Breaking the Barriers for All Disabilities Group
PO Box 4056, Allentown, PA 18105
Paulette Hunter, 610-349-8066
The purpose of the meeting is to empower and educate families on the system by providing regulatory guidance. They can guide you to the right source (PED/County/DPW/State/Medical challenges).

Camelot for Children
610-791-5683
2354 W. Emmaus Ave., Allentown, PA 18103
www.camelotforchildren.org
Email: supportgroups@camelotforchildren.org

Asperger Support Group (SEAS—Support and Education for Asperger's Syndrome)—4th Sunday of the month. Contact Kimberly Heinrichs at 610-706-0664.

Teen Grief and Bereavement—Teens (12 years of age and older) meet with a professional as a group or individually in an informal session to develop understanding and skills to deal effectively with illness or loss of a loved one. Mondays and Thursdays. Contact Ted Brent at 610-776-7266.

Teen Support Group—a group for teenagers and by teenagers. The group is supported by the Camelot staff and supervised by a Camelot nurse. The Camelot Junior Board teens plan their own theme parties and activities. Meets once a month on Friday evening from 7:00-10:00pm. Call Camelot House at 610-791-5683.

Crime Victims Council of the Lehigh Valley
Allentown: 610-437-6610. 801 Hamilton St., Suite 300, Allentown, PA 18101
Easton: 610-250-6313. 1555 Northampton St., Easton, PA 18042
www.cvclv.org
Email: cvclv@enter.net
Crime Victims Council of the Lehigh Valley offers a variety of support groups to people living in Lehigh and Northampton Counties. All support groups are confidential, offered at no cost and are co-facilitated by two counselors. To sign up for any of the following groups, please call the Allentown office or the Easton office. They recommend speaking with a counselor to help you determine if a support group is the right choice for you. An interview is required before attending any support group. All support groups are offered in the evenings throughout the year for 8-10 weeks. The groups are closed to new members after the first week.

Children's Support Group—offered to children ages 3-7 and 8-12 who have been sexually abused/assaulted. Some of the topics discussed include feelings, coping skills and safety issues.

Teen Support Group—is for adolescents who have been sexually abused/assaulted. Some of the topics covered include relationships, coping skills and self-image/self-esteem.

Adult Survivors' Group—is offered to women who have been sexually abused/assaulted. Some of the topics covered include coping skills, self-esteem and relationships.
Parent/Caregivers Support Group—is offered to parents and/or guardians/caregivers of children who have been sexually assaulted/abused. Some of the topics covered include self-care, coping skills and how to help your child.
Homicide Survivors' Group—is offered to both men and women who have lost a loved one due to homicide. This group is the only one that meets once a month.

Eating Disorders Anonymous
www.eatingdisordersanonymous.org/

Easton Meeting—Sundays at 4:00pm at Courage to Change Club, 22 S. 3rd St., Easton, PA 18042. For information, call Dana at 610-393-0114.
EDA 12 Step Recovery 4 Women Support Group/Online—
http://health.groups.yahoo.com/group/EDA12StepRecovery4WomenSupportGroup/
EDA Online Meeting— http://edanonymous.blogspot.com/ Join an online meeting/chat on Tuesdays at 12:15pm Central Time Zone. No need to sign up; just make up a user name to start chatting. Questions? Contact Kelly at eda.minnesota@hotmail.com.
EDA Support Line—1-218-339-2500; access code: 797101#. A support line for the meetings and fellowship. Check-in time is 7:00pm EST where some members have often been briefly checking in about what they are feeling and needing to be in balance. Please not the phone line is here for support but there might not be anyone on the phone—no guarantees! However, if you make a time to call you will be there for someone else. Sometimes the best meetings occur via chance encounters.
EDA Phone Meetings—Same number and access code as the support line (see above). Sundays at 1:00pm EST, Sunday (Big Book Discussion) at 9:00am, Mondays at 12:00pm, Tuesdays at 5:00, Thursdays at 9:00am.

Emotions Anonymous
www.allone.com/12/ea/
St. John's Lutheran Church, 5th and Chestnut Streets, Emmaus, PA.
1st and 3rd Sundays of the month.

Family Answers
610-435-9651
411 W. Walnut St., Allentown, PA 18102
www.familyanswers.org

Survivors of Suicide (SOS)—a community-based, clinician-facilitated, psychoeducational support group. The service is open to adults and mature teens who seek a support group to deal with the many issues experienced after the death of a parent, child, sibling, close friend or other loved one by suicide. There is no fee charged. The group meets on the first and third Mondays of each month from 7:00-8:00pm at the office. For more information, call Nancy Marshall at 610-435-9651 or email at nmarshall@familyanswers.org

Warmline—610-820-8451, 610-820-8549. Someone to listen, someone who cares. The Warmline is a 24/7 telephone support service for Lehigh and Northampton County adults who are challenged by loneliness, confusion and other mental health concerns, or who need information offer callers someone to listen and care about the caller's concerns and feelings. Goals include: Responding to callers before they reach a crisis point, assisting callers in finding wholeness, independence and happiness, empathizing with the particular problems that confront mental health consumers. The Warmline is a confidential service.

Fragile X Group of Lehigh Valley
Kristin Strauss, 610-217-9352
www.fragilex.org

Lehigh Valley Hospital
610-402-CARE
www.lvh.org

Bereavement—various groups meet afternoons and evenings at three LVH locations. Support for adults and teens who are grieving the death of a loved one. Call 610-402-CARE.

Bereavement Workshop—offered 8 weeks in spring and fall. Help for anyone in the community who has lost a loved one. Call Lorraine Gyauch at 610-402-0573.

Miscarriage and Stillbirth (SHARE)—Peer-led support for parents who have lost a baby. Deanne Quay 610-285-4252. Katherine Ballinger 610-868-3394.

Death of a Child (Compassionate Friends)—support for families who have lost a child—parents and siblings invited. Gene and Dawn DeLong 610-837-7924.

Depression and Bipolar Disorder Group—help and education for adults and adolescents with depression or bipolar disorder. Families are also welcome. Call 610-402-CARE for information.

Depression After Deliver—support for women coping with postpartum depression. Call 610-402-CARE.

Eating Disorders (Eating Disorders Anonymous)—individual support for people with eating disorders. Anna Herbold 610-317-2981.

Obsessive Compulsive Disorder (Obsessive Compulsives Anonymous)—12 step program for people dealing with OCD. Marilyn 610-821-8929.

Loving, Caring, Sharing Drop-In Center
610-437-7919
1437 W. Gordon St., Allentown, PA 18102
Support group for individuals with mental health issues and disabilities.

NAMI of Lehigh Valley—National Alliance on Mental Illness
610-882-2101
802 W. Broad St., Bethlehem, PA 18018
www.namipalehighvalley.org/Support.aspx

NAMI-CAN—Children and Adolescent Network. If your child or adolescent has a brain disorder (mental illness) such as depression, bipolar disorder, anxiety disorder, attention deficit disorder, autism, or schizophrenia, or behavioral and emotional difficulties, you will have a lot in common with the group. Bethlehem: for parents and caregivers, 2nd Wednesday of each month at 7:00pm at the NAMI office.

NAMI-CARE—Consumers Advocating Recovery through Empowerment. NAMI-CARE is a support group for individuals facing the challenges of recovering from severe and persistