



## SUPPORT GROUPS

(Information subject to change. Please contact the group directly for up-to-date information.)

### **Bereavement**

- Albany St. Vincent de Paul - Meets the 4th Wednesday of each month at 7PM for those pre-registered. Time is adjusted for the Thanksgiving and Christmas holidays. There are no summer meetings. To pre-register, please call Sister Eleanor at 518-489-5408.
- Albany Compassionate Friends/For families who have had a child(ren) die – Meets the 3rd Tuesday of each month from 7:30 - 9PM at Westminster Presbyterian Church, 85 Chestnut Street. Please contact coleaders Jan Messina at 518-439-0346 or Kathleen Kelleher at 518-439-1114 for additional information.
- Albany St. Peter's Hospital - CARES/For parents coping with stillbirth, miscarriage or newborn death - Meets the 1st Thursday every other month (beginning Jan, March, May, etc.) at 7:30 PM at the Chapel at St. Peter's Hospital, 315 South Manning Boulevard, Albany. Please contact Sandi Michael, 518-525-1873 for dates & locations.
- Albany St. Peter's Hospital/Post-Abortion Bereavement Group - Meets for 6 consecutive Tuesdays from 7-8:30PM. Free. Pre-registration is required. Please contact Maureen Cavanaugh, RN, MS at 518-525-1872 for more info.
- Albany Community Hospice of Albany-Schenectady/Living with Loss - Meets monthly at 445 New Karner Road. Please contact Sue Emanuele at 518-724-0200 for more information.
- Albany Wave Riders Support Group for grieving children and teens (Grades K-8). This is a free, 6 week program. Pre-registration is required. To register, or for more information, please call Mary Crea at 518-724-0248.
- Albany Living with Loss - Grief Support Group for Adults - The Community Hospice of Albany/Schenectady, 445 New Karner Road, Albany, NY 12205. For more information, please call Sue Emanuele at 518-724-0200.
- Albany General Loss Group at Blessed Sacrament Church, 607 Central Avenue, Albany. For more information, please contact Sister Jude at 518-482-3375.
- Amsterdam Community Hospice of Amsterdam/Living with Loss - Meets the 2nd Tuesday of each month at St. Mary's Hospital, 427 Guy Park Road, Amsterdam. Please contact Amy Weinar at 518-843-5412 for more information

Averill Park	St. Henry's Church/For anyone who is mourning a loss - Meets once a month. There is no age restriction. Please contact Sr. Rosemary Cuneo at 518-674-3818 for the start of the next group.
Ballston Spa	St. Mary's Church Support Group - Meets on the 3rd Wednesday of each month at 6:00 PM at St. Mary's School library. Please contact Josephine Perniciaro at 518-596-6886 for more information.
Catskill	Compassionate Friends/For families who have had a child(ren) die - Meets the 2nd Wednesday of each month at 7PM at the United Methodist Church, 40 Woodland Avenue, Catskill. Please contact Judith at 518-622-4023 or Carol at 518-537-6098 for more information.
Catskill	Community Hospice of Columbia-Greene/Living with Loss/Bereavement Support - Meets the 1st Monday of each month at 2:00pm at 47 Liberty Street, Catskill. Please register with or contact for more information, Joseph Zanchelli at 518-943-5402.
Catskill	Wave Riders Support Group and Camp Erin are for grieving children and teens (Grades K-8). Wave Riders is a free monthly program. Camp Erin is a weekend overnight camp in the Adirondacks, pre-registration is required. To register, or for more information, please contact Joseph Zanchelli at 518-943-5402.
Clifton Park	A General Loss Group meets at the Shenendehowa UMC, 971 Route 146, Clifton Park. Please call 518-371-7964 for more information.
Clifton Park	Bereavement Support Group - 8 consecutive weeks - Meets on Wednesday evenings at 6:30 pm at St. Edward the Confessor Church. For more information and starting dates, please contact Mary Ann Sekellick at 518.371.7372, ext. 224.
Clinton Heights (E	Grief Support Group meets the first Tuesday of each month from 2 pm to 3 pm at the Church of St. Mary in Clinton Heights (East Greenbush). For more information, please call the church at 518-449-2232.
Cobleskill	Catskill Area Hospice & Palliative Care of Schoharie County - Meets on the 3rd Tuesday of each month from 1-2:30PM at Cobleskill United Methodist Church, 109 Chapel Street, Cobleskill. Please contact Lori Kinch-Ashley at 607-432-5525 for more information.
Crescent	Bereavement Support Group for those grieving the death of a loved one. Meets on the first Wednesday of each month at 6:30. St. Mary's Crescent, 86 Church Hill Road, Waterford, NY 12188. For more information, please contact Jeanne Gracon at 371-9632, ext. 11.
Delhi	Catskill Area Hospice & Palliative Care - Meets the 2nd Tuesday of each month from 3-4:30 PM at the United Ministry Church, Church Street. Please contact Lori Kinch-Ashley at 607-432-5525 for more information.
Glenville	Bereavement Support Group - For those grieving the death of a loved one. Sessions will meet the 1st and 3rd Tuesday of each month from 6:30 pm - 8:00 pm at the Faith Formation Building at Immaculate Conception Church, 400 Saratoga Raod, Glenville, NY 12302. Pre-registration is required. For more information, please contact Rachel Winters, Pastoral Care Coordinator, at 518-399-9168, ext. 226 or Pam DeAngelis, Activity Associate, Glendale Nursing Home, at 518-502-6310.

Greenfield Center	Pathways to Hope Bereavement Support Group. Meets on the 2nd and 4th Tuesdays at St. Joseph's Catholic Church, Greenfield Center. For more information, leave a message for Deacon Gary Picher at 518-893-7680.
Loudonville	St. Pius X Church/"Seasons of Hope" Support Group for the Bereaved - This is a six week program that meets in the fall and in the spring. Please contact Pastoral Ministry of St. Pius X Church, Gayle Bouchard and Liz Jelstrom, for the next meeting at 518-462-1336.
Loudonville	Loudonville Community Church/GriefShare - This is a 13 week program on Tuesdays from 6:30-8:30 PM. Please contact Harry & Prudy Bombard, 518-864-5545, email bomb@juno.com or Dorrie Szetela, 518-982-0928, email lagacycove@gmail.com. Loudonville Community Church, 374 Loudon Rd, Loudonville, NY 12211, tel: 518-462-1336.
Middleburgh	Bereavement Support Meeting - Meets at 10:50 AM in the Our Lady of the Valley parish rectory on the last Sunday of each month. For more information, please contact Darlene Rinaldo (Titidarla@gmail.com) or Linda Pagano (liningcarlpag@gmail.com).
Oneonta	Compassionate Friends/For families who have had a child(ren) die - Meets the 3rd Thursday of each month at 7 PM at the First United Methodist Church, 66 Chestnut Street, Oneonta. Please contact Al and Kathryn Davino : (607) 746-7396 or Diana Friedell : (607) 433-2089 or Ashley Cutting : (607) 267-7880 or email at tcfoneonta@gmail.com for more information. <a href="https://www.tcfoneonta.org/">https://www.tcfoneonta.org/</a>
Oneonta	Catskill Area Hospice & Palliative Care/Oneonta - Meets the 2nd Wednesday of each month from 5:30-7PM at the Hospice Office, 1 Birchwood Drive, Oneonta. Please contact Lori Kinch-Ashley at 607-432-5525 for more information.
Oneonta	Perinatal Bereavement - Individual counseling and support groups as needed for miscarriage, stillbirths and infant death losses. For more information, please contact the Rev. Judy Thistle at 1-607-547-3165 or (cell) 1-607-287-1550.
Rensselaer	Wave Riders Support Group for grieving children and teens (Grades K-8). This is a free, 6 week program. Pre-registration is required. To register, or for more information, please contact Julia Soto at 518-285-8100.
Rensselaer	Grief Support for Adults - Daughter's Group - A six week program on Thursdays, from 5:30 PM to 7:00 PM at The Community Hospice of Rensselaer, 295 Valley View Blvd. Rensselaer, NY 12144. For more information, please contact Julia Soto at 518-285-8100.
Rensselaer	The Community Hospice of Rensselaer/Living with Loss (a general Loss group) - Meets at 295 Valley View Boulevard, Rensselaer, NY 12144 every other Tuesday from 5:30 PM - 7 PM; pre-registration is required. For more information and to register, please contact Julia Soto at 518-285-8100.
Rotterdam	Our Lady Queen of Peace Church/Open to anyone who has lost a loved one recently or long ago - Meets the 2nd Monday of each month at 10 AM at the Meeting Room Office Complex, 210 Princetown Road, Rotterdam. Please contact Joan Petramale LCSW-R at 518-374-3278, extension 402, for more information.

- Rotterdam Wave Riders Support Group for grieving children and teens (Grades K-8). This is a free, 6 week program. Pre-registration is required. To register, or for more information, please contact Amy Weinar at 518-843-5412.
- Round Lake/Clifto Corpus Christi Church Bereavement Support Group - For those who has lost a loved one through death. 8 bi-weekly sessions will be held beginning Tuesday, April 18th from 6:00 pm - 7:30 pm in Room 10 of the Parish Hall at Corpus Christi Church, Route 9 at Ushers Rd., Clifton Park. Sessions are every other week, for usually 8 sessions, and they start in the spring and fall. You do not need to be Catholic or a parishioner to attend. Everyone is welcome. The spring facilitators will be Meg Mihalko and Sharon Ryan. If you are interested in taking part in this group, or for more information, please contact Sharon at: 518-260-6405 or email at: jcrsar1949@gmail.com; or Meg at: 518-383-6649 or email: mnbm37@gmail.com to secure your spot in the group.
- Saratoga Compassionate Friends/For families who have had a child(ren) die - Meets the 1st Tuesday of each month at 7:30 PM at the Wesley Health Care Center, 131 Lawrence Street, Saratoga. Please call Ginny & Phil at 518-793-3618 for more information.
- Saratoga Angel Names Association is a non-profit, charitable organization dedicated to assisting families of stillborn children through programs designed to provide financial assistance for end-of-life expenses, counseling services and funding for stillbirth research. There is an annual memorial walk every October at Saratoga Spa State Park. For more information, please contact 518-654-2411  
[Angel Names Association](#)
- Saratoga Community Hospice of Saratoga/Living with Loss - Meets the 1st and 3rd Wednesday of each month at 12:30 PM at 179 Lawrence Street, Saratoga. Please contact Maureen Monaghan at 518-581-0800 for more information.
- Saratoga St. Clement's Church - Meets the 1st and 3rd Wednesday of the month, in the afternoon, at the St. Clement's Parish Center, 231 Lake Avenue, Saratoga Springs. This group is open to the whole community. Please call Mary Beth Wing at 518-584-2299 for more information.
- Saratoga Wave Riders Support Group for grieving children and teens (Grades K-8). This is a free 6 week program. Pre-registration is required. To register or for more information, please contact Meg Parobeck 518-581-0800.
- Saratoga Grief Support for Adult Daughters - The Community Hospice of Saratoga/Washington, 179 Lawrence Street, Saratoga, NY 12866. For more information, please call Maureen Monahan at 518-581-0800.
- Saratoga Springs Pathways to Hope Bereavement Support Group. Meets on the 2nd and 4th Tuesdays at St. Joseph's Catholic Church, Greenfield Center. For more information, leave a message for Deacon Gary Picher at 518-893-7680.
- Schenectady Compassionate Friend/For families who have had a child(ren) die - Meets the 1st Wednesday of each month at 7 PM at the St. Kateri Parish Center Library, 1803 Union Street, Schenectady. Please call JoAnn Bomeisel at 518-372-8215 or email her at tcf1389@gmail.com, or call John Powers at 399-2492 for more information.

- Schenectady Parents of Murdered Children, Albany NY Chapter/Open to anyone who has experienced a loss due to violence - Meets the 3rd Monday of each month. Please call Patricia Gioia at 518-277-1660 or Martha Lasher-Warner at 518-426-2213.
- Schenectady Healing Together Support Group - A bereavement group which meets the 2nd Monday of each month at 1 PM at St. Kateri Tekakwitha Parish, The Community Room (under the church), 2216 Rosa Rd., Schenectady, NY 12309. For more information, please contact Eileen Pedicone at 518-393-9595 or esp512@yahoo.com.
- Schenectady The Journey Bereavement Ministry: Saint Anthony's Parish, 331 Seward Pl., Schenectady sponsors a Bereavement Ministry Session for those who have suffered the loss of a loved one. Our sessions are scheduled for the last Friday of each month at 6:30 p.m. in our chapel meeting room and all who are suffering are welcome. We pray that we will be able to leave our session with a little better means of coping with our loss. For more information, please call 518-374-4591, ext. 103.
- So. Glens Falls Pine Knolls Alliance Church/GriefShare - Meets Tuesdays from 7-9PM at The Potter's House, 614 Gansevoort Road, South Glens Falls. Please contact the Church Office at 518-793-7101 for more information.
- Stamford, NY A Bereavement Support Group, Sacred Heart Parish, Stamford, NY 12167. For more information, please contact Father Michael Cambi, Pastor, at 607-652-7170, extension 101.
- Troy St. Mary's Hospital/Seton Health/For those who are experiencing symptoms of disbelief, anger, resentment, loneliness or guilt from the loss of a loved one - For more information, please call Chaplain Rabbi Monte Sugarman at 518-371-1400, extension 162, for more information.
- Valatie "Never Alone" is a bereavement support group at St. John the Baptist Church, 1025 Kinderhook St./Route 9, Valatie. For more information, please call the church office at (518) 758-9401.

