

## SUPPORT GROUPS IN CENTRAL FLORIDA

*While the information gathered here needs updating, we are including it to let you know that help is available. Please reach out to any of these organizations that you feel a connection to.*

### **Addictions**

Rational Recovery (for alcoholics and drug addicts), 2805 Elizabeth Ave., Orlando 32804; meets twice weekly. Details: Morris Sullivan, (407) 660-8111 or (407) 425-5936.

Co-Dependents Anonymous (for families of substance abusers), c/o Co-Dep Counseling Center Inc., 1500 Lee Road, Suite 200, Orlando 32810; meets weekly. Details: (407) 298-2633.

Co-Dependents Anonymous (men only), c/o Co-Dep Counseling Center Inc., 1500 Lee Road, Suite 200, Orlando 32810; meets weekly. Details: (407) 298-2633.

Narcotics Anonymous, c/o Orlando Area Service Committee, P.O. Box 2768, Orlando 32802; meets weekly. Details: (407) 849-7770.

Overcomers (Christ-centered support group for adults who abuse drugs and/or alcohol and for their family members), 1454 E. Semoran Blvd., Casselberry 32707; meets weekly. Details: (407) 671-0900.

Co-Dependents Anonymous (for families of substance abusers), c/o Choices Counseling Center, P.O. Box 144, Winter Park, 32790; meets weekly. Details: (407) 628-3443.

Gamblers Anonymous, P.O. Box 1313, Altamonte Springs 32715-1313; meets twice a week. Details: (407) 236-9206.

Gam-Anon (for families of compulsive gamblers), P.O. Box 1313, Altamonte Springs 32715-1313; meets twice a week. Details: (407) 236-9206.

Chemical Dependency Support Group (Christ-centered), sponsored by Fresh Start Ministries, P.O. Box 3667, Winter Springs 32708; meets weekly. Details: Joe Cordovano, (407) 366-4782.

### **AIDS**

AIDS Support Group, sponsored by Centaur (Central Florida AIDS Unified Resources Inc.), P.O. Box 3725, Orlando 32802; meets twice monthly. Details: (407) 849-1452.

AIDS Support Group, sponsored by Trans-Aid, 4618 Canna Drive, Orlando 32809; meets weekly. Details: Alfredo Martinez-Garcia, (407) 839-0945 or (407) 352-2352.

AIDS Families Support Group, sponsored by Centaur, P.O. Box 3725, Orlando 32802; meets twice monthly. Details: (407) 849-1452.

AIDS Patients and Families Support Group, sponsored by the Hope and Help Center of Central Florida, 1815 E. Robinson St., Suite 3, Orlando 32803; meets weekly. Details: Chuck Hummer, Kevin Johnson or Cindy Christian, (407) 894-1992.

AIDS Families Support Group, sponsored by Trans-Aid, 4618 Canna Drive, Orlando 32809; meets weekly. Details: Alfredo Martinez-Garcia or (407) 839-0945 or (407) 352-2352.

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Women's AIDS Support Group, sponsored by Centaur, P.O. Box 3725, Orlando 32802; meets twice monthly. Details: (407) 849-1452.

### **Alcoholism**

Alcoholics Anonymous, c/o Central Florida Intergroup Services Inc., 2211 Lee Road, Suite 103, Winter Park 32789; meets at various times in various places in Orange, Seminole and Osceola counties. Details: (407) 647-3333 or (407) 644-0983.

ACOA (Adult Children of Alcoholics), P.O. Box 300167, Fern Park 32730; meets at various times in various places in Orange, Seminole and Osceola counties. Details: (407) 896-4929.

Al-Anon (for families of alcoholics), P.O. Box 300167, Fern Park 32730; meets at various times in various places in Orange, Seminole and Osceola counties. Details: (407) 896-4929.

Al-Anon ACOA (for families of adult children of alcoholics), P.O. Box 300167, Fern Park 32730; meets at various times in various places in Orange, Seminole and Osceola counties. Details: (407) 896-4929.

Alateen (for teen-age family members of alcoholics), P.O. Box 300167, Fern Park 32730; meets at various times in various places in Orange, Seminole and Osceola counties. Details: (407) 896-4929.

### **Alzheimer's Disease**

Alzheimer's Caregivers Support Group, sponsored by the Alzheimer's Disease and Related Disorders Association Inc., 2205 S. Orange Ave., Suite 207, Orlando 32809; meets at various times in various times. Details: (407) 859-5829.

