

Support Groups

• As Coronavirus concerns emerge, there may be unexpected closings not reflected on this resource guide.

Addiction

CMHSAS Wellness & Recovery and Peer Support Services
269-467-1001 ext 377

Alcoholics Anonymous
269-467-1107

Narcotics Anonymous
800-230-4085

Families Against Narcotics (FAN)
269-580-8290

Gambling Hotline
800-270-7117

Smart Recovery
Commission On Aging Building
Three Rivers
269-244-0008
Thursdays 6pm

Celebrate Recovery *
Riverside Church, Three Rivers Adult group
269-273-8723
Fridays 7pm

Whole Life Fellowship, Sturgis
269-503-2567
Mondays 6:30 pm

Destiny Church, Three Rivers
269-718-6828
Sundays 6:30 pm

St. Paul's Lutheran Church, Colon
269-303-4811

Co-Dependency (for Women)
Hope House, Sturgis
269-271-0224
Wednesdays 1:30 pm

Life Issues (Faith Based)

Riverside Church
269-273-8723 ext 21
Freedom Ministries
Time with God to heal from past wounds and be set free of shame, rejection and more. Offered 3 times/year

Riverside Church
269-273-8723 ext 21
Small groups with topics including parenting, budgeting & more

Grace Christian Fellowship
269-651-1991
Forward to Freedom
guides those who desire to let go of hindrances and hurts from the past move forward to freely walk in the destiny God has for them.

***Celebrate Recovery**

*Celebrate Recovery addresses hurts, habits or hang-ups: Loss of a loved one, depression, addiction, co-dependency, financial recovery, etc. Meeting locations listed under "Addiction".

Health

Bariatric Support Group
Elkhart General Hospital
855-874-3264

Disability Network Southwest Michigan
269-345-1516
(listing of support groups)

Fibromyalgia Support Group
269-651-8328

HIV/AIDS Cares
800-944-2437

Stroke Support Group
269-273-9681
1st Wednesday of month, 10a-11a

Survivor Sisterhood
One-on-one personal support
269-651-6798/ 269-651-9463

Dementia Related

Alzheimer's Association
1-800-272-3900
Alzheimer / Caregivers Support Groups

COA- Three Rivers
*1st Tuesday each month, 6p-7:30p
Sturgis, 3rd Thursday, 2-3:30p*

Thurston Cares- Sturgis
269-503-7800
*Caregiver Support Group
2nd Tuesday each month, 2p-4p*

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Bereavement

Three Rivers Health New Beginnings Grief Support Group
269-278-6108
3rd Thursday each month, 11:45am—Call for location

"Hope" Grief Support Group
269-467-7117
3rd Wednesday each month, 1st Presbyterian Church, Sturgis 1pm

Sturgis Pregnancy Helpline Prenatal Loss Support Group
269-659-1100

Pregnancy Helpline Of Three Rivers Prenatal Loss & Post Abortive Support
269-278-2211

Matt's Friends
269-689-7231 Keith
269-689-8014 Holly
*For those grieving the loss of a child
1st Thursday each month, Holy Angels, School Building, Sturgis 7-9pm*

Compassionate Friends Kalamazoo Chapter
Supporting family after a child dies

Facebook Empty Cradle, Full heart
Private Facebook group

Heartache and Hope: Life after Losing a Child
Public Facebook Community

Grieving Mothers
Private Facebook Group

Domestic & Sexual Abuse

DASAS Domestic and Sexual Abuse Services
24 hour helpline
800-828-2023
Hispanic Group Available

Comfort Dog Ministry

St. Peter's Lutheran Church
269-718-2467
Free service for events or individuals

Parenting

SEE [PARENT RESOURCES](#)
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Online Resources

MyStrength
24 Hour online mental health & addiction resource

1. Visit www.myStrength.com
2. On the myStrength.com home page, click on "Sign-up."
3. Enter the following Access Code: **SWMStJoe**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at www.mystrength.com/mobile

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