## **Bereavement - Widow/Widower**

- Albany Spousal Support Group - Come together monthly with others who understand the many feelings and fears associated with the loss of a spouse or significant other. Sharing your thoughts or just listening in a supportive, confidential group setting can provide comfort as you mourn and heal. No matter your stage in grief, we learn from and support each other. Meets at the Parish of Mater Christi, 40 Hopewell St., Parish Center Room A, Albany at 6 pm on the 2nd Wednesday of each month. For more information, please contact Debbie White at 518-466-1484 or email her at debbie68@icloud.com.
- Catskill Bereavement Support Group - Community Hospice of Columbia/Greene meets the 1st Monday of each month at 2:00pm, 47 Liberty Street. For more information, or to register, please contact Joseph Zanchelli at 518-943-5402.
- Delmar St. Thomas the Apostle Church, Rectory - Meets once a month. For loss of spouse within past 2 years. For more information, please contact Maura Barrett at 518.439.4951, ext. 104.

- Latham Support Group for Those Who Have Lost a Spouse within the Past 2 Years - Meets at the Varden Room at Our Lady of the Assumption Church, 498 Watervliet-Shaker Rd., Latham, NY 12110, during the day. For more information on day and time, please contact Marge Jones at 518.461.1719.
- Rensselaer Widow and Widowers Support Group at the Community Hospice of Rensselaer County - Meets every 1st and 3rd Wednesday, from 3-4:30 PM. An intake registration is required. For more information, please contact Julia Soto at 518.285.8100.
- Schenectady Memories Group for Those Who Have Lost a Spouse - Meets the 4th Monday of the month at St. Kateri Tekakwitha Parish, The Community Room (under the church), 2216 Rosa Road, Schenectady, NY 12309. For more information, please contact Sharon Maneri at 518.785.1139 or susieq1943@aol.com

### **Bereavement - Women/Pregnancy Loss Support**

- Albany <http://www.sphcs.org/perinatal-bereavement>  
 St. Peter's Hospital - CARES/For parents coping with stillbirth, miscarriage or newborn death - Meets the 1st Thursday every other month (beginning January, March, May etc.) at 7:30 PM at St. Peter's Hospital, 315 South Manning Boulevard, Albany. Please contact Sandi Michael, 518-525-1873 or Sandra.Michael2@sphp.com for dates & location. Memorial Services are offered twice a year in May & November.

### **Cancer Support**

#### [Hope Club](#)

The American Cancer Society Hope Club of the Capital Region is a non-profit organization that offers many support services and educational programs for anyone whose life has been touched by cancer; support for everyone. The address is Hope Club, 1 Penny Lane, Latham, NY. For more information, call: 800-227-2345.

#### [Caring Together](#)

Caring Together is an ovarian cancer support, education and awareness group located in the Capital District of New York State. They are dedicated to providing support, education, and advocacy for women with ovarian cancer and to supporting research efforts aimed at finding an early detection test and a cure. For women with ovarian cancer, family members and friends, there is a meeting the 2nd Wednesday of the month from 6:30-8:00pm at Hope Club, One Penny Lane, Latham, NY 12110. For more information, please call (518) 783-7600 or (518) 220-6960.

#### [Look Good, Feel Better](#)

Look Good, Feel Better - Helping People with Cancer teaches beauty techniques to female and male cancer patients to help them combat the appearance related side effects of cancer treatment. This program is currently offered in Albany, Amsterdam, Glens Falls, Latham, Schenectady, Troy, and Valatie. For more information, please contact the 24-hour hotline at 1-800-395-LOOK.