Alzheimer's Caregivers Support Group, sponsored by the Alzheimer's Respite Program of the Christian Service Center, 808 W. Central Blvd., Orlando 32805; meets twice monthly at various locations in Orange and Seminole counties. Details: (407) 423-5311.

Alzheimer's Support Group, sponsored by the Alzheimer Resource Center, P.O. Box 1153, Winter Park 32790; meets at different times in Winter Park, Kissimmee and Sanford. Details: Ann Monk, (407) 843-1910.

### **Arthritis**

Arthritis Support Group, co-sponsored by the Arthritis Foundation and Orlando Regional Medical Center, 1416 S. Orange Ave., Orlando 32806; meets monthly. Details: Gail Clayton, (407) 841-5111, Ext. 5470.

### **Breathing Problems**

Central Florida Asthmatics, sponsored by Orlando Regional Medical Center, 1214 Kuhl Ave., Orlando 32806; meets monthly. Details: (407) 648-3806.

Better Breathers, sponsored by the American Lung Association, P.O. Box 568504, Orlando 32856-8504; meets monthly. Details: (407) 898-3401.

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Asthma Support Group, sponsored by Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7546 or (407) 646-7443.

Pulmonary Support Group, sponsored by Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7546.

### **Cancer**

Cancer Victors and Friends, Central Florida Chapter, 5774 Chipola Circle, Orlando 32809; meets monthly September through November and January through June. Details: Harry Warman, (407) 859-1931.

Still Coping (for cancer patients and their families), sponsored by the American Cancer Society, 1703 W. Colonial Drive, Orlando 32804; meets twice monthly. Details: Cheryl Jones, (407) 648-3806.

Cancer: Gaining Control (for cancer patients and their families), sponsored by Florida Hospital Cancer Center, 500 E. Rollins St., Suite 305, Orlando 32803; six-week program. Details: Helen Roorda, (407) 897-1600.

Newly Diagnosed Cancer Patients Support Group, sponsored by Orlando Regional Medical Center, 1414 Kuhl Ave., Orlando 32806; meets twice monthly. Details: (407) 841-4636.

I Can Cope (for newly diagnosed cancer patients), sponsored by the American Cancer Society, 1703 W. Colonial Drive, Orlando 32804; six-week program in the fall, winter and spring. Details: (407) 843-8680.

Breast Cancer Sharing Group, sponsored by the American Cancer Society, 1703 W. Colonial Drive, Orlando 32804; meets monthly. Details: (407) 843-8680.

Breast Cancer Support Group, sponsored by the Center for Women's Medicine at Florida Hospital, 2501 N. Orange Ave., Suite 340, Orlando 32804; meets monthly. Details: (407) 897-1617.

Chemotherapy Support Group, for current or past receivers of chemotherapy, sponsored by Orlando Regional Medical Center, 1414 Kuhl Ave., Orlando 32806; meets twice monthly. Details: (407) 648-3806.

Laryngectomy (surgical removal of all or part of the larynx) Support Group, sponsored by the American Cancer Society, 1703 W. Colonial Drive, Orlando 32804; meets monthly. Details: (407) 843-8680.

Cancer Support Group, sponsored by the Episcopal Church of the Good Shepherd, 331 Lake Ave., Maitland 32751; meets weekly. Details: (407) 644-5350.

Breast Cancer Support Group, sponsored by the Women's Health Network at Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7517.

Lending a Hopeful Hand (emotional support group for cancer patients, friends and family), sponsored by Winter Park Memorial Hospital's Cancer Care Center, 2100 Glenwood Drive, Winter Park 32792; meets weekly. Details: (407) 646-7777.

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### Caregivers

Care for the Caregivers (for those who care for the elderly or homebound), sponsored by Winter Park Memorial Hospital's Park Care Senior Day Center, 230 N. Perth Lane, Winter Park 32792; \$15 for eight-week session. Details: (407) 629-5771.

### Death and Dying

Bereaved Family Resource Network, c/o the Parents Resource Center, 42 E. Jackson St., Orlando 32801; frequency of meetings varies. Details: (407) 425-3663.

Bereaved "Care and Share" Support Group, (for those whose loved ones have been killed or injured in auto accidents), sponsored by the Orange County chapter of MADD (Mothers Against Drunk Driving), 1720 S. Orange Ave., Suite 301, Orlando 32806-2932; meets monthly. Details: (407) 422-6233.

