



DIRECTORY OF AREA SUPPORT GROUPS

2022

Compiled and published by the:
Chester County Department of Aging Services
Government Services Center, Suite 320
601 Westtown Road, P. O. Box 2747
West Chester, Pennsylvania 19380-0990
610-344-6350 or 1-800- 692-1100, Ext. 6350
Website: chesco.org/aging
ELDER ABUSE HOTLINE: 1-800-564-7000

ADDICTIONS/ SELF-HELP

- **Alcoholics Anonymous** - Toll free number 24/7: 1-877-934-2522 or 215-923-7900. or www.aasepia.org.
- **Narcotics Anonymous** – Helpline number: 215-629-6757 (215-NAWORKS) or 1-844-624-3575 (844-NAHELPLINE) Website: <http://www.cleanacresna.org/meetings/>.

ALZHEIMER'S SUPPORT

- **Alzheimer's Association:** Toll free number: 1-800-272-3900 24/7 Helpline or www.alz.org. Local association - 399 Market Street, Suite 250, Philadelphia, PA 19106 Virtual meetings available.
- **Exton: Sunrise Assisted Living of Exton;** 200 Sunrise Blvd., 610-594-0455. Due to COVID-19, contact the local Alzheimer's Association for available virtual meetings @ 1-800-272-3900 or www.alz.org for more details.
- **Malvern: Sunrise Assisted Living of Paoli;** 324 W. Lancaster Ave., 610-251-9994. Due to COVID-19, contact the local Alzheimer's Association for available virtual meetings @ 1-800-272-3900 or www.alz.org for more details.
- **West Chester: Sunrise Assisted Living of Westtown,** 1045 Wilmington Pike, 610-399-4464. Due to COVID-19, contact the local Alzheimer's Association for available virtual meetings @ 1-800-272-3900 or www.alz.org for more details

ASTHMA

- **Website:** www.lungusa.org.

BEREAVEMENT/GRIEF

- **Oxford: Brandywine River Valley Home Health and Hospice-** For details and information contact Pastor Mike Tardive at 610-998-1700, Option #2
- **Pottstown Hospital (Chestmont Building)** “Grief Support”. For information call 484-524-8592. Group meets at Pottstown Hospital on the 3rd Tuesday & 1st Thursday of every month at 6:30pm.
- **West Chester: Penn Medicine Hospice-** 8-week bereavement support groups are offered at various times throughout the year. Due to current COVID-19 health concerns, these groups are held virtually. (via Zoom) General Loss Groups as well as a Spousal Loss Group are also offered for anyone who has experienced the death of a partner/spouse within the last two years. These groups are free of charge. For more information and/or to register please call Beth Adelizzi at 610-617-2478.

CANCER SUPPORT – Breast Cancer

- **American Cancer Society Program** - “Reach to Recovery” (Breast Cancer Support) 1-888-227-5445.
- **Paoli Hospital Cancer Center;** 255 W. Lancaster Ave.; Main Line Health Breast Cancer Support Group. Meets virtually through Zoom 1st Tuesday of every month; 5:30 pm – 7:00 pm. For more information call Deb Mantegna at 484-227-3141.
- **West Chester: Penn Medicine/Abramson Cancer Center:** Living with Breast Cancer Support Group is a virtual, on-line group open to all individuals with a breast cancer diagnosis. For more information call Cynthia Brown at 610-431-5296.

CANCER SUPPORT

- **Paoli Memorial Hospital/Main Line Health:** “Cancer Caregiver Support” Offers information and support for friends and family members helping to care for someone with a cancer diagnosis. Meets virtually every month. For more information call 484-565-1253.
- **Pottstown Hospital; “Cancer Support for Women”.** Meets virtually. Call 610-327-7315 for details.
- **Pottstown Hospital; “Cancer Support for Men”.** Meets virtually. Call 610-327-7315 for details.
- **Website:** www.cancersupportphiladelphia.org. On-line Support Groups available.

CANCER SUPPORT – Laryngectomy

- **American Cancer Society Toll free numbers:** 1-800-227-2345 or 1-888-227-5445.
www.cancer.org.
- **Website:** www.webwhispers.org to find support groups, professional supplies and information.

CANCER SUPPORT- Prostate

- **American Cancer Society Toll free number:** 1-800-227-2345; Website: www.cancer.org.
- **Chester County Hospital/Penn Medicine:** Prostate Cancer Support Group (Virtual) Open to all patients and their caregivers. Meets virtually on the Third Thursday of every month 4:30-6:00pm. To register call Neal Niznan, MSW, LCSW at 215-349-8183.
- **Phoenixville Hospital:** Call 610-983-1800 for more information.

CARDIAC

- **American Heart Association** – 1-800-AHA-USA1 (1-800-242-8721) www.heart.org .
- **West Chester: Chester County Hospital/Penn Medicine:** Cardiac Support Group. Open to all cardiac patients and their families. Virtual meetings occur on the 1st Thursday of the month from 1:00-2:30pm. Call 610-220-0432 for more information and to register.

