. Group sponsors meetings, workshops, and family/caregiver events, and offers opportunities to exchange information on resources, trainings, interventions, legislation, advocacy and more via e-mail, website and listserv. C-U Autism Network is a project of the Autism Society of Illinois. Check the website for information on family events, children's activities and the sibling support group. Meets 1st Thurs., 7:00-8:30 p.m., Sept.-May, (not in Jan.), Doris Kelley Christopher Hall, 904 W. Nevada St., Urbana.

Contact: Sally Mustered (217) 621-8429

Email: info@cuautismnetwork.org **Local Website:** www.cuautismnetwork.org

Write: P.O. Box 107 Savoy, IL 61874

Down Syndrome Network * (1989 A,L)

Down Syndrome Network improves the quality of life of people with Down syndrome through support, education, and public awareness. Meets monthly for activities and events throughout the year. Calendar can be accessed through the website.

Email: president@champaigndsn.org **Local Website:** www.champaigndsn.org

Write: Down Syndrome Network, PO Box 1143, Champaign, IL 61824

Illinois Early Intervention (EI) Clearinghouse *

The Illinois Early Intervention (EI) Clearinghouse identifies and collects research-based and best-practice early intervention information to share with families. Provides a free lending library of parenting and special needs DVD's, books and journals related to the development of young children with special needs including autism, Down syndrome and speech, and their families. Staff can help families and service providers find resources. Website links to other resources in the state and nation.

Contact: (217) 333-1386 or toll free: (877) 275-3227

Email: illinois-eic@illinois.edu **Local Website:** eiclearinghouse.org

Write: Illinois Early Intervention Clearinghouse, Early Childhood and Parenting Collaborative, University of Illinois at Urbana-Champaign, Children's Research Center, Rm. 20, 51 Gerty Dr., Champaign, IL 61820

LEAP (Linking Educators and Parents) * (2006 F,P)

This study group focuses on strategies to help children cope with dyslexia and find ways to overcome the stress that accompanies it. Meets 4th Tues., 6:30-8:00 p.m., Urbana Free Library, 210 W. Green St., Urbana.

Contact: Marilyn Kay (217) 367-0398 **Email:** mfkay@sbcglobal.net

Write: Marilyn Kay, 607 W. Nevada St., Urbana, IL 61801

Parents of Adults with Disabilities * (2007 F,P/L)

This group brings together parents of adults with disabilities to share ideas and information to improve the quality of life of family members. The group is sponsored by Community Choices, Inc. Speak Out! is a group for teens and young adults with disabilities that meets at the same time. Meets 2nd Thurs., Sept.-May, 7:00-8:30 p.m., St. Matthews Church, 2200 Philo Rd., Urbana.

Contact: (217) 621-1090 **Email:** jen.advocacy@gmail.com

Write: Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

RCCSEC (Rural Champaign County Special Ed Cooperative) *

RCCSEC provides phone support only and a lending library for parents of children who are visually impaired.

Contact: Pam Golden (217) 892-8877, ext.164

Email: goldenp@rccsec.org **Local Website:** www.rccsec.org

Write: Pam Golden, Rural Champaign County Special Ed Cooperative, 201 S. Sheldon, Rantoul, IL 61866

MACON COUNTY

Autism/Asperger Syndrome Support Group for Macon County * (2006 F,P)

This group provides support for parents, grandparents, relatives and professionals who live or work with children with autism and Asperger syndrome. The group provides time to share, listen, and learn from one another about what can be done to help loved ones with autism to succeed in life. Meets once a month at Garfield Montessori School. Call for meeting dates and times. An informal coffee group meets Mon., 9:00-11:00 a.m., to get to know others and make friends who truly understand. Call Jan to be added to the group e-mail or phone list or for information on resources.

Contact: Jan Kriisa (217) 855-9890 **Email:** jankriisa@comcast.net

Write: Jan Kriisa, 2187 Hoyt Dr., Decatur, IL 62522

MCLEAN COUNTY

Central Illinois Down Syndrome Organization * (1978 F,L)

This support group is for parents of children with Down syndrome which works to increase public awareness. It has a newsletter and a lending library in the Bloomington Public Library.

Contact: Jean Bates (309) 452-2555 (h) **Email:** info@cidso.org

Write: P.O. Box 595 Normal, IL 61761

Central Illinois Spina Bifida Support Group * (2000 A,L)

This group provides support for children and adults with spina bifida and their parents and family members. The meeting format varies from speakers to informal networking and lasts about an hour. Meets 2nd Thurs., Sept.-May, 7:00 p.m., OSF, Conference Room B, Lower Level, 1701 E. College Ave., Bloomington.

Contact: Lynn Grabher Bradtke, M.D., or Illinois Spina Bifida Association (773) 444-0305

Email: lynn.bradtke@comcast.net **Local Website:** www.i-sba.org

Write: Illinois Spina Bifida Association, 8765 W. Higgins Rd. #403, Chicago, IL 60631

Illinois Autism Training and Technical Assistance Project * (1998 A,P/L)

This group hosts programs for parents and educators on topics related to autism and pervasive developmental disorder (PDD). This is an initiative of the State Board of Education which provides training and technical assistance to educate students with autism and other pervasive developmental disorders. A resource lending library is available. Call for meeting schedule and location.

Contact: Kathy Gould, Project Director, Lombard State Office (630) 889-7398

Email: gouldkl@comcast.net **Local Website:** www.illinoisautismproject.org

Write: Illinois Autism Training and Technical Assistance Project, 1590 S. Fairfield Ave., Lombard, IL 60148

PEORIA COUNTY

TOUCH - The Organization for Understanding Children's Hearts * (1985 A,P/L)

The mission of TOUCH is to empower families, children, and adults who have congenital or acquired heart defects. The group makes a difference through emotional support, education, and public awareness. The group provides a "heartline" phone support number, a newsletter, and an annual picnic.

Contact: Gail Eaton (information) (309) 655-2650 or (800) 443-9898; or Cathy Cunningham (Champaign County phone support) (217) 239-1440

Email: gail.eaton@osfhealthcare.org **Local Website:** www.touchhearts.org

Write: Gail Eaton, The Children's Hospital of Illinois, 530 N.E. Glen Oak Ave., Peoria, IL 61603

SANGAMON COUNTY

Asperger's Syndrome Support and Awareness of Central Illinois * (2003 F,P)

This support group is for parents of children with Asperger's syndrome and is facilitated by Karen Kirkendall, Ph.D. Meets 1st Thurs. (excluding June, July, and Aug.), 7:00 p.m., V.P.A. Building, Rm. 153, University of Illinois, Springfield.

Contact: Diana Noble

Email: d.noble@comcast.net

National Website: www.aspergersyndromeinformation.com

Parent 2 Parent * (1999 F,P)

This group is for parents of teenagers with disabilities and focuses on the transition process from school to adult life. It provides an opportunity for parents to become familiar with the agencies and professionals who can ease this transition. A newsletter and group literature are available. Meets 2nd Wed., 5:30-7:30 p.m., YMCA (Downtown Springfield), 701 S. 4th St., Springfield.

Contact: Carolyn Thorpe (217) 523-2587

Email: youth@scil.org **Local Website:** www.scil.org

Write: Carolyn Thorpe, YMCA, 701 S. 4th St., Springfield, IL 62704

Early Childhood

CHAMPAIGN COUNTY

MOPS - St. John's Lutheran Church (Champaign) * (1997 A,L)

MOPS (Mothers of Preschoolers) is a nondenominational group for mothers of children, ages birth to kindergarten. Meetings have a speaker, discussion, refreshments, and a craft. Preregistration is required. There is a \$20 fee per semester for group expenses and a \$29 registration fee for MOPS International. Scholarships are available. Sponsored by St. John's Lutheran Church. There is a MOPPETS program for children. Playgroups are available that are separate from the meetings. There is a waiting list for some ages of children. Call in advance. A newsletter and group literature are available. Call for meeting times. Meets two Mondays per month, weeks vary. Meets 2nd Mon., Sept.-May, 9:00-11:00 a.m., St. John's Lutheran Church, 509 S. Mattis Ave., Champaign.

Contact: St. John's Lutheran Church (217) 359-1123 **Email:** jennigergely@gmail.com

Local Website: www.stjohn-lcms.org **National Website:** www.mops.org

Write: MOPS, St. John's Lutheran Church, 509 S. Mattis Ave., Champaign, IL 61821

Parent Wonders * (1990 A,P)

Parent Wonders is a program that partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from ages birth to 36 months. It focuses on at-risk pregnant and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens.

Contact: Felicia Gooler, Developmental Services Center (217) 356-9176 or Debbie Plush (217) 766-9719 **Email:** fgooler@dsc-illinois.org or debbie@parentwonders.org

Local Website: www.parentwonders.org

Write: Parent Wonders, 200 S. Century Blvd., Rantoul, IL 61866

Tiny Tigers * (1981 F,P)

Tiny Tigers group is for parents of preschool children, ages 2 1/2 to 5, who wish to provide a nursery school experience for their children and to have an opportunity to enroll them in Tiny Tigers at Urbana High School. There is a membership fee of \$40 per year. Meets Tues. and Thurs., Oct.-Apr., 9:00-10:30 a.m., Urbana High School, 1002 S. Race St., Urbana.