Cancer Bereavement Support Group (for people who have lost a loved one through cancer), sponsored by Orlando Regional Medical Center, 1414 Kuhl Ave., Orlando 32806; meets monthly. Details: (407) 841-4636.

Dying with Dignity Support Group (for the terminally ill and their families), sponsored by the Hemlock Society of Central Florida, P.O. Box 56135, Orlando 32856; \$15 a year for membership; meets monthly, except June through August and December. Details: Nancy Robinson, (407) 859-0512, or Denyse Eddy, (407) 647-0631.

Bereavement Support Group, sponsored by St. John Vianney Catholic Church, 6200 S. Orange Blossom Trail, Orlando 32809; meets weekly. Details: (407) 855-5391.

Male-Only Support Group (for men whose loved ones have been killed or injured in auto accidents), sponsored by the Orange County chapter of MADD (Mothers Against Drunk Driving), 1720 S. Orange Ave., Suite 301, Orlando 32806-2932; meets twice monthly. Details: (407) 422-6233.

Pet Loss Support Group, sponsored by the Animal Grieving Center, 1408 Belle Vista Drive, Orlando 32809; meets monthly; \$15 first session, \$5 additional sessions. Details: Maryann Borgon, (407) 859-6639.

Survivors of Suicide Support Group (for suicide survivors and their families), sponsored by We Care Inc., 112 Pasadena Place, Orlando 32803; meets twice monthly. Details: (407) 628-1227.

Widowed Persons Service of Orange County, 142 E. Jackson St., Orlando 32801; meets twice monthly in Orlando and Casselberry. Details: (407) 649-9209.

Widow and Widowers Society of Central Florida, 2507 Lafayette Lane, Winter Park 32789; first three meetings are free, with membership fee afterward at \$15 a year; meets monthly. Details: Jeanne Kump, (407) 645-0536.

Bereavement Support Group, sponsored by Hospice of Central Florida Inc., 2500 Maitland Center Parkway, Suite 300, Maitland 32751; meets weekly for six weeks. Details: (407) 875-0028.

Speakers of Spanish Bereavement Support Group, sponsored by Hospice of Central Florida Inc., 2500 Maitland Center Parkway, Suite 300, Maitland 32751; meets weekly for six weeks. Details: (407) 875-0028.

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WINGS (Widows in Need of Group Support, for widowed people under 50), sponsored by Baldwin-Fairchild Cemeteries and Funeral Homes, 994 E. Altamonte Drive, Altamonte Springs 32701; meets twice monthly. Details: Sally Kopke, (407) 898-8111.

Senior Widowed Group, sponsored by Baldwin-Fairchild Cemeteries and Funeral Homes, 994 E. Altamonte Drive, Altamonte Springs 32701; three sessions a year. Details: Sally Kopke, (407) 898-8111.

Bereavement Group, sponsored by Baldwin-Fairchild Cemeteries and Funeral Homes, 994 E. Altamonte Drive, Altamonte Springs 32701; meets twice monthly. Details: Sally Kopke, (407) 898-8111.

### **Diabetes**

Diabetes Outreach (for adults with diabetes), sponsored by the Central Florida Diabetes Foundation Inc., P.O. Box 141038, Orlando 32814-1038; meets monthly. Details: Juel Jones, (407) 898-8335 or (407) 897-1617.

Diabetes Support Group, sponsored by the Diabetes Treatment Center at Orlando Regional Medical Center, 1414 Kuhl Ave., Orlando 32806; meets monthly. Details: (407) 237-6330.

Parents of Diabetic Children Support Group, co-sponsored by Florida Hospital and the Juvenile Diabetes Foundation, P.O. Box 428, Fern Park 32730-0428; meets monthly. Details: Gail Coplin, (407) 884-0533.

### **Disabilities**

Amputees Support Group, sponsored by the Comprehensive Medical Rehabilitation Center, 100 W. Gore St., Suite 104, Orlando 32806; meets monthly. Details: (407) 425-6011.

Parents of Autistic Children and Adults Support Group, sponsored by ISIS (Individual Support Through Innovative Services), P.O. Box 555086, Orlando 32855-5086; meets quarterly. Details: Suz Baumann, (407) 422-8645.

Parents of Blind or Multi-Handicapped Children Support Group, sponsored by CITE (Center for Independence, Training and Education), 215 E. New Hampshire St., Orlando 32804; meets monthly. Details: (407) 896-3177.