CAREGIVER

- **National Alliance for Caregiving (NAC)** – Website: www.caregiving.org
- **Exton: Active Day of Exton**, 201 Sharp Lane; Sharp Lane Center. For more information call 610-363-8044.
- **Paoli Memorial Hospital: “Family Caregiver Support”** (Families dealing with cancer). Meets virtually. For more information call 484-565-1253.

CARING FOR A SPOUSE (Alzheimer’s Foundation of America)

- This is a free, telephone based support group. Monday–Friday, 9:00 am–9:00 pm. Contact AFA’s National Toll Free helpline at 866-232-8484 and speak with one of our licensed Social Workers.

CROHN’S/COLITIS

- **Crohn’s/Colitis Support Group:** Chester County Hospital/Penn Medicine- In-person Support Group meetings are cancelled due to COVID-19. For more information on possible virtual meetings call 610-430-1698.
- IBD Helpline: 888MYGUTPAIN (888-694-8872, Ext. 8) M-F 9:00am-5:00pm.
- Crohn’s & Colitis Foundation Website: www.ccfa.org.

CHRONIC FATIGUE

- **Website:** www.cfidselfhelp.org for a list of support groups.

COPD

- **West Chester: Chester County Hospital/Penn Medicine- “Better Breathers Group”.** Free program for those coping with chronic lung disease. For more information call 610-738-2410.
- **American Lung Association Lung Helpline-** 1-800-LUNGUSA (1-800-586-4872)

CRIME VICTIMS

- **Crime Victims Center of Chester County:** Victims advocate and support program for those involved as the victim of a crime. 24/7 Hotline: 610-692-7420. www.cvcofcc.org.

DIABETES

- **American Diabetes Association** - Toll free number: 1-800-342-2383 or www.diabetes.org.
- **Phoenixville Hospital/Tower Health:** Virtual Support Group available. Call Community Health Education at 610-983-1288 to register.
- **Chester County Hospital/Penn Medicine:** Virtual On-line meetings are held on the 4th Tuesday of the month between 1:00PM-2:00PM Call 610-738-2300 to register.

DOMESTIC VIOLENCE

- **Domestic Violence Center of Chester County:** 24/7 Hotline: 1-888-711-6270 or 610-431-1430. www.dvcccpa.org.

EASY BREATHERS

- **Phoenixville Hospital/Tower Health:** A support group for anyone with a chronic lung condition. Contact Community Health Education at 610-983-1288.

FAMILIES WITH CHILDREN

- **GrandFamilies Support Group:** Households that are headed by grandparents or other relatives who are sharing their home with nieces, nephews, grandchildren or other related children. For more information, call Tiffany Polvino at 610-344-6350.
- **Tough Love:** Group to assist parents and grandparents coping with problems with their under age 18 children and grandchildren. Website: www.toughlove.com.

FIBROMYALGIA

- **Arthritis Foundation** - www.arthritis.org/about-arthritis/types/fibromyalgia.asp.

HIV/STD

- **Chester County Health Department:** STD/HIV clinic services have resumed BY APPOINTMENT ONLY. No walk-in services at this time. For more information call 610-344-6225, option #2, then option #3.

HUNTINGTON'S DISEASE

- **Huntington's Disease Society of America 1-800-345-HDSA** (4372) or hdsainfo@hdsa.org.

LUPUS

- **Lupus Foundation:** 215-517-5070 www.lupus.org.

LYME DISEASE

- **Website:** www.lymenet.org/SupportGroups.

MULTIPLE SCLEROSIS

- **Website:** www.nationalmssociety.org/pae or 1-215-271-1500.
- **Greater Delaware Valley Chapter:** For information on area support groups, call 215-271-2400.

OSTOMY

- **Toll free:** 1-800-826-0826 or website: www.ostomy.org.

PANIC DISORDER

- **Anxiety Disorder Association of America** - for more information call 240-485-1001 (Silver Spring, MD). Website: www.adaa.org.

PARKINSON'S DISEASE

- **Phoenixville Hospital/Tower Health:** Offers a monthly educational and support group for people living with Parkinson's and their loved ones. Due to COVID-19, all meetings will be virtual. For more information, call the Community Health Education Dept. at 610-983-1288.
- **Parkinson's Foundation:** Helpline 1-800-4PD-INFO (473-4636) www.parkinson.org

REFLUX SYMPATHETIC DYSTROPHY SYNDROME

- **Website:** www.gerdhelp.com.

STROKE SUPPORT

- **Malvern Stroke:** TBI (traumatic brain injury), Bryn Mawr Rehab, 414 Paoli Pike, Malvern, PA. Groups available for both survivors and family members. For more information call 484-596-5430.
- **American Stroke Association:** Stroke Family Warmline provides support and helpful information. Call 1-888-4-STROKE (1-888-478-7653) www.stroke.org

VISION/MACULAR DEGENERATION

- **Chester County Eye Care Associates,** Fern Hill Medical Campus, 915 Old Fern Hill Road, West Chester. Call 484-723-2080 for more information.
- **Website:** www.preventblindness.org