Contact: Amanda Perez (217) 384-3505 **Email:** aperez@usd116.org

Write: Amanda Perez, Tiny Tigers, Urbana High School, 1002 S. Race St., Urbana, IL 61801

MCLEAN COUNTY

Parent Support Group * (2003 A,L)

Parent Support Group is for parents with children ages birth to 6. Meets Tues., 5:00-6:30 p.m.,

Children's Home and Aid, 403 S. State St., Bloomington.

Contact: Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org **Local Website:** www.childrenshomeandaid.org

Write: Mendy Smith, Children's Home and Aid, 403 S. State St., Bloomington, IL 61701

Fathers

CHAMPAIGN COUNTY

Spanish-Speaking Fatherhood Support Group * (2013 F,P)

Spanish-Speaking Fatherhood Support Group is conducted entirely in Spanish and meets for six-week sessions throughout the year. Fathers will become better informed and learn new parenting techniques through informal presentations, discussions, and sharing of their experiences and opinions. Meets Tues., 6:30-7:30 p.m., Crisis Nursery, 1309 W. Hill St., Urbana.

Contact: Azucena (217) 337-2731 (w) or 217-840-0142 (c)

Email: acampos@crisisnursery.net **Local Website:** crisisnursery.net

Write: Azucena, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

MCLEAN COUNTY

Dads Helping Dads * (2004 A,P/L)

Dads Helping Dads is for any father wanting to grow in his parenting role. It provides an opportunity to meet other dedicated fathers in a confidential and understanding atmosphere. The group discusses various helpful topics, issues, solutions, and resources. Free food and beverages are available at meetings. Free child care is available by reservation. Meets Mon., 5:30-7:00 p.m., Children's Home and Aid, 403 S. State St., Bloomington.

Contact: Henry Alexander (309) 662-9453 or Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org **Local Website:** www.childrenshomeandaid.org

Write: Henry Alexander and Mendy Smith, 403 S. State Street, Bloomington, IL 61701

VERMILION COUNTY

Fathers in Training * (2013 F,P)

Fathers in Training is a support and education group for fathers. It provides an opportunity to connect with others who understand the stress and responsibilities of fatherhood. A meal is provided, and transportation is available if needed. A variety of topics are addressed along with occasional guest speakers, activities, and outings. Call Barry Elliott, group facilitator, for an interview before attending. The group is part of Center for Children's Services home visiting programs.

Contact: Barry Elliott (217) 304-7856

Email: belliott@tcfcs.org

Write: Barry Elliott, Center for Children's Services, 702 N. Logan, Danville, IL 61832

Parenting (General)

CHAMPAIGN COUNTY

Military Mom's Prayer Support Group * (2004 F,L)

Military Mom's Prayer Support Group provides prayer, support, and information to people who've had or still have, sons and daughters serving in the military. Fathers, families, and friends of members of all branches of the military are welcome. Call for meeting location and schedule.

Contact: Mary Long (217) 621-8146 or Ann Russell (217) 359-8758

Email: yemmalong@yahoo.com anncrussell@comcast.net

Mom2Mom * (2013 F,L)

Mom2Mom is a group for moms with at least one child in the fifth grade or younger. The group provides support, encouragement, and time for discussion to help moms strengthen their relationship with God, and with their husbands, kids, and each other. This Christ-centered meeting includes a time of fellowship, sharing personal testimonies, and listening to a main speaker while enjoying brunch. Then we move into a time of small group discussion, worship, and ministry. Limited childcare space is available at a cost of \$4 per child (preregistration required). Meets Tues., 9:00-11:00 a.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.

Contact: Ricky Merriman (217) 384-3070

Email: ricky.merriman@thevineyardchurch.us **Local Website:** thevineyardchurch.us

Write: Ricky Merriman, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Mothers & More of Champaign County * (2002 A,L)

Mothers & More provides mothers an opportunity to develop connections with other women. These women may include stay-at-home moms, working mothers, mothers making transitions between work and parenting, and mothers who have altered their career paths to care for their children at home. The group provides educational meetings, parent-child activities, moms-only nights out, leadership opportunities, and email discussion groups. Annual dues are \$45, but interested people may attend two events before becoming a member. Scholarship opportunities also exist. Visit the website for more information. Meets 4th Tues., 7:00-9:00 p.m., Atlanta Bread Company, 1905 S. Neil St., Champaign.

Contact: On Facebook: Mothers & More - Champaign County

Email: mothersandmore-champaign-owner@yahoogroups.com

Local Website: sites.google.com/site/mothersandmorechampaign258/

National Website: www.mothersandmore.org

Our Time * (1993 F,P/L)

Our Time is a community-based support program for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. At the same time, a parent group meets to address how grief is expressed in children and how parents can help their children work through their grief.

Contact: Vera Duncanson (217) 337-2487 **Email:** Vera.Duncanson@presencehealth.org

Write: Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61822

Parent - Child Interaction Group * (2007 F,P)

Parent-Child Interaction Group is for pregnant women and new parents. Parents get feedback from other parents, and discussions include child development, parental stress, and other topics. Child care is available. Meeting days and times vary, Call or visit the website for current information.

Contact: Crisis Nursery (217) 337-2730 **Local Website:** www.crisisnursery.net

Write: Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Parent Support Group * (2013 A,P)

Parent Support Group provides a supportive and confidential space for parents and caregivers raising children, ages 6 and younger, to share the ups and downs they experience as parents. Child care is available. The group runs for 8 weeks, is free of charge, and is offered about 4 times a year. Respite care hours are earned for the first 3 groups attended. Call or check the website for specific dates and times. No prior registration is necessary. Meets Mon., 5:30-6:30 p.m., Crisis Nursery, Urbana.

Contact: Crisis Nursery (217) 337-2730 **Email:** ann@crisisnursery.net

Local Website: www.crisisnursery.net

Write: Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Parent Wonders * (1990 A,P)

Parent Wonders is a program that partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from ages birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens.

Contact: Felicia Gooler, Developmental Services Center (217) 356-9176 or Debbie Plush (217) 766-9719 **Email:** fgooler@dsc-illinois.org or debbie@parentwonders.org

Local Website: www.parentwonders.org

Write: Parent Wonders, 200 S. Century Blvd., Rantoul, IL 61866

Rainbows For All Children (DBA) Rainbows (Champaign) * (1983 A,P/L)

Rainbows For All Children offers groups for children, ages preschool to teens, who have experienced the death, divorce, incarceration, or military deployment of a parent, or any other significant loss. The groups provide emotional support, education and understanding. Small groups are held through the sponsorship of public and parochial schools. High school and adult curricula are available.

Contact: Rainbows (800) 266-3206 or (847) 952-1770

Email: info@rainbows.org **National Website:** www.rainbows.org

Write: Rainbows, 1360 Hamilton Parkway, Itasca, IL 61043

RISK Advocacy * (2010 F,L)

RISK Advocacy (Resource and Information Services for Student Parents with Kids) provides information about resources at the University of Illinois to support student parents on campus and in the larger community.

Contact: Carmen Wilson **Email:** risk.uiuc@gmail.com

Spanish-Speaking Moms Support Group * (2013 F,P)

Spanish-Speaking Moms Support Group is conducted entirely in Spanish. Moms support each other, become better informed, and learn new parenting techniques through informal presentations, discussions, and sharing of their experiences and opinions. Five-week sessions are offered throughout the year at Crisis Nursery, 1309 W. Hill St., Urbana. Call for meeting day and time.

Contact: Azucena (217) 337-2731 (w) or 217-840-0142 (c)

Email: acampos@crisisnursery.net **Local Website:** www.crisisnursery.net

Write: Azucena, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Support Group for Pregnant Mothers and Mothers Raising Infants * (2011 A,P)

This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support for mothers in Champaign County who may be at risk for postpartum and perinatal depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Child care is available and the groups are always free. Contact Crisis Nursery or check the website for specific dates and times. No prior registration is necessary.

Contact: Ann Ambrose (217) 337-2730

Email: ann@crisisnursery.net

Local Website: www.crisisnursery.net

Write: Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

MCLEAN COUNTY

Latina Women's Group * (2003 A,P/L)

Latina Women's Group is a supportive environment for mothers and their children. A children's program runs while mothers meet. The group is held in Spanish. Este es un grupo de apoyo para las madres y sus niños. Hay un programa y cuidado para los niños durante el reunión de las madres. El grupo se conduce en español. El grupo se reúne todos los viernes a las 6:30-9:00 de la noche. Meets Fri., 6:30-9:00 p.m., Western Avenue Community Center, 600 N. Western, Bloomington.