Physically Challenged Children Support Group, sponsored by the American Amputee Foundation Inc., Central Florida chapter, P.O. Box 616012, Orlando 32861; meetings to be announced. Details: Sherry Meguiar, (407) 298-5377.

PARADE (for parents of children with attention deficit disorder), c/o the Parent Resource Center, 42 E. Jackson St., Orlando 32801; meets monthly. Details: Priscilla Kelly, (407) 425-3663, or Sharon Routledge, (407) 834-7673.

PRIDE (Parents Really Involved in Deaf Education), Orange County Public Schools Administrative Offices, 445 W. Amelia, Orlando 32801; meets monthly. Details: Rosemary Stokes, (407) 849-3321.

Parents of Children with Learning Disabilities Support Group, sponsored by the Association for Children and Adults with Learning Disabilities, 915 N. Mills Ave., Orlando 32803; meets monthly. Details: Carolyn Travel, (407) 898-3798.

Adults with Learning Disabilities Support Group, sponsored by the Association for Children and Adults with Learning Disabilities, 915 N. Mills Ave., Orlando 32803; meets monthly. Details: Carolyn Travel, (407) 898-3798.

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Parents of Children with Spina Bifida Support Group, sponsored by the Spina Bifida Association of Central Florida, c/o Arnold Palmer Hospital for Children and Women, 92 W. Miller St., Orlando 32806; meets monthly. Details: Jeane Stilwell, (407) 649-9111, Ext. 5683.

Blind Persons Support Group (for the blind and their families), sponsored by the Mid-Florida Council of the Blind, 5043 Lake Howell Road, Winter Park 32792; meets monthly. Details: Lelah Edgell, (407) 679-9310.

Peer Counseling Group (for the physically disabled), sponsored by the Center for Independent Living, 720 N. Denning Drive, Winter Park 32789-3020; meets weekly. Details: (407) 623-1070.

MODS (Mothers of Down's Syndrome), 107 Hattaway Drive, Altamonte Springs 32701; meets monthly. Details: Linda Drier, (407) 647-4005, or Nancy Kroenke, (407) 834-7815.

Parent to Parent of Central Florida (for families of children with special needs), P.O. Box 915751, Longwood 32791-5751; meets monthly. Details: Karen Galvin, (407) 696-2425; Sharon Spano, (407) 349-5018; Margo Johnson, (407) 423-2316.

### **Divorce and Separation**

Divorced and Separated Support Group, sponsored by the Catholic Diocese of Orlando, P.O. Box 1800, Orlando 32802; frequency of meetings varies from parish to parish. Details: Sister Ginny West, (407) 425-3556.

Rainbows for All God's Children (for children whose parents have either divorced or died), sponsored by the Catholic Diocese of Orlando, P.O. Box 1800, Orlando 32802; 12-week session. Details: Sister Ginny West, (407) 425-3556.

Remarriage Families Support Group, sponsored by the Catholic Diocese of Orlando, P.O. Box 1800, Orlando 32802; frequency of meetings varies from parish to parish. Details: Sister Ginny West, (407) 425-3556.

Women Alone (for women who are divorced, separated or widowed), sponsored by the Center for Women's Medicine at Florida Hospital, 2501 N. Orange Ave., Suite 340, Orlando 32804; \$10 for four sessions. Details: (407) 897-1617.

New Dreams (for divorced and separated people), sponsored by First Presbyterian Church, 106 E. Church St., Orlando 32801; meets weekly. Details: (407) 422-9208.

Open Hearts Divorce Recovery for Children, sponsored by First Presbyterian Church, 106 E. Church St., Orlando 32801; 10-week sessions in the winter and spring. Details: (407) 422-9208.

Divorce Support Group, sponsored by the Women's Health Network at Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7517.

### **Domestic Violence**

Battered Women Support Group, sponsored by Spouse Abuse Inc., P.O. Box 536276, Orlando 32853; meets weekly. Details: (407) 886-2856, (407) 740-0017 in north Seminole County.

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Children of Battered Women Support Group, sponsored by Spouse Abuse Inc., P.O. Box 536276, Orlando 32853; meets weekly. Details: (407) 886-2856, (407) 740-0017 in north Seminole County.

Emerge Now (for abusive men trying to change their violent behavior), sponsored by Spouse Abuse Inc., P.O. Box 536276, Orlando 32853; sliding scale fee per session; meets weekly. Details: (407) 423-4519.