### Cancer Support Community

The Cancer Support Community provides professional programs of emotional support, education and hope for those impacted by cancer. This program is for the newly diagnosed, individuals in treatment, family and friends, or for those looking for resources and support. For more information, please call 1-888-793-9355.

- Cobleskill Schoharie County Cancer Support Group, for those with cancer and their families. Meets the 2nd Tuesday of the month at the Cobleskill Regional Hospital. For more information, please contact Susan Cimino Cary at 518-254-3424.
- Cobleskill Schoharie County Cancer Support Group, for those with cancer and their families. Meets the 4th Tuesday of the month at the Cobleskill Regional Hospital. For more information, please contact Susan Cimino Cary at 518-254-3424.
- Delmar Breast Cancer Reoccurrence Support Group - For women who experience reoccurrences/in the later stages. Meets every 3rd Wednesday of the month, from 7:30-8:30PM at the To Life! Building, 410 Kenwood Avenue, Delmar. For more information, please contact Martha at 518-439-5975.
- Delmar Cancer Support For the newly diagnosed, or anyone in treatment, or survivorship. Meets every 4th Thursday of the month from 6:30-7:30pm at the To Life! Building, 410 Kenwood Avenue, Delmar. For more information, please contact Martha at 518-439-5975.
- Glens Falls Cancer Support Group. Meets on the 3rd Tuesday of the month, from 5:30-6:30PM at the Lobby of the Mollie Wilmot Radiation Oncology Center at Saratoga Hospital. For more information, please call 518-439-5975.

### **Caregivers Support**

- Albany Telephone Support Group for Family Caregivers of Frail Elders - Meets for 12 weeks via telephone, 7-8PM. Please register in advance. Contact Beth Owen, LMSW at 518-694-3511 for more information.
- Albany Caregivers of Older Adults age 60+ - Meets the 2nd Wednesday of each month from 6-7:15 PM at Christ the King Parish, 20 Sumpter Avenue, Guilderland. Please contact the Eldercare Respite Coordinator at 518-346-1852, ext. 1 or 6, for more information.
- Albany Kinship Caregivers Support Group - Meets the 2nd Wednesday of each month from 11 AM-12:30 PM at 40 North Main Avenue, Albany. Please register in advance. There is no fee. Please contact the Kinship Program Supervisor at 518-482-8836, extension 264, for more information.
- Albany Kinship Caregivers Support Group - Meets the 4th Tuesday of each month from 5:30-7 PM at 31 North Main Avenue, Albany. Please register in advance. There is no fee. Childcare is available. Please contact the Kinship Program Supervisor at 518-482-8836, extension 264, for more information.
- Albany Atria Group - Meets the 1st Wednesday of each month at 6 PM at Atria Shaker, 345 Northern Boulevard, Albany. Please call 518-465-4444 for more information.

Albany Pine West Plaza Group for Caregivers of Alzheimer's Patients - Meets the last Wednesday of the month at 2:30 PM at the Alzheimer's Association of Northeastern NY, 4 Pine West Plaza, Albany, NY. For more information, please call 518-867-4999, ext. 203.

Castleton-on-Hud Caregivers of Older Adults Age 60+ - Meets 7-8 PM at Sacred Heart, 3 Catholic Way, Castleton-on-Hudson. Please call the Eldercare Respite Coordinator at 518-346-1852, extension 1 or 6, for the meeting dates and other information.

Clifton Park Christ Community Reformed Church - Alzheimer's Caregivers Support Group - Meets the 2nd and 4th Wednesday of each month at 1:00 PM at Christ Community Reformed Church, 1010 Route 146, Clifton Park. Please call 518-399-3262 for more information.

Clifton Park Single and Parenting Support Group - Meets Tuesdays from 6-8 PM at The Mission Community Church, 10 Old Plank Road, Clifton Park. Includes free dinner; DVD based program for adults and a separate program for kids. Please call 518-745-9912 for more information.

Cobleskill Alzheimer's Caregivers Support Group - Meets the 2nd Friday of each month at 1:00 PM at the Cobleskill Regional Hospital, Cafeteria Conference Room, Lower Level. Please call Anne Fayer at 607-547-1650 for more information.

Cohoes Caregivers Support Group - Meets the 1st and 3rd Thursday of each month at 2:30 PM at the Eddy Cohoes Campus, 421 Columbia Street, Cohoes. Please call the Eldercare Respite Coordinator at 518-346-1852, extension 6, for more information.

Cohoes Frontotemporal Degeneration (FTD) Support Group, Standish Community Center, 421 W. Columbia St. Cohoes - For more information and to RSVP, please contact Carli Atkinson at 518-264-1045.

East Greenbush Hawthorne Ridge Group for Caregivers of Alzheimer's Patients - Meets the 1st Tuesday of each month at 1 PM at Hawthorne Ridge, 32 Community Way, East Greenbush. For more information, please call 518-867-4999, ext. 203.

Johnstown Grandparents Raising Grandchildren - Meets the 3rd Friday of each month at 12 noon at the Office for the Aging, 19 N. William St., Johnstown. Please contact Barbara or Andrea at 518-736-5650 for more information.

Johnstown Alzheimer's and Other Caregivers - Meets the 1st Monday of each month at 7 PM at the Office for the Aging Conference Room, 19 N. William St., Johnstown. No reservation is needed. Please contact Rebecca or Andrea at 518-736-5650 for more information.

North Greenbush Caregivers of Older Adults Age 60+ - Meets the 4th Wednesday of each month from 6-7:15 PM at St. Timothy's Lutheran Church, 470 Winter Street Extension, North Greenbush. Please contact the Eldercare Respite Coordinator at 518-346-1852, extension 1 or 6, for more information.

North Greenbush Caregiver's Support Group - Meets the fourth Wednesday of each month at St. Timothy's Church, 470 Winter Street Extension, North Greenbush. For more information and to RSVP, please call 518-346-1852, extension 6.



Rensselaer	Caregivers of Older Adults age 60+ - Meets the 3rd Wednesday of each month from 12-1 PM at the Church of St. Mary's, 163 Columbia Turnpike, Rensselaer. Please contact the Eldercare Respite Coordinator at 518-346-1852, extension 1 or 6, for more information.
Rensselaer	Caregiver's Support Group - Meets the 3rd Wednesday of each month at St. John's and St. Joseph's Church, 50 Herrick Street, Rensselaer. For more information and to RSVP, please call 518-346-1852.
Saratoga Springs	National Alliance for the Mentally Ill, for people caring for those with mental illness - Meets the 1st and 3rd Monday of each month at 7:30 PM at Transitional Services, 127 Union Street, Saratoga Springs. Please contact Marge at 518-583-0169 or Jean at 518-885-2098 for more information.
Schaghticoke	Support for Alzheimer's Caregivers - Meets the 3rd Wednesday of the month at Transfiguration Parish, 17 S. Main St., Schaghticoke, NY 12154. For more information, please contact Pat Thebert at 518-753-4554 or 518-235-0337.
Schenectady	Kinship Caregivers Support Group - Meets the 1st Wednesday of each month, from 11 AM to 12:30 PM at St. John's Catholic Church, 12 Union Street, Schenectady. Please contact the Kinship Program Supervisor at 518-482-8836, extension 264, for more information.
Schenectady	Alzheimer's Association/Caregiver Support Group for those with loved ones who have issues with memory loss or any form of dementia. Meets the last Wednesday of each month at 9:30 am in the Union Street Church Foyer of St. Kateri Tekakwitha Parish. For more information, please call Kris Rooney at 518-346-6137.
Troy	Kinship Caregivers Support Group - Meets the 2nd Tuesday of each month from 6-7:30 PM at Sunnyside Center, 9th & Ingalls Avenue, Troy. Please register in advance. There is no fee. Childcare is available. Please contact the Kinship Program Supervisor at 518-482-8836, extension 264, for more information.
Waterford	Alzheimer's Caregivers Support Group - Meets on the 3rd Thursday of each month at 12:00 PM at the Halfmoon Senior Center, 287 Lower Newtown Road, Waterford. Please register in advance. Please call 518-371-3892 for more information.

## **Domestic Violence**

Control ... Lack of Respect ... Isolation ... Jealousy ... Threats ... Intimidation ... Determining who you see ... Controlling Finances. Domestic Violence is the most common form of violence in our society. Domestic violence is not only physical abuse; it is any kind of behavior that one person uses to control another through fear and intimidation. It includes emotional and psychological abuse, battering and sexual assault. Violence, whether committed against family members or strangers, is against the Judeo-Christian message of love and respect for the human person.