Contact: Call/llame Liz Acevedo-Alstum (309) 262-6608 or (309) 829-4807

Email: aceals2002@yahoo.com

Write: 809 N. School St., Normal, IL, 61761

Parents Care and Share Group *

Parents Care and Share Group is sponsored by Children's Home and Aid - Children's Foundation Mid-Central Region and is for parents using the Scott Early Learning Center. The group meets Tues. Call Mendy Smith for more information.

Contact: Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org **Local Website:** www.childrenshomeandaid.org

Write: Mendy Smith, Children's Home and Aid, 403 S. State St., Bloomington, IL 61701

Parents Teaching Parents * (2003, A,L)

Parents Teaching Parents provides support to parents with children ages birth to six. Meets Tues., 5:00-6:30 p.m., Children's Home and Aid, 403 S. State St, Bloomington.

Contact: Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org **Local Website:** www.childrenshomeandaid.org

Write: Mendy Smith, Children's Home and Aid, 403 S. State St, Bloomington, IL 61701

The Butterfly Project * (2012 A,P)

The Butterfly Project offers a group for women and their children who have experienced, or are currently involved in, domestic violence. Meets Thurs., 5:30-7:00 p.m., Children's Home and Aid, 403 S. State St., Bloomington.

Contact: Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org or jhigdon@childrenshomeandaid.org

Local Website: www.childrenshomeandaid.org

Write: Mendy Smith, Children's Home and Aid, 403 S. State St., Bloomington, IL 61701

Parents of LGBT Children

CHAMPAIGN COUNTY

C-U PFLAG (Parents, Families & Friends of Lesbians and Gays) * (1996 A,L)

This self-help group focuses on supporting parents, families, and friends of gay, lesbian, bisexual, and transgender people in their time of need. It promotes the education of the general public and advocates for issues concerning LGBT individuals and their friends and family members. The group helps families to understand and accept their family members. This group is for adults and some older teens, but is not for young children. Membership with the national organization is encouraged, but not required. Meets 4th Tues. (no July meeting), and 2nd Tues., Dec., 6:00 p.m., Wesley United Methodist Church, West Lounge, (Corner of Green St. and Goodwin St.), Urbana.

Contact: Patty **Email:** pattyty@sbglobal.net

National Website: www.pflag.org

Write: PFLAG, Wesley United Methodist Church, 1203 W. Green St., Urbana, IL 61801.

Families Group * (2012, F,P)

The Families Group focuses on specific needs of LGBTQA parents and children. This group provides separate programming opportunities for children of LGBTQA parents, LGBTQA parents and the family. Call for more information.

Contact: Maggie Thomas (217) 550-4248 or UP Center (217) 550-4248

Email: families@unitingpride.org or info@unitingpride.org **Local Website:** unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

Pregnancy / Childbirth / Breastfeeding

CHAMPAIGN COUNTY

Breastfeeding Support Group * (2012 F,P)

Support group for breastfeeding mothers. Meets Fri., 9:30-10:30 a.m., C-U Public Health District, conference room.

Contact: Karima Isberg, MA, CLC (217) 531-4322 **Email:** kisberg@c-uphd.org

Write: Karima Isberg, 201 W. Kenyon Rd., Champaign, IL 61820

Infant Replay - Mothers of Twins and More Support Group * (1966 A,L)

This support group is for mothers and expectant mothers of multiples (twins, triplets or more). By sharing their joys and concerns of raising multiples, members enhance their parenting skills, provide encouragement to each other and enjoy their "multiple blessings." Meets 3rd Mon., 7:00 p.m., Panera Bread, Old Farm Shops. Find us on Facebook as "Champaign-Urbana Mothers of Twins Club."

Contact: Penny Broga **Email:** pbroga@hotmail.com

La Leche League of Champaign-Urbana * (1971 A,L)

La Leche League is an international, nonprofit and nonsectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed. La Leche League of Champaign-Urbana offers informal discussions open to any woman interested in breastfeeding. Pregnant women are encouraged to attend. Babies are always welcome at our meetings. A lending library is available. Meets 2nd Mon., 6:30-7:30 p.m., Urbana Free Library Auditorium, 210 W. Green St., Urbana and 3rd Wed., 10-11 a.m., Developmental Services Center, 1304 W. Bradley Ave., Champaign.

Contact: Jodi (217) 725-8060 **Email:** fanwoman68@yahoo.com **National Website:** www.llli.org

Parent - Child Interaction Group * (2007 F,P)

This support group is for pregnant and new parents. Parents get feedback from other parents, and discussions include child development, parental stress and other topics. Child care is available. Meeting days and times vary, so call or visit website for current information.

Contact: Crisis Nursery, (217) 337-2730 **Local Website:** www.crisisnursery.net

Write: Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Prenatal Group for Teen Parents * (2007 F,P)

Soon-to-be teen mothers and fathers attend this six-week group to learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding and basic infant care, and ask any questions they may have. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets Weds., 4:15-5:30 p.m. on a quarterly basis. Location varies.

Contact: Teen Parent Group Coordinator (217) 693-4573 or (217) 398-8080

Local Website: www.communityelements.org

Write: Teen Parent Group Coordinator, Community Elements, 1801 Fox Dr., Champaign, IL 61820

Support Group for Pregnant Mothers and Mothers Raising Infants * (2011 A,P)

This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support to mothers in Champaign County who may be at risk for Postpartum/Perinatal Depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Childcare is available and the groups are always free. Contact Crisis Nursery at 217-3720 or check website for specific dates and times. No prior registration necessary.

Contact: Ann Ambrose (217) 337-2730

Email: ann@crisisnursery.net **Local Website:** www.crisisnursery.net

Write: Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

MCLEAN COUNTY

La Leche League (McLean County) * (1956 A,P)

This is a support and educational group for breastfeeding mothers and pregnant women. The group has informal discussions. People are encouraged to bring their babies and young children. There is a \$40 fee for membership in La Leche League International, but mothers may attend the meetings for free. A lending library and bimonthly magazine are available. Meets 1st Tues., 7:00 p.m. and 3rd Fri., 9:15 a.m., Northside Church of Christ, 1908 N. Towanda Barnes Rd., Bloomington.

Contact: Catherine Preston-Schreck (309) 846-4734 or Susan Mohr (309) 530-7614

Email: cpressch@yahoo.com skmohr7@yahoo.com

Local Website: llusa.org/IL/WebBloomingtonIL.html **National Website:** www.lalecheleague.org

Write: La Leche League, Northside Church of Christ, 1908 N. Towanda Barnes Rd., Bloomington, IL 61704

Pregnancy and Beyond * (2012 A,P)

A support and education group for all expectant mothers. Meets Tues. 4:00-5:30 p.m., Children's Home and Aid, Healthy Start House. Call Amy for more information.

Contact: Amy Sloan-Gray (309) 834-5226 **Email:** agray@childrenshomeandaid.org

Write: Amy Sloan-Gray, Children's Home and Aid, 403 S. State St., Bloomington, IL 61701

Relatives Raising Children

MACON COUNTY

Family Ties (Macon County) * (1999 F,P)

This support group is for anyone raising relatives. Child care is available. Meets last Thurs., 6:30-8:30 p.m.

Contact: Ginny Karl (217) 423-6961, ext. 138

Email: gkarl@webstercantrell.org **Local Website:** webstercantrell.org

Hope Grows Kinship Support Group * (2012 F,P)

This group provides support for relatives raising children. Meets 2nd Wed., 1:00-2:00 p.m., Macon County Health Department, 1221 E. Condit St., Decatur.

Contact: Sally Williams (217) 423-6550

Email: swilliams@maconcountyhealth.org

Write: Macon County Health Department, 1221 E. Condit St., Decatur, IL 62521

MCLEAN COUNTY

R.O.C.K. - Raising Our Children's Kids (McLean County) * (1986 A,P/L)

This support group is for grandparents and relatives who are raising another generation. It provides resources and a time to share ideas, concerns and experiences. Child care is provided. A newsletter and group literature are available. Enter the building from the back parking lot. Meets 1st and 3rd Weds., 5:30-7:30 p.m., Children's Home and Aid, 403 S. State St., Bloomington.

Contact: Mendy Smith (309) 834-5211 **Email:** msmith@childrenshomeandaid.org

Write: Mendy Smith, Children's Home and Aid, 403 S. State St., Bloomington, IL 61701

SANGAMON COUNTY

Relatives as Parents Network (RAPN) * (1995 F,P/L)

RAPN is an educational support group for all caregivers who are relatives of minor children. The meeting includes a free dinner and a children's program. Child care and a light supper during meetings are provided. Group literature is available. Meets 2nd and 4th Tues., 6:00-8:00 p.m., 1st Baptist Church, 301 S. Grand Ave. West, Springfield.

Contact: Pieretta Patterson (217) 753-8730, ext. 103 **Local Website:** www.tppos.org

Write: Pieretta Patterson, The Parent Place, 314 S. Grand Ave. W., Springfield, IL 62704-3716

Separation / Divorce (Adults)

CHAMPAIGN COUNTY

Divorce Support Group (Our Lady of the Lake Catholic Church, Mahomet) * (2010 F,L)

This support group is open to all who are divorced or separated. Topics include: anger, depression, acceptance, letting go, handling loneliness, moving ahead, rebuilding self-esteem and setting boundaries. The group features biblical teachings and prayers for recovery. Meets Thurs. evenings in Mahomet. It is offered periodically. Contact Liz Clawson for information on the next group sessions.