### **Eating Disorders**

Eating Disorders Support Group, sponsored by University Behavioral Center, P.O. Box 678088, Orlando 32867-8088; \$20 per session; meets weekly. Details: Lou Shives, (407) 281-7000.

Overeaters Anonymous, c/o Choices Counseling Center, P.O. Box 144, Winter Park, 32790; meets weekly. Details: (407) 628-3443.

Overeaters Anonymous, c/o Central Florida O.A. Intergroup, P.O. Box 180293, Casselberry 32718-0293; meets weekly. Details: (407) 628-1227.

Eating Disorders Support Group, sponsored by Florida Hospital Altamonte's Eating Disorders Unit, 601 E. Altamonte Drive, Altamonte Springs 32701; meets weekly. Details: Peggy Moran (407) 767-2267.

Family Members of Those with Eating Disorders Support Group, sponsored by Florida Hospital Altamonte's Eating Disorders Unit, 601 E. Altamonte Drive, Altamonte Springs 32701; meets twice monthly. Details: Peggy Moran (407) 767-2267.

### **Fatigue, Chronic**

CFIDS (chronic fatigue immune dysfunction syndrome) Support Group, P.O. Box 1204, Orlando 32802; meets twice monthly. Details: Mary Burns, (407) 872-1934.

CFIDS Sufferers and Families Support Group, sponsored by the Central Florida Chronic Fatigue Syndrome Organization, P.O. Box 301044, Fern Park 32730-1044; meets monthly. Details: Sonia Johnson, (407) 855-6296, or Norm and Lyn Levine, (407) 831-4649.

### **Head Injury**

Head Injury Support Group, sponsored by the National Head Injury Foundation, 122 Lamplighter Road, Altamonte Springs 32714; meets monthly. Details: Sandy Evans, (407) 869-6232.

### **Heart Problems**

AICD Support Group (for people with automatic implantable cardioverter defibrillators), sponsored by Florida Hospital's Cardiac Center, 500 E. Rollins St., Suite 101, Orlando 32803; meets quarterly. Details: Dr. Mary Ann Black, (407) 897-1797.

Women's Cardiac Support Group, sponsored by the Center for Women's Medicine at Florida Hospital, 2501 N. Orange Ave., Suite 340, Orlando 32804; meets monthly. Details: (407) 897-1617.

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Cardiac Support Group, sponsored by Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7546.

### **Homosexuality**

Gay and Lesbian Youth Program, two support groups for gay and lesbian young people ages 13-17 and 18-20, sponsored by Gay and Lesbian Community Services of Central Florida, P.O. Box 533446, Orlando 32853-3446; meets weekly. Details: (407) 425-4527 or (407) 843-4297.

Coming Out Group (for people coming to terms with their sexual preferences), sponsored by Gay and Lesbian Community Services of Central Florida, P.O. Box 533446, Orlando 32853-3446; meets weekly. Details: (407) 425-4527 or (407) 843-4297.

Bisexual Support Group, sponsored by Gay and Lesbian Community Services of Central Florida, P.O. Box 533446, Orlando 32853-3446; meets monthly. Details: (407) 425-4527 or (407) 843-4297.

Gay Men Support Group, sponsored by Gay and Lesbian Community Services of Central Florida, P.O. Box 533446, Orlando 32853-3446; meets weekly. Details: (407) 425-4527 or (407) 843-4297.

Latinos y Latinas Unidos (for gay Hispanic men and women), sponsored by Trans-Aid, 4618 Canna Drive, Orlando 32809; meets weekly. Details: Alfredo Martinez-Garcia, (407) 839-0945 or (407) 352-2352.

Lesbians Support Group, sponsored by Gay and Lesbian Community Services of Central Florida, P.O. Box 533446, Orlando 32853-3446; meets weekly. Details: (407) 425-4527 or (407) 843-4297.

PFLAG (Parents and Friends of Lesbians and Gays), P.O. Box 141312, Orlando 32814-1312; meets monthly. Details: Allene Baus, (407) 236-9177.

Monday Night Group (for people desiring to overcome homosexuality), sponsored by Eleutheros, 1298 Minnesota Ave., Suite D, Winter Park 32789; \$10 per meeting; meets weekly. Details: (407) 629-5770.

Parents' Group (for parents of people desiring to overcome homosexuality), sponsored by Eleutheros, 1298 Minnesota Ave., Suite D, Winter Park 32789; \$10 per meeting; meets monthly. Details: (407) 629-5770.