<http://www.nyscadv.org/statewide-dv-directory>

Local Help Listed by County

[National Domestic Violence Hotline](#)

National Domestic Violence Hotline 1-800-799-SAFE (7233)

[NYS Domestic and Sexual Violence](#)

NYS Domestic and Sexual Violence Hotline: 1-800-942-6906 Spanish: 1-800-942-6908

Albany

[Equinox, Inc.](#)

Equinox, Inc. 95 Central Avenue, 24 hr. Hotline: 518-432-7865

Albany

Domestic Violence Shelter: 518-432-8950

Albany

HATAS Domestic Violence Program: 518-463-2124

Albany

[Catholic Charities](#)

Catholic Charities, 40 N. Main Avenue, 518-453-6650

Columbia

Columbia-Greene Domestic Violence Program assists and provides shelter, legal services, social services, counseling, emotional outreach, alcohol/drug counseling and batterer's programs. Greene Co.: 518-943-9205, Columbia Co.: 518-822-0849 24-Hour Hotline: 518-943-9211

Herkimer

Domestic Violence Program of Herkimer Co. offers crisis and supportive services to victims of domestic violence and their children; safe, temporary shelter for battered women and children, supportive counseling; support, accompaniment and advocacy through legal, medical, housing and social services systems. We provide support group activities as well as information and referral. Community education and professional training programs are also offered. Please call 315-866-0458 for more information.

## **Mental Health**

Albany

Support and Education for Families and Friends of Adults with a Mental Illness - Meets every 1st and 3rd Tuesday, 5:30-7 PM at Equinox Inc., 500 Central Avenue, Albany. For more information, please call 518-435-9931, extension 5293.

Albany

PROS (Personality Recovery Oriented Services) Equinox - Integrates treatment, skills training, vocational rehabilitation and support to facilitate a participant's recovery. Group-based. For more information, please contact the Admissions Department at 518-435-9931, extension 237.

Clifton Park

[Depression and Bipolar Support Alliance \(DBSA\) Clifton Park](#)

Meets Tuesdays 7-8:30 PM at the Shenendehowa United Methodist Church, 971 Route 146, Clifton Park. Please call (518) 371-7964 for more information.

Clifton Park

Families Anonymous - This is a 12 Step Fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues. Meets every Monday night at 7 pm at St. Edward the Confessor Church, 569 Clifton Park Center Road, Clifton Park, NY 12065. For more information, please contact Geri at 518-461--005.

- East Greenbush National Alliance on Mental Illness - Meets the 4th Monday of every month at the First United Methodist Church of East Greenbush. For more information, please call Mary Beth Honsigner (NAMI member) at 518-491-3743. No registration is necessary, please come and fellowship with us.
- Glens Falls National Alliance on Mental Illness (NAMI) - If you are affected by mental illness, are a caretaker or know someone who is affected by mental illness, this forum might be a great resource or opportunity for support and hope. Meets at 7pm on the 3rd Monday of each month. Meetings are held in the conference room on the 2nd floor of 230 Maple Street, Maple Street Entrance. For more information, please contact Irene at 518-668-3367 or Nancy at 518-739-9472.
- Loudonville Peer to Peer mental health monthly support group for parishioners living with mental illness. Meets the first Wednesday evening of each month from 6:30 – 8:00 PM at the St. Pius X Church Sacristy, 23 Crumitie Road, Loudonville. For more information, please contact Sue Ungerer at 518-462-1336.

### **Separated/Divorced**

- Albany Detours on the Journey - A 10 week support ministry for divorced men and women, evenings, 40. N. Main Ave., Please contact Mary Fay in the Office of Lay Ministry Formation for the start of next program at 518-453-6644.
- Loudonville Loudonville Community Church - Meets on Tuesdays from 6:30PM-8PM, at the Loudonville Community Church, 374 Loudon Road. Please call 518-426-0751 for more information.  
[Divorce Care](#)
- Loudonville Detours on the Journey - A 10 week support ministry for divorced men and women, evenings, St. Pius X Church, 23 Crumitie Road, Loudonville. Please contact Mary Fay in the Office of Lay Ministry Formation for the start of next program at 518-453-6644.

### **St. Peter's Community Hospice**

- Albany Community Hospice of Albany County at 445 New Karner Road. For more information, please contact Sue Emanuele, 518-724-0200.
- Amsterdam Community Hospice of Amsterdam, 246 Mannys Corners Road. For more information, please contact Amy Weinar at 518-843-5412
- Catskill Community of Hospice Columbia/Greene Counties at 47 Liberty Street. For more information, please contact Joseph Zanchelli at 518-943-5402.
- Rensselaer Community Hospice of Rensselaer County at 295 Valley View Boulevard. For more information, please contact Julia Soto at 518-285-8100
- Saratoga Community Hospice of Saratoga at 179 Lawrence Street. For more information, please contact Sarah Etkin-Sefcik at 518-581-0800.

## Suicide Support

National Hopeline Network: 1-800-SUICIDE (784-2433) National Suicide Prevention Life: 1-800-273-TALK (8255)

[Online Emotional Support](#)

Youth America Hotline- (Counseling for Teens by Teens): 1-877-YOUTHLINE (968-8454)

American Foundation for Suicide Prevention - Laura Marx Capital Region, NY Area Director, 518.791.1544

American Foundation for Suicide Prevention - For more information, please contact Laura Marx, Director, Capital Region, NY Area at 518-791-1544.

Albany

SOS (Survivors of Suicide) - For more information, please contact Sue Emanuele at 518.724-0200.

Loudonville

The group meets continuously throughout the year. Meetings are held monthly on the second Tuesday of the month from 6:00 pm to 8:00 pm. Our group is not for the newly bereaved but rather for those who are “further along” in their journey of healing. Typically, most people are ready to move to the next level of support after 18 – 24 months. Since each person’s needs are different, please contact the facilitator for more information David Grapka, 518-527-9688, furtheralongsos@gmail.com. Meeting Place: Newtonville United Methodist Church, 569 New Loudon Road, Loudonville, New York 12211

Pattersonville

Healing SOLS (Survivors Of Loss by Suicide) Meeting Place: Pattersonville, New York Please contact us for location details. The group meets continuously throughout the year. Meetings are held monthly on the second Wednesday of the month from 6:00 pm to 7:30 pm. Contact: Thomas (Tom) O'Clair, 518-368-6772, Email: t\_oclair@yahoo.com This group is for loss survivors age 18 and up (we may consider mature 16- and 17-year-olds) who are within 5 years of their loss. Registration: Please call or email Tom for an intake interview.

Schenectady

S.O.L.O.S. Survivors Of a Loved One's Suicide; Meets 1st and 3rd Mondays of every month in the St. Kateri Tekakwitha Parish Library (lower level of church building) at 2216 Rosa Road (Rosa Road campus of the parish), Schenectady. For more information, please call the Pastoral Care Office at: (518) 346-6137 ext. 239.

Schoharie

Caregivers to Parents, Family or Friends 60+ - Meets the 3rd Tuesday of each month at 2 PM at the Schoharie County Office for the Aging, Annex Building. Please contact Linda Goodreau at 518-295-2001 for more information.

## **The Churches of Christ Our Light & St. Clare's o**

The Churches of Christ Our Light & St. Clare's of Colonie Bereavement Support Group for those who have suffered the loss of a loved one through death. Join us for 8 Wednesday evening sessions from January 10-April 18. Grieving can be a tough and lonely road. Share your journey and gain support from others traveling the same path. Meeting location will alternate between Christ Our Light and St. Clares. St. Clares-January 10, February 7, April 4, April 18 (6PM-7:30 PM) Christ Our Light-January 24, February 21, March 7, March 21 (6 PM-7:30 PM) Questions & RSVP's-Pam (St. Clare's 518-456-3112) or Terry (Christ Our Light 518-459-6635)

Colonie

Bereavement Support Group for those who have suffered the loss of a loved one through death. Join us for 8 Wednesday evening sessions from January 10th through April 18th. Grieving can be a tough lonely road. Share your journey and gain support from others traveling the same path. Meeting location will alternate between Christ Our Light and St. Clare's. St. Clare's - January 10, February 7, April 4, April 18 Christ Our Light - January 24, February 21, March 7, March 21 1st Meeting January 10th at St. Clare's 6:00 pm to 7:30 pm For more information, call Pam (St. Clare's 518-456-3112) or Terry (Christ Our Light 518-459-6635)

Loudonville, NY

St. Clare's Church-

## **Twelve Step Programs - Addictions**

[Alcoholics Anonymous](#)

[Narcotics Anonymous](#)

[Food Addicts Anonymous](#)

[Overeaters Anonymous](#)

[Compulsive Eaters Anonymous-HOW](#)