Contact: Liz Clawson (217)586-2846 **Email:** clawson@illinois.edu

Write: Liz Clawson, Our Lady of the Lake Catholic Church, 501 W. State St., Mahomet, IL 61853

DivorceCare (New Horizon Methodist Church) * (A,L)

This group provides a divorce recovery seminar and support group. It is nondenominational, but does feature biblical teachings for recovery. Meets Mon., 6:30-8:30 p.m., New Horizon United Methodist Church, 3002 W. Bloomington Rd., Champaign, IL

Contact: New Horizon Methodist Church (217) 359-8909 **Email:** nancydavis4@comcast.net

Local Website: www.newhorizonchurch.org **National Website:** www.divorcecare.com

DivorceCare (Meadowbrook Church) * (2009 A,L)

This divorce recovery seminar and support group is nondenominational, but does feature biblical teachings for recovery. Optional workbook fee is \$20. Meets Wed., 6:30-8:30 p.m., Meadowbrook Church, 1902 S. Duncan Rd., Champaign.

Contact: Ron and Deb Bailey (217) 359-9636 or Stacy (217) 351-3019 **Email:** sbates@meadow.org

Local Website: www.meadow.org **National Website:** www.divorcecare.com

Write: DivorceCare, Meadowbrook Church, 1902 S. Duncan Rd., Champaign, IL 61822

DivorceCare (The Vineyard Church) * (1997 A,L)

This divorce recovery seminar and support group is nondenominational, but does feature biblical teachings for recovery. DivorceCare for Kids (DC4K) holds simultaneous meetings for children ages 5-12. Registration fee is \$20 for 10 weeks. Child care is available for \$1 per hour per child, maximum of

\$10 per family. For directions to the meeting room, look for signs or go to the Welcome Desk. Meets Tues., 7:00-9:00 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.

Contact: Dennis Sobkoviak (217) 590-4669 (h) or The Vineyard Church (217) 384-3070

Email: d.sobkoviak@mchsi.com

Local Website: thevineyardchurch.us/dcare **National Website:** divorcecare.com

Write: Dennis or Nancy Sobkoviak, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Separation / Divorce (Children)

CHAMPAIGN COUNTY

Rainbows For All Children (DBA) Rainbows (Champaign) * (1983 A,P/L)

Rainbows offers groups for children, ages preschool to teens, who have experienced the death of a parent, the divorce of parents, the incarceration of a parent, the military deployment of a parent, or any other significant loss. The groups provide emotional support, education, and understanding. Small groups are held through the sponsorship of public and parochial schools. High school and adult curricula are available.

Contact: Rainbows (800) 266-3206 or (847) 952-1770

Email: info@rainbows.org **National Website:** www.rainbows.org

Write: Rainbows, 1360 Hamilton Parkway, Itasca, IL 61043

MCLEAN COUNTY

Kids' Turn * (2012 A,P)

For parents and children going through divorce or separation. Group helps children learn to understand and cope with the changes taking place within the family. Kids' Turn is facilitated by professionals familiar with the dynamics of divorce. Parent groups and children's groups are run concurrently. Meets Weds., 5:30-6:30 p.m., Children's Home and Aid, Healthy Start House, 403 S. State St., Bloomington.

Contact: Lori Boline (309) 827-0374 or 309-834-5231

Email: lboline@childrenshomeandaid.org **Local Website:** www.childrenshomeandaid.org

Write: Lori Boline, 403 S. State St., Bloomington, IL 61701

Stepfamilies

CHAMPAIGN COUNTY

Stepfamily * (1998 F,L)

Stepfamily provides phone support only to discuss issues about stepfamilies and make referrals to mental health professionals.

Contact: Debra or Darell Hart (217) 469-7889 **Email:** debrajoyhart@gmail.com

Teen Parents

CHAMPAIGN COUNTY

Healthy Young Families Teen Parent Support Group * (1990 A,P/L)

This support group provides mutual support, information and parenting education for teen mothers. Child care, transportation and meals are provided. Group is held in Urbana on Tuesdays, 5-7pm, at Philo Road Church of Christ, 2601 S. Philo Road, Urbana, IL. Group is held in Champaign on Thursdays, 5-7pm, at Temple Baptist Church, 1100 Broadmoor Dr., Champaign, IL. Call for an interview to attend the groups.

Contact: Teen Parent Coordinator (217) 693-4573 or (217) 398-8080

Local Website: www.communityelements.org

Write: Teen Parent Group Coordinator, Community Elements, 1801 Fox Dr., Champaign, IL 61820

Parent Wonders * (1990 A,P)

Parent Wonders is a program that partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from ages birth to 36 months. It focuses on at-risk pregnant and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens.

Contact: Felicia Gooler (Developmental Services Center) (217) 356-9176 or Debbie Plush (217) 766-9719 **Email:** fgooler@dsc-illinois.org or debbie@parentwonders.org

Local Website: www.parentwonders.org

Write: Parent Wonders, 200 S. Century Blvd., Rantoul, IL 61866

Prenatal Group for Teen Parents * (2007 F,P)

Soon-to-be teen mothers and fathers attend this six-week group to learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding and basic infant care, and ask any questions they may have. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets Weds., 4:15-5:30 p.m. on a quarterly basis. Location varies.

Contact: Teen Parent Coordinator (217) 693-4573 or (217) 398-8080

Local Website: www.communityelements.org

Write: Teen Parent Group Coordinator, Community Elements, 1801 Fox Dr., Champaign, IL 61820

Young Lives Group (Champaign) * (2008 A,L)

Young Lives Group offers teen moms support and education, relief from the isolation and struggle of their daily lives and hope for the future. Each meeting includes a free meal, child care and fun activities. Meets 2nd and 4th Thurs., First Presbyterian Church, 302 W. Church St., Champaign.

Contact: Erin Grace (217) 493-9537 **Email:** grace321@aol.com **National Website:** younglife.org

Young Lives Group (Rantoul) * (2008 A,L)

Young Lives Group offers teen moms support and education, relief from the isolation and struggle of their daily lives and hope for the future. Each meeting includes a free meal, child care and fun activities. Meets 1st and 3rd Thurs., First United Methodist Church, 200 S. Century Blvd., Rantoul.

Contact: Erin Grace (217) 493-9537 **Email:** grace321@aol.com **National Website:** younglife.org

MCLEAN COUNTY

Heart-2-Heart * (2012 F,P)

A group for young moms that provides information on healthy relationships for their children and how to keep their children safe. Meets Thurs., 5:30-7:00 p.m., Baby Fold. The group runs in ten week sessions. A light meal and child care are provided. Please contact Mendy Smith for more information.

Contact: Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org

Write: Mendy Smith, Children's Home and Aid, 403 S. State St, Bloomington, IL 61701

PHYSICAL AND EMOTIONAL ABUSE

Domestic Violence

CHAMPAIGN COUNTY

Female Survivors of Recent Sexual Assault * (1991 F,P)

This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location.

Contact: Pat Morey (217) 333-3137 **Email:** pmorey@illinois.edu

Local Website: www.studentaffairs.illinois.edu/diversity/women/

Write: Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd floor, Champaign, IL 61820

Spanish Twelve-Step Group - Grupo de Apoyo de Doce Pasos para Hombres * (2008 F,L)

The Spanish Twelve-Step Group is for Spanish-speaking men who commit domestic violence or who abuse alcohol or drugs. Topics include domestic violence, anger management, chemical dependency, relapse prevention, trust, and more. Hablamos español. Este es un grupo de apoyo de los doce pasos para hombres. Los temas incluyen violencia familiar, como controlar la ira, falta de confianza, dependencia química, prevención de recaídas, y mucho más. La junta es cada sábado, horario 8:30 a.m. Meets Sat., 8:30 a.m., Cultivadores El Centro Latino, 555 S. Maplewood, Rantoul.

Contact: Nelson Cuevas, Cultivadores El Centro Latino (217) 892-5292

Email: cultivadores@mchsi.com

Write: Nelson Cuevas, Cultivadores El Centro Latino, 555 S. Maplewood, Rantoul, IL 61866

MACON COUNTY

Dove Domestic Violence Women's Support Group * (1986 F,P/L)

This group offers support, safety, and self-help to women who are currently with their abuser or who have left them. Child care is provided. Meets Tues., 6:30-8:00 p.m., 302 S. Union St., Decatur.

Contact: Decatur Crisis Hotline (217) 423-2238 Terri Ducy

Email: tducy@doveinc.org **Local Website:** www.doveinc.org

MCLEAN COUNTY

Dads Helping Dads * (2007 F,L)

This group is for any father wanting to grow in his parenting role. It provides an opportunity to meet other dedicated fathers in a confidential and understanding atmosphere. The group discusses various helpful topics, issues, solutions and resources. Free food and beverages are available at meetings. Free child care is available by reservation. Meets Mon., 5:30-7:00 p.m., Children's Home and Aid, 403 S. State St., Bloomington.