Spouses' Group (for spouses of people desiring to overcome homosexuality), sponsored by Eleutheros, 1298 Minnesota Ave., Suite D, Winter Park 32789; \$10 per meeting; meets twice monthly. Details: (407) 629-5770.

Couples' Group (for couples working through homosexuality affecting their marriages), sponsored by Eleutheros, 1298 Minnesota Ave., Suite D, Winter Park 32789; \$10 per meeting; meets twice monthly. Details: (407) 629-5770.

### **Lupus**

Lupus (an inflammatory disease affecting connective tissues) Support Group, sponsored by the Orlando chapter of the Lupus Foundation of Florida Inc. LFA, 4706 Carmel St., Orlando 32808; meets every other month. Details: (407) 295-8500.

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Lupus and Scleroderma (a hardening and thickening of the skin) Support Group, sponsored by the Lupus-Scleroderma Society of Central Florida, P.O. Box 1811, Tavares 32778; meets monthly in Winter Park. Details: Carol Ann Foster, (407) 656-9419, or Rachel Graves, (904) 343-3304.

### **Mental Health**

COPE (for families of the mentally ill), sponsored by the Mental Health Association of Central Florida, 608 Mariposa St., Orlando 32801; meets twice monthly. Details: (407) 843-1563.

PATH-AMI (People Advocating Together with Hope-Alliance for the Mentally Ill), P.O. Box 580357, Orlando 32858; meets monthly. Details: Gloria Grass, (407) 293-3625, or Daphne McConnell, (407) 273-3519.

REACH (for families of the mentally ill), 2804 Belcove Drive, Orlando 32808; meets weekly. Details: Gloria Grass, (407) 293-3625, or Penny Leonard, (407) 293-5090.

Project Return (for people with mental illnesses), sponsored by the Mental Health Association of Central Florida, 608 Mariposa St., Orlando 32801; meets weekly. Details: (407) 843-1563.

Emotions Anonymous (for people with problems such as phobias and depression), sponsored by Florida Hospital Center for Psychiatry, 601 E. Rollins St., Orlando 32802; meets weekly. Details: Eileen Ryan, (407) 897-1800.

Emotions Anonymous, sponsored by University Behavioral Center, P.O. Box 678088, Orlando 32867-8088; meets weekly. Details: Kristy Schoen, (407) 281-7000.

Emotions Anonymous, c/o Anglican Church of the Incarnation, 1515 Edgewater Drive, Orlando 32804; will meet weekly starting in January. Details: Dudley Kirk, (407) 323-9639.

Panic and Anxiety Support Group, sponsored by University Behavioral Center, P.O. Box 678088, Orlando 32867-8088; meets weekly. Details: Molly Murray, (407) 281-7000.

Recovery Inc. (for people with depression, anxieties and phobias), 7509 Lovely Lane, Orlando 32810; meets weekly. Details: Mary Reetz, (407) 660-2003.

AMIGO (Alliance for the Mentally Ill of Greater Orlando), P.O. Box 234, Maitland 32794; meets monthly. Details: (407) 657-6264.

Manic Depressives Support Group, sponsored by the Central Florida Manic Depressive Association, 265 W. Lake Faith Drive, Maitland 32751; meets twice monthly. Details: (407) 645-4375 or (407) 656-6196.

Phobias Support Group, c/o West Lake Hospital, 589 W. State Road 434, Longwood 32750; meets weekly. Details: (407) 260-1900, Ext. 130.

### **Multiple Sclerosis**

Orange-Seminole County Multiple Sclerosis Support Group, sponsored by the Central Florida chapter of the National Multiple Sclerosis Society, 3319 Maguire Blvd., Suite 134, Orlando 32803; meets monthly. Details: Maxine Moul, (407) 321-2754.

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ALS (amyotrophic lateral sclerosis, or Lou Gehrig's disease) Support Group, sponsored by the Muscular Dystrophy Association, 1265 S. Semoran Blvd., Suite 1217, Winter Park 32792; meets monthly. Details: (407) 677-6355.

ALS Support Group, sponsored by the Central Florida chapter of the ALS Association, 220 Fallen Palm Drive, Casselberry 32707; meets monthly. Details: Thomas Wallace, (407) 695-8170.