Contact: Henry Alexander (309) 662-9453 or Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org

Write: Henry Alexander/ Mendy Smith, Children's Home and Aid, 403 S. State St., Bloomington, IL 61701

Latina Women's Group * (2003 A,P/L)

Latina Women's Group is a supportive environment for mothers and their children. A children's program runs while mothers meet. The group is held in Spanish. Este es un grupo de apoyo para las

madres y sus niños. Hay un programa y cuidado para los niños durante la reunión de las madres. El grupo se conduce en español. El grupo se reúne todos los viernes a las 6:30-9:00 de la noche. Meets Fridays, 6:30-9 p.m., Western Avenue Community Center, 600 N. Western, Bloomington.

Contact: Call/llame Liz Acevedo-Alstum (309) 262-6608 or (309) 829-4807

Email: aceals2002@yahoo.com

Write: Liz Acevedo-Alstrum, 809 N. School St., Normal, IL 61761

Parents Care and Share Group *

This group is sponsored by Children's Home and Aid - Children's Foundation Mid-Central Region, and is for parents using the Scott Early Learning Center. Group meets on Tuesdays. Call Mendy Smith for more information.

Contact: Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org **Local Website:** www.childrenshomeandaid.org

Write: Mendy Smith, Children's Home and Aid, 403 S. State St., Bloomington, IL 61701

The Butterfly Project * (2012 A,P)

This group is for women and their children who have experienced or are currently involved in domestic violence situations. Meets Thurs., 5:30-7:00 p.m., at Children's Home and Aid, 403 S. State St., Bloomington.

Contact: Mendy Smith (309) 834-5211

Email: msmith@childrenshomeandaid.org jhigdon@childrenshomeandaid.org

Local Website: www.childrenshomeandaid.org

Write: Mendy Smith, Children's Home and Aid, 403 S. State St., Bloomington, IL 61701

Sexual Abuse / Incest / Rape

CHAMPAIGN COUNTY

Female Survivors of Recent Sexual Assault * (1991 F,P)

This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location.

Contact: Pat Morey (217) 333-3137 **Email:** pmorey@illinois.edu

Local Website: www.studentaffairs.illinois.edu/diversity/women/

Write: Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd floor, Champaign, IL 61820

New Art-Based Support Group * (2013 F,P)

This group is for adult survivors of child sexual abuse or adult sexual assault. The group is free and confidential and the 10-week group will use the art-making process to explore issues resulting from sexual violence. Group starts on June 12th, 2013 and will be from 3:30-5:00 p.m. Group members must call before June 7th to schedule an intake.

Contact: Erin Sturm (217) 384-6298 **Email:** sturm@cu-races.org

Write: RACES, 145A Lincoln Square, 300 S. Broadway, Urbana, IL 61801

Survivor Support Group * (2013 F,P)

This 12-week, closed support group is for females, age 18 and older, who are survivors of sexual abuse or sexual assault. Group begins on Tuesday, Feb. 12, 2013 and meets from 4:30-6:00 p.m. Please call 217-344-6298 to schedule an intake or to join a future group session.

Contact: Lisa Perry, 217-344-6298 **Email:** perry@cu-races.org **Local Website:** www.cu-races.org
Write: RACES, 145A Lincoln Square, 300 S. Broadway, Urbana, IL 61801.

SEPARATION / DIVORCE

Separation / Divorce (Adults)

CHAMPAIGN COUNTY

Divorce Support Group (Our Lady of the Lake Catholic Church, Mahomet) * (2010 F,L)

This support group is open to all who are divorced or separated. Topics include: anger, depression, acceptance, letting go, handling loneliness, moving ahead, rebuilding self-esteem and setting boundaries. The group features biblical teachings and prayers for recovery. Meets Thurs. evenings in Mahomet. It is offered periodically. Contact Liz Clawson for information on the next group sessions.

Contact: Liz Clawson (217) 586-2846 **Email:** clawson@illinois.edu

Write: Liz Clawson, Our Lady of the Lake Catholic Church, 501 W. State St., Mahomet, IL 61853

DivorceCare (New Horizon Methodist Church) * (A,L)

This group provides a divorce recovery seminar and support group. It is nondenominational, but does feature biblical teachings for recovery. Meets Mon., 6:30-8:30 p.m., New Horizon United Methodist Church, 3002 W. Bloomington Rd., Champaign.

Contact: New Horizon Methodist Church (217) 359-8909 **Email:** nancydavis4@comcast.net

Local Website: www.newhorizonchurch.org **National Website:** www.divorcecare.com

DivorceCare (Meadowbrook Church) * (2009 A,L)

This divorce recovery seminar and support group is nondenominational, but does feature biblical teachings for recovery. Optional workbook fee is \$20. Meets Wed., 6:30-8:30 p.m., Meadowbrook Church, 1902 S. Duncan Rd., Champaign.

Contact: Ron and Deb Bailey (217) 359-9636 or Stacy (217) 351-3019 **Email:** sbates@meadow.org

Local Website: www.meadow.org **National Website:** www.divorcecare.com

Write: DivorceCare, Meadowbrook Church, 1902 S. Duncan Rd., Champaign, IL 61822

DivorceCare (The Vineyard Church) * (1997 A,L)

This divorce recovery seminar and support group is nondenominational, but does feature biblical teachings for recovery. DivorceCare for Kids (DC4K) holds simultaneous meetings for children ages 5-12. Registration fee is \$20 for 10 weeks. Child care is available for \$1 per hour per child, maximum of \$10 per family. For directions to the meeting room, look for signs or go to the Welcome Desk. Meets Tues., 7:00-9:00 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.

Contact: Dennis Sobkoviak (217) 590-4669 (h) or The Vineyard Church (217) 384-3070

Email: d.sobkoviak@mchsi.com

Local Website: thevineyardchurch.us/dcure **National Website:** divorcecare.com

Write: Dennis or Nancy Sobkoviak, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Separation / Divorce (Children)

CHAMPAIGN COUNTY

Rainbows For All Children (DBA) Rainbows (Champaign) * (1983 A,P/L)

Rainbows offers groups for children, ages preschool to teens, who have experienced the death of a parent, the divorce of parents, the incarceration of a parent, the military deployment of a parent, or any

other significant loss. The groups provide emotional support, education, and understanding. Small groups are held through the sponsorship of public and parochial schools. High school and adult curricula are available.

Contact: Rainbows (800) 266-3206 or (847) 952-1770

Email: info@rainbows.org **National Website:** www.rainbows.org

Write: Rainbows, 1360 Hamilton Parkway, Itasca, IL 61043

MCLEAN COUNTY

Kids' Turn * (2012 A,P)

For parents and children going through divorce or separation. Group helps children learn to understand and cope with the changes taking place within the family. Kids' Turn is facilitated by professionals familiar with the dynamics of divorce. Parent groups and children's groups are run concurrently. Meets Weds., 5:30-6:30 p.m., Children's Home and Aid, Healthy Start House, 403 S. State St., Bloomington.

Contact: Lori Boline (309) 827-0374 or 309-834-5231

Email: lboline@childrenshomeandaid.org **Local Website:** www.childrenshomeandaid.org

Write: Lori Boline, 403 S. State St., Bloomington, IL 61701

SEXUAL ORIENTATION

LGBT (Lesbian/Gay/ Bisexual/Transgender)

CHAMPAIGN COUNTY

Access UP! * (2013 F,L)

Access UP! is a group housed within the Uniting Pride (UP) Center of Champaign County. The group hopes for dialogue among individuals with disabilities and their allies. Topics of conversation are not limited. They can include accessibility, independence, community building, and sexuality (heterosexual, lesbian, gay, bisexual, asexual, and any other identity you choose). The group is open to all individuals over the age of 18. To stay connected with the group, join on Facebook at www.facebook.com/groups/434291759998217/members.

Contact: UP Center Administration (217) 550-4248

Email: info@unitingpride.org **Local Website:** www.unitingpride.org

Write: UP Center of Champaign County, 202 S. Broadway Ave., Ste. 102, Urbana, IL 61801-3319

Bi Mix UP *

Bi Mix UP is an ongoing adult support/social group for members of the community who identify as bisexual or bi-questioning. Topics include dating, navigating relationships as bisexuals, coming out and bi-phobia.

Contact: (217) 550-4248

Email: bi@unitingpride.org info@unitingpride.org **Local Website:** www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

BLEND UP (Building Local EthNic Dialogue UP) * (2012 F,L)

BLEND UP is a support and discussion group for same-gender loving people of color in the Urbana-Champaign community. Adult men, women, and transgender people of all identities, ages 18 and up, are welcome to join. Discussion topics include family, relationships, school, work, and defining yourself.

Contact: (217) 550-4248

Email: blend@unitingpride.org or info@unitingpride.org

Local Website: www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

Brother II Brother (B2B) * (2009 F,P/L)

Brother II Brother (B2B) is a community group for young gay and bisexual men of color. The group provides a safe place for men to come together, socialize, have fun, and be themselves in a supportive environment. It is sponsored by the Champaign-Urbana Public Health District (C-UPHD). Meets Wed., 7:00-10:00 p.m., Mspot, 24 E. Green St., Green Street Center, Ste. 14, Champaign.

Contact: Carrie Keenan (217) 531-5364 or (217) 637-1310 (c)

Email: ckeenan@c-uphd.org **Local Website:** on.fb.me/B2Bcu

Write: Carrie Keenan, C-U Public Health District, 201 W. Kenyan Rd., Champaign, IL 61820

C-U PFLAG (Parents, Families and Friends of Lesbians & Gays) * (1996 A,L)

This self-help group focuses on supporting parents, families, and friends of gay, lesbian, bisexual, and transgender people in their time of need. It promotes the education of the general public and advocates for issues concerning LGBT individuals, and their friends and family members. The group helps families to understand and accept their family members. This group is for adults and some older teens, but is not for young children. Membership with the national organization is encouraged, but is not required. Meets 4th Tues. (no July meeting), and 2nd Tues., Dec., 7:00 p.m., Wesley United Methodist Church, Urbana. (Corner of Green St. and Goodwin St.)

Contact: Cindy Dodd (217) 586-3497 (h)

Email: cupflag@hotmail.com **National Website:** www.pflag.org

Face2Face * (2008 A,L)

This is a personal and confidential support group for heterosexual spouses or partners of current or former gay, lesbian, bisexual or transgender mates, or mixed-orientation couples. The group's goal is to constructively resolve coming-out problems. For support, information or to be placed on a list to form a local group, visit the website or e-mail.

Contact: Shelley

Email: cu-face2face@straightspouse.org **National Website:** www.straightspouse.org

Families Group * (2012 F,P)

The Families Group focuses on specific needs of LGBTQA parents and children. This group provides separate programming opportunities for children of LGBTQA parents, LGBTQA parents and the family. Call for more information.

Contact: Maggie Thomas (217) 550-4248 or UP Center (217) 550-4248

Email: families@unitingpride.org or info@unitingpride.org **Local Website:** www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

Gal UP *

Gal UP is a group for women of any sexual orientation to come together in a safe space to discuss our lives and socialize. Topics for discussion can relate to the coming out process, being an ally, developing friendships and networking within the community, spiritual and religious topics, dating and more. Meets 4th Wed., 6:00-7:00 p.m., The UP Center, 202 S. Broadway, Suite 102 (1st floor of IMC), Urbana.

Contact: 217-550-4248

Email: info@unitingpride.org **Local Website:** www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

Man UP: Men Against Negativity * (2012, F,L)

Peer-facilitated group for GBTQ men. Meets Tues., 7:00-9:00 p.m. On 1st and 3rd Tues., group meets in a peer support setting with focused discussions on topics such as the coming-out process, developing friendships within the community, dating and more. On the 2nd Tues., group meets in a social setting for casual discussion, games and more. On last Tues. of the month, a movie is shown with a discussion that follows. Meets at The UP Center, 202 S. Broadway, Suite 102 (1st floor of IMC), Urbana.

Contact: 217-550-4248

Email: info@unitingpride.org **Local Website:** www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

Talk it UP: LGBTQ Youth Support Group * (2010 F,P)

Talk it UP is a peer-run LGBTQ support group for All LGBTQ (lesbian, gay, bisexual, transgender, and questioning) middle- and high-school youth. LGBTQ youth can expect an atmosphere of acceptance and support while meeting other LGBTQ youth. The group is co-facilitated by two adults experienced in working with youth; however, the group is led by the youth participants. Topics of conversation include: Coming out, dating, talking to your parents and other issues relevant to LGBTQ youth. Meets every other Thurs., 6:30-7:30 p.m., The UP Center, 202 S. Broadway Ave., Suite 102, Urbana. The Center is open every Thursday from 6:30-7:30 p.m. for ALL youth.

Contact: (217) 550-4248

Email: youth@unitingpride.org info@unitingpride.org **Local Website:** www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

Transgender Support Group - Champaign County * (F,L)

This group is for transgender individuals or those questioning their gender identity, to meet and discuss relevant issues in a safe and supportive environment. Group meetings vary.

Contact: Kevin (217) 550-4248

Email: info@unitingpride.org **Local Website:** www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

What's UP * (2012, F,L)

What's UP is a group for LGBTQA (Lesbian, Gay, Bi-sexual, Trans, Queer and Ally) people aged 18-25 to come together and work out problems, rant, socialize, philosophize, commiserate, speculate or just plain talk. Every meeting has a specific discussion topic and often a speaker who will help keep the discussion going and better answer any questions that may be raised. Although meetings have assigned topics, it is possible that we may discuss many things one day, and stick to one thing on another. The needs of the group dictate whether or not we stick to one topic since the group focus is on the needs and interests of the members.

Contact: (217) 550-4248

Email: info@unitingpride.org **Local Website:** www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

Women of Pride * (2008 F,L)

Women of Pride provides a weekly discussion group and opportunities to participate in a wide range of community activities to foster a sense of community among women of all sexual orientations. Meets Sun., 6:30 p.m., University of Illinois LGBT Resource Center, Illini Union, Rm. 323, 1401 W. Green St., Urbana.

Contact: LGBT Resource Center (217) 244-8863

Email: mowitz2@illinois.edu **Local Website:** go.illinois.edu/lgbt

Write: University of Illinois LGBT Resource Center, Illini Union, Rm. 323, 1401 W. Green St., Urbana, IL 61801

EAST CENTRAL ILLINOIS

Transgender Support Group - East Central Illinois * (2009 F,P)

This group provides support, education, and social activities for transgender people. A yahoo group is available at <http://groups.yahoo.com/group/tginbnil>. Meets 2nd Sat., Sept.-May, 6:00-11:00 p.m. Email for meeting location and a schedule of speakers and activities.

Email: tginbnil@hotmail.com

MACON COUNTY

Gay and Lesbian Association of Decatur (GLAD) * (1993 F,L)

This is a social and educational group for gay and lesbian people. Free literature and a newsletter are available. Videos are available on loan. Meets 2nd Sat., 6:30 p.m. for a potluck meal followed by a program. There is a \$5 donation.

Contact: Marlon Chaney, male co-chair (760) 285-1005

Email: marlonandassoc@yahoo.com gladinfo@mchsi.com **Local Website:** www.gladdecatur.com

Write: GLAD, P.O. Box 3783, Decatur, IL 62524

YOUTH / STUDENTS

College Students / University Life

CHAMPAIGN COUNTY

Female Survivors of Recent Sexual Assault * (1991 F,P)

This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location.

Contact: Pat Morey (217) 333-3137

Email: pmorey@illinois.edu **Local Website:** www.studentaffairs.illinois.edu/diversity/women/

Write: Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd floor, Champaign, IL 61820

International Hospitality * (1952 F,L)

The International Hospitality Committee organizes volunteer programs to help support University of Illinois international students, families, faculty and staff during their stay in the Champaign-Urbana community. The goals of IHC are to promote an enjoyable cultural and educational experience for international visitors, facilitate their adjustment to their new environment, and encourage understanding and friendship among them and local residents. Programs include free English conversation classes, friendship groups, a host family program and a lending storeroom.

Contact: Mary Kruse or Nancy McGlathery 217-337-6942

Email: mary.kruse1@gmail.com or nmcglath@gmail.com

RISK Advocacy * (2010 F,L)

RISK Advocacy (Resource and Information Services for Student Parents with Kids) provides information about resources at the University of Illinois to support student parents on campus and in the larger community.

Contact: Carmen Wilson

Email: risk.uiuc@gmail.com

Youth / Students (General)

CHAMPAIGN COUNTY

Brother II Brother * (2009 F,P/L)

Brother II Brother (B2B) is a community group for young gay and bisexual men of color. The group provides a safe place for men to come together, socialize, have fun, and be themselves in a supportive environment. It is sponsored by the Champaign-Urbana Public Health District (C-UPHD). Meets Wed., 7:00-10:00 p.m., Mspot, 24 E. Green St., Green Street Center, Ste. 14, Champaign.

Contact: Carrie Keenan (217) 531-5364 or (217) 637-1310 (c)

Email: ckeenan@c-uphd.org **Local Website:** on.fb.me/B2Bcu

Write: Champaign-Urbana Public Health District, 201 W. Kenyan Rd., Champaign, IL 61820

Our Time * (1993 F,P/L)

Our Time is a community-based support program for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. At the same time, a parent group meets to address how grief is expressed in children and how parents can help their children work through their grief.

Contact: Vera Duncanson (217) 337-2487 **Email:** vera.duncanson@presencehealth.org

Write: Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61822

Parent Wonders * (1990 A,P)

Parent Wonders is a program that partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from ages birth to 36 months. It focuses on at-risk pregnant and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens.

Contact: Felicia Gooler (Developmental Services Center) (217) 356-9176 or Debbie Plush (217) 766-9719 **Email:** fgooler@dsc-illinois.org or debbie@parentwonders.org

Local Website: www.parentwonders.org

Write: Parent Wonders, 200 S. Century Blvd., Rantoul, IL 61866

Prenatal Group for Teen Parents * (2007 F,P)

Soon-to-be teen mothers and fathers attend this six-week group to learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding and basic infant care, and ask any questions they may have. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets Weds., 4:15-5:30 p.m. on a quarterly basis. Location varies.

Contact: Teen Parent Coordinator (217) 693-4537 or (217) 398-8080

Local Website: www.communityelements.org

Write: Teen Parent Group Coordinator, Community Elements, 1801 Fox Dr., Champaign, IL 61820

Rainbows For All Children (DBA) Rainbows (Champaign) * (1983 A,P/L)

Rainbows offers groups for children, ages preschool to teens, who have experienced the death of a parent, the divorce of parents, the incarceration of a parent, the military deployment of a parent or any other significant loss. The groups provide emotional support, education and understanding. Small groups are held through the sponsorship of public and parochial schools. High school and adult

curricula are available.

Contact: Rainbows (800) 266-3206 or (847) 952-1770

Email: info@rainbows.org **National Website:** www.rainbows.org

Write: Rainbows, 1360 Hamilton Parkway, Itasca, IL 61043

Speak Out! * (2008 F,P/L)

This group is for teens and young adults with disabilities. The group helps youth to speak up for their rights, socialize and have a good time. It meets at the same time as the Parents of Adults with Disabilities support group. The group is sponsored by Community Choices, Inc. Bring snacks and drinks to share. Meets 2nd Thurs., 7:00-8:30 p.m., Sept.-May, St. Matthews Church, 2200 Philo Rd., Urbana.

Contact: Community Choices (217) 621-1090

Email: jen.advocacy@gmail.com or contact@communitychoicesinc.org

Write: Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

Talk it UP: LGBTQ Youth Support Group * (2010 F,P)

Talk it UP is a peer-run LGBTQ support group for all LGBTQ (lesbian, gay, bisexual, transgender, and questioning) middle- and high-school youth. LGBTQ youth can expect an atmosphere of acceptance and support while meeting other LGBTQ youth. The group is cofacilitated by two adults experienced in working with youth. However, the group is led by youth participants. Topics of conversation include coming out, dating, talking to parents, and other issues relevant to LGBTQ youth. Meets every other Thurs., 6:30-7:30 p.m., The UP Center, 202 S. Broadway Ave., Ste. 102 (1st floor of IMC), Urbana. The Center is open every Thursday from 6:30-7:30 p.m. for all youth.

Contact: (217)550-4248

Email: youth@unitingpride.org or info@unitingpride.org **Local Website:** www.unitingpride.org

Write: The UP Center of Champaign County, 202 S. Broadway Ave., Suite 102, Urbana, IL 61801

Young Lives Group (Champaign) * (2008 A,L)

Young Lives Group offers teen moms support and education, relief from the isolation and struggle of their daily lives and hope for the future. Each meeting includes a free meal, child care and fun activities. Meets 2nd and 4th Thurs., First Presbyterian Church, 302 W. Church St., Champaign.

Contact: Erin Grace (217) 493-9537

Email: gracee321@aol.com **National Website:** www.younglife.org

Young Lives Group (Rantoul) * (2008 A,L)

Young Lives Group offers teen moms support and education, relief from the isolation and struggle of their daily lives and hope for the future. Each meeting includes a free meal, child care and fun activities. Meets 1st and 3rd Thurs., First United Methodist Church, 200 S. Century Blvd., Rantoul.

Contact: Erin Grace (217) 493-9537

Email: gracee321@aol.com **National Website:** www.younglife.org

SANGAMON COUNTY

Becoming Empowered and Successful Teens (BEST) * (2000 F,P)

This group provides socializing and support for teens with disabilities, ages 14 to 21. Meets last Wed., Sept.-May, 6:00-8:30 p.m., Springfield Center for Independent Living, 330 S. Grand Ave. W., Springfield. Times and dates are subject to change. This group is on hold until further notice. Contact Carolyn Thorpe for more information.

Contact: Carolyn Thorpe (217) 523-2587 **Email:** youth@scil.org **Local Website:** www.scil.org

Write: Carolyn Thorpe, Springfield Center for Independent Living, 330 S. Grand Ave. W., Springfield, IL 62704-3716

Parent 2 Parent * (1999 F,P)

This group is for parents of teenagers with disabilities and focuses on the transition process from school to adult life. It provides an opportunity for parents to become familiar with the agencies and professionals who can ease this transition. A newsletter and group literature are available. Meets 2nd Wed., 5:30-7:30 p.m., YMCA (Downtown Springfield), 701 S. 4th St., Springfield.

Contact: Carolyn Thorpe (217) 523-2587 **Email:** thorpe@scil.org **Local Website:** www.scil.org
Write: Carolyn Thorpe, YMCA, 701 S. 4th St., Springfield, IL 62704

VERMILION COUNTY

Loss and Grief Recovery Group (Presence United Samaritans) * (F,P)

This program provides nine sessions for anyone, ages 16 and over, who needs help to deal with a loss through death. The series provides learning opportunities for people to heal from their grief wounds and to grow from them. The group is facilitated by trained staff. Group literature and transportation are available. Registration is required. Meets at Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville.

Contact: Sister Joanne Vander Heyden, Pastoral Care Department (217) 443-5000

Email: joanne.vanderheyden@presencehealth.org

Local Website: www.provenaumc.com

Write: Sister Joanne Vander Heyden, Loss and Grief Recovery Group, Presence USMC, 812 N. Logan Ave., Danville, IL 61832

OTHER

Crime Victims / Offenders

CENTRAL ILLINOIS

Mothers Against Drunk Driving (MADD Illinois) * (1980 A,L)

MADD Illinois provides phone support and victim court advocacy to people who are coping with the loss of a loved one from an alcohol-related accident. MADD Illinois provides assistance with the medical, emotional, and legal problems after an accident.

Contact: (217) 523-MADD (6233) or (888) 440-MADD (6233)

Email: il.state@madd.org

Local Website: madd.org/local-offices/il/ **National Website:** www.madd.org

Write: MADD Illinois, 2070 W. Monroe, Ste. B, Springfield, IL 62704

MACON COUNTY

Hidden Victims Program * (F,P)

Hidden Victims Program provides phone support to people who have survived the death of a significant other from a homicide or DUI fatality. The service is provided by the Victim Services Coordinator of the State's Attorney's Office. The service also provides survivors with individual therapy by a licensed therapist. Survivors must be referred to therapy by the services coordinator. Therapy is provided through grant funds, and there is no cost. The incident MUST have occurred in Macon County, and survivors must cooperate in the prosecution of a case. Survivors who reside outside of Macon County may participate in individual therapy if they are able to attend the program.

Contact: Melanie Long, Victim Services Coordinator (217) 424-1419 **Email:** mlong@sa-macon-il.us

Write: Melanie Long, Macon County State Attorneys Office, 4th Fl., 253 E. Wood St., Decatur, IL 62523

Employment

CHAMPAIGN COUNTY

Employment Network and Support Group * (2002 F,L)

This support group is for unemployed people and their families. Call for meeting schedule and location.

Contact: Cliff Maduzia (217) 791-1264

Email: cmaduzia@stpaturbana.org **Local Website:** www.stpaturbana.org

Job Club * (1981 F,P/L)

The Job Club provides a classroom environment to address workforce issues for unemployed and underemployed people. It is free to eligible people under the Workforce Investment Act (WIA). Information, support and development of employment skills are available. Computers, fax machine, telephone, and individual case management are also provided. Follow-up case management is available after exiting the program. Meets Tuesdays and Thursdays. Call Illinois WorkNet, 531-8260, to schedule orientation before attending.

Contact: Rick Krandel (217) 531-8266 or (217) 398-0120 (TTY for deaf/hearing impaired)

Email: rkrandel@ccrpc.org

Write: Job Club, 1307 N. Mattis Ave., Champaign, IL 61821

Job Seekers * (2013 F,P/L)

Group provides support and encouragement to job seekers. Members exchange job leads, ideas, career strategies and techniques. Group also provides networking opportunities for people who may be underemployed or unemployed, potential employers or those seeking better or different work experiences. Meets Wed., 2:00 p.m., Illinois workNet Center in Champaign.

Contact: Rick Krandel (217) 531-8266 **Email:** rkrandel@ccrpc.org

Write: Job Seekers, Champaign Illinois workNet Center, 1307 N. Mattis Ave., Champaign, IL 61821

Miscellaneous

CHAMPAIGN COUNTY

Grant Support Group * (2008 F,P)

This group is for anyone who is currently writing, has already written, will potentially write or will participate in writing a grant proposal. The group shares sources, provides advice, and is a network of like-minded people. Email or call to receive notices of meeting times and locations. Meets monthly depending on interest. Call for information.