### **Ostomy**

Ostomy (a surgical opening for the elimination of body waste) Support Group, sponsored by the Greater Orlando-Central Florida chapter of the United Ostomy Association, 418 Tulane Drive, Altamonte Springs 32714; meets monthly. Details: Evelyn Vihlen, (407) 862-6567, or Viola Huttoe, (407) 695-7525.

### **Parkinson's Disease**

Parkinson's Support Group, sponsored by the Parkinsonian Society of Greater Orlando Inc., P.O. Box 1611, Goldenrod 32733; meets monthly. Details: Robert Harris, (407) 277-0770.

Parkinson's Support Group, sponsored by West Lake Hospital, 589 W. State Road 434, Longwood 32750; meets twice monthly. Details: (407) 262-2230.

### **Premenstrual Syndrome**

PMS Support Group, sponsored by the Center for Women's Medicine at Florida Hospital, 2501 N. Orange Ave., Suite 340, Orlando 32804; meets monthly. Details: (407) 897-1617.

PMS Support Group, sponsored by the Women's Health Network at Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7517.

### **Rape and Sexual Abuse**

Incest Support Group, sponsored by Response Sexual Assault Resource Center, 1510 E. Colonial Drive, Suite 301, Orlando 32803; meets weekly. Details: (407) 898-4228.

Rape Support Group, sponsored by Response Sexual Assault Resource Center, 1510 E. Colonial Drive, Suite 301, Orlando 32803; meets weekly. Details: (407) 898-4228.

Adult Groups for Assault Survivors (for rape victims), sponsored by Women in Transition, 157 E. New England Ave., Suite 440, Winter Park 32789; meets weekly. Details: (407) 628-8996.

Sexual Abuse Support Group, sponsored by Eleutheros, 1298 Minnesota Ave., Suite D, Winter Park 32789; \$10 per meeting; meets weekly. Details: (407) 629-5770.

Incest Support Group, sponsored by Renaissance Counseling Center, 370 Whooping Loop, Suite 1154, Altamonte Springs 32701; meets weekly. Details: (407) 260-5451.

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Sexual Abuse Support Group, sponsored by the Seminole Community Mental Health Center, 2462 Park Ave., Sanford 32771; \$5 per session; meets weekly. Details: Christine Hendy, (407) 323-2036.

### **Stroke**

Central Florida Stroke Club, sponsored by the American Heart Association, c/o P.O. Box 530023, Orlando 32853-0023; meets monthly. Details: Carol Blandford, (407) 894-8176, or Betty Deruiter, (407) 273-8488.

### **TMJ Syndrome**

TMJ (temporomandibular joint syndrome - a jaw disorder) Support Group, sponsored by TMJ Inc., c/o L. Eason, 2075 Hunterfield Road, Maitland 32751; meets monthly. Details: L. Eason, (407) 834-3106 or (407) 275-3100.

TMJ Support Group, c/o Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7520.

### **Miscellaneous, General**

BASIC (Brothers and Sisters in Christ, for men and women who are no longer in active ministry), Box 2406, Orlando, 32802; meets monthly. Details: John Dwyer Meehan. (407) 648-2328.

FAMILIES (Friendly Anonymous Military Interested in Living in Established Support, for active-duty service members and their families), sponsored by the Naval Training Center's McCoy Memorial Chapel Annex, Orlando 32813; meets twice weekly. Details: Cathy Clagett, (407) 240-4290.

WATCH (Wives and their Cheating Husbands, for women who are victims of their husbands' infidelity), P.O. Box 721085 Orlando 32872-1085; meeting times vary. Details: Dee, (407) 380-2765.

Injured "Care and Share" Support Group (for those who have been injured in auto accidents and for their relatives), sponsored by the Orange County chapter of MADD (Mothers Against Drunk Driving), 1720 S. Orange Ave., Suite 301, Orlando 32806-2932; meets monthly. Details: (407) 422-6233.

Women and Self-Esteem Support Group, sponsored by the Center for Women's Medicine at Florida Hospital, 2501 N. Orange Ave., Orlando 32804; meets monthly. Details: (407) 897-1617.

Vietnam Veterans Support Group, sponsored by the Orlando Veterans Center, 5001 S. Orange Ave., Orlando 32809; meets weekly. Details: (407) 648-6151.

### **Miscellaneous, Medical**

Post-Polio Support Group, c/o the March of Dimes, 714 E. Colonial Dr., Orlando 32803; meets every four to eight weeks. Details: Cathy Morrison, March of Dimes, (407) 849-0790; Tony Rozier, Center for Independent Living, (407) 623-1070; Marion Schoeller, (407) 877-6389; Jackie Bartholomew, 699-7579.