Contact: Joshua Birky, Grants and Contracts (217) 353-2167 **Email:** jbirky@parkland.edu

Write: Grant Support Group, Grants and Contracts, Parkland College, 2400 W. Bradley Ave., Champaign, IL 61822

Neighborhood Groups

CHAMPAIGN COUNTY

City of Champaign - Neighborhood Groups and Homeowners Association *

This group provides information on neighborhood organizing, active Champaign neighborhood watches and other groups.

Contact: Neighborhood Services Department, City of Champaign (217) 403-7070, (Mon.-Fri., 8:00-5:00 p.m.)

Email: neighborhoodservices@ci.champaign.il.us

Write: City of Champaign Neighborhood Services, 102 N. Neil St., Champaign, IL 61820

Concerned Citizens for Better Neighborhoods * (1984 F,L)

This group is for people interested in the quality of life in the north Champaign area neighborhoods and deals with environmental concerns. Meetings encourage a healthy and productive lifestyle. Meets quarterly in the Douglass Center Annex, 804 N. 5th St., Champaign.

Contact: John Ruffin, Neighborhood Services Department, City of Champaign (217) 403-7070, (Mon.-Fri., 8:00-5:00 p.m.)

Email: neighborhoodservices@ci.champaign.il.us

Write: City of Champaign Neighborhood Services, 102 N. Neil St., Champaign, IL 61820

D.N.A. (Downtown Neighborhood Association of Urbana) * (1995 F,L)

D.N.A. advocates for the preservation of neighborhoods in the downtown area of Urbana. It includes community building and crime prevention activities. Membership fees are \$1 for low income individuals, \$2 for regular individual membership, and \$5 for families.

Contact: Dorothy Neumann (217) 344-1427

Write: Dorothy Neumann, D.N.A. of Urbana, 301 W. Griggs St., Urbana, IL 61801

Historic East Urbana Neighborhood Association (HEUNA) * (2001 F,L)

HEUNA serves as a voice in the community to promote building, preserving, and maintaining the small-town, historic nature of east Urbana through surveys, forums, public meetings, educational workshops and social gatherings.

Contact: Christopher Stohr **Email:** chris1s@comcast.net stohr@isgs.illinois.edu

Local Website: www.heuna.org

Write: HEUNA, 501 East High St., Urbana, IL 61801

Southeast Urbana Neighborhood Association *

This non-partisan, community-based organization serves the geographic area bounded roughly by Florida Ave., Lincoln Ave., Windsor Rd. and Philo Road in southeast Urbana. Activities focus on neighborhood safety, renewal of the Philo Road Business District, and building community. Annual membership dues are \$5. Annual neighborhood-wide meeting is held each spring, usually in May.

Contact: Coordinators, Theresa Michelson or Pauline Mak

Email: thmichelson@gmail.com or pmak2206@gmail.com

Local Website: sunaurbana.org

United Garden Hills Association * (1996 F,L)

This group is devoted to promoting neighborhood wellness. A newsletter is available. Meets 3rd Mon., 6:30 p.m., Garden Hills School, Champaign.

Contact: Amy Revilla, president (217) 352-5752

Email: 2much-2do@comcast.net

Write: 1724 Anita Dr., Champaign, IL 61821

West Urbana Neighborhood Association (WUNA) * (2002 F,L)

WUNA preserves the residential integrity of the west Urbana neighborhood by maintaining and enhancing a friendly, attractive, and safe environment. WUNA covers the Urbana area bordered by Main St. (N), Lincoln Ave. (W), Vine St., (E), and Florida Ave. (S). Annual dues are \$5 to vote. Meets once a year in the spring. See website for more information.

Local Website: westurbana.org

Write: WUNA, P.O. Box 82, Urbana, IL 61803

Public Speaking

CHAMPAIGN COUNTY

Fireside Toastmasters * (2000 A,L)

Fireside Toastmasters provides mutual support and a positive learning environment for developing communication and leadership skills. It fosters self-confidence and personal growth. New member fee is \$20. Annual fee is \$72. Meets 1st and 3rd Wed., 5:45-7:00 p.m., Champaign Public Library, 200 W. Green St., Champaign.

Contact: Debra Custer (217) 621-0168

Email: dkcuster@comcast.net **National Website:** www.toastmasters.org

McKinley Toastmasters Club * (1947 A,L)

This group helps people, ages 18 and older, to develop communication and leadership skills through public speaking. There is a fee for educational manuals and materials. McKinley Toastmasters Club meets at 6:15 p.m. the first four Thursdays of the month at the Champaign Public Library at 200 W. Green Street, Champaign, Illinois. Ask at the Info Desk which room your club is meeting. Generally, club meets in room 215, 222 on the second floor or room C on the first floor.

Contact: Tony Audrieth (217) 352-3840 **Email:** tony@squaresail.com

Local Website: www.standandspeak.info **National Website:** www.toastmasters.org

Toast of Champaign Toastmasters * (1989 A,P/L)

This group provides a mutually supportive and positive learning environment for members, ages 18 and older, to develop communication and leadership skills. It fosters self-confidence and personal growth. New membership fee is \$20. Club dues are \$39 every six months. Guests are welcome and may attend free of charge. Meets Thurs., 12:00-1:00 p.m., Champaign Public Library, 200 W. Green St., Champaign. Ask at library Info Desk or check website for meeting room location.

Contact: Jeffery Lehmann (217) 722-6988 **Email:** jlentp@aol.com

Local Website: toastofchampaign.toastmastersclubs.org **National Website:** www.toastmasters.org

Veterans / Military

CHAMPAIGN COUNTY

Disabled American Veterans - Champaign County Chapter 8 * (1952 A,L)

This group provides fellowship and assistance to disabled veterans. Membership fee is \$40 per year. A newsletter is available. Meets 3rd Wed., 6:00 p.m., VFW Hall, 609 Edgebrook Dr., Champaign.

Contact: Bill Anderson (217) 356-4283 (h) or (217) 649-9793 (c)

Military Mom's Prayer Support Group * (2004 F,L)

This group provides prayer, support, and information to people who have had or still have, sons and daughters serving in the military. Fathers, families and friends of members of all branches of the military are also welcome. Call for meeting location and schedule.

Contact: Mary Long (217) 621-8146 or Ann Russell (217) 359-8758

Email: yemmalong@yahoo.com anncrussell@comcast.net

VERMILION COUNTY

VA Illiana Health Care System - Alzheimer's and Related Dementia Caregivers * (1985 A,P/L)

This is an open group dedicated to improving the quality of life of caregivers through support and education in a confidential setting. The group offers caregivers the opportunity to ask questions, share

stories, and learn caregiving tips through discussion, guest speakers, and information from the Alzheimer's Association. Caregivers of nonveterans are also welcome. Meets 2nd Wed., 2:00-3:30 p.m., VA Medical Center, Community Living Center (CLC), Building 101, 1900 E. Main St., Danville.
Contact: Cheryl Rome, MSW (217) 554-5122
Write: Cheryl Rome, MSW, VA Medical Center, SWS-122, 1900 E. Main St., Danville, IL 61832

Women's Issues

CHAMPAIGN COUNTY

Champaign Urbana Club of IL Federation * (1921 A,L)

This is a support and networking group for women in the Champaign Urbana area. It is affiliated with a state and international network of women. Membership fees are \$60 for state and local dues. The group also raises funds to support community activities and a scholarship fund. Target for scholarships is women returning to school. Call for dinner reservations and additional information. Meets 1st Tues., 6:30 p.m., dinner meeting at Hawthorne Suites, 101 Trade Center Dr., Champaign.

Contact: Carla Tucker (217) 384-2352 (w)

Email: carla.tucker52@gmail.com **Local Website:** ifbwc.org

Rantoul Business and Professional Women * (1960 A,P/L)

This is a support and networking group for working women in the Rantoul area, ages 18 and older. Group is affiliated with local and state networks of the Illinois Federation of Business Women's Clubs. Yearly dues are \$45.00. Transportation to meetings and a newsletter are available. Meets 1st Wed., Sept.-July, at places to be decided at each meeting in Rantoul.

Contact: Doris Taylor (217) 893-3412

Email: h.taylor@mchsi.com **National Website:** www.bpw-il.org

Women for Sobriety (W.F.S.) * (1998 A,L)

Women for Sobriety provides meetings in certain areas and phone support to help women recover from alcoholism and/or chemical addictions. This is an alternative recovery program from AA.

Contact: Sue (217) 355-3921 or WFS National office (215) 536-8026

Email: newlife@nni.com **National Website:** www.womenforsobriety.org

Women of Pride * (2008 F,L)

Women of Pride provides a weekly discussion group and opportunities to participate in a wide range of community activities to foster a sense of community among women of all sexual orientations. Meets Sun., 6:30 p.m., University of Illinois LGBT Resource Center, Illini Union, Rm. 323, 1401 W. Green St., Urbana.

Contact: LGBT Resource Center (217) 244-8863

Email: mowitz2@illinois.edu **Local Website:** go.illinois.edu/lgbt

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