Organ Transplant Support Group (for families and friends of those who have had organs transplanted or are awaiting transplants), sponsored by the Organ Transplant Foundation of Central Florida, 1651 N. Semoran Blvd., Orlando 32897; meets monthly. Details: (407) 380-6900.

## SUPPORT GROUPS IN CENTRAL FLORIDA

*While the information gathered here needs updating, we are including it to let you know that help is available. Please reach out to any of these organizations that you feel a connection to.*

Central Florida Inflammatory Bowel Disease Support Group, 45 Drennen Road, Orlando 32806; meets monthly. Details: Lois Adams, (407) 851-4427.

Central Florida Cystic Fibrosis Support Group, 45 Drennen Road, Orlando 32806; meets monthly. Details: Beverly Donelson, (407) 851-4427.

CMT (Charcot-Marie-Tooth disease, a neurological disorder) Support Group, 6207 Tebbetts Drive, Orlando 32808; meets every other month. Details: Mary Beeler, (407) 295-6215 or (407) 298-1926.

Hemophilia Support Group, sponsored by the Hemophilia Association of Central Florida, 1727 Hollis Drive, Orlando 32822; meeting times vary. Details: (407) 275-3096.

Hysterectomy Support Group, sponsored by the Center for Women's Medicine at Florida Hospital, 2501 N. Orange Ave., Suite 340, Orlando 32804; meets monthly. Details: (407) 897-1617.

Interstitial Cystitis (a bladder disorder) Support Group, sponsored by the Interstitial Cystitis Association, c/o the Center for Women's Medicine at Florida Hospital, 2501 N. Orange Ave., Suite 340, Orlando 32804; meets monthly. Details: 897-1617.

Pain Support Group (for persons dealing with any kind of physical pain), sponsored by Casa Colina Pain Management Services, 5330 Diplomat Circle, Orlando 32810; meets twice monthly. Details: Patricia Hamilton, (407) 629-1366.

Reflex Sympathetic Dystrophy Syndrome (a disease of the nervous system) Support Group, sponsored by the RSDS Association, 1 Purlieu Place, Suite 240, Winter Park 32792; meets monthly. Details: (407) 657-7555.

Neurofibromatosis (genetic condition that causes multiple tumors) Support Group, sponsored by the National Neurofibromatosis Foundation Inc., Central Florida chapter, 312 Santiago Drive, Winter Park 32789; meets every other month. Details: Alice Weir, (407) 647-1895.

Herpes Support Group, sponsored by Winter Park Memorial Hospital, 111 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: Dr. Alan Grieco, (407) 740-7777.

Muscular Dystrophy Support Group, sponsored by the Muscular Dystrophy Association, 1265 S. Semoran Blvd., Suite 1217, Winter Park 32792; meets monthly. Details: (407) 677-6355.

Spasmodic Torticollis (chronic neck muscle spasms that cause the head to jerk or turn involuntarily) Support Group, sponsored by the National Spasmodic Torticollis Association, 1099 Clay St., Apartment 1002, Winter Park 32789; meets monthly. Details: Elaine Kennedy, (407) 628-7093, or Ed Beaton, (407) 351-6109.

Endometriosis (a uterine disorder) Support Group, sponsored by the Women's Health Network at Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7517.

Menopause Support Group, sponsored by the Women's Health Network at Winter Park Memorial Hospital, 200 N. Lakemont Ave., Winter Park 32792; meets monthly. Details: (407) 646-7517.

## SUPPORT GROUPS IN CENTRAL FLORIDA

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Please reach out to any of these organizations that you feel a connection to.*

Osteogenesis Imperfecta (brittle bone disease), Support Group, sponsored by the Osteogenesis Imperfecta Foundation, P.O. Box 941278, Maitland 32794-1278; no set meeting times. Details: Beth Tatman, (407) 774-7722.

SOS (Support Obesity Surgery, for people who have undergone surgery for morbid obesity), sponsored by the Surgical Center for Obesity, 683 Douglas Ave., Altamonte Springs 32714; meets monthly. Details: (407) 788-7880.

Tourette Syndrome (neurological disorder) Support Group, sponsored by the Tourette Syndrome Association Florida Chapter, 531 Birch Ct., Altamonte Springs 32714; meetings TBA. Details: Dianne Turner, (407) 578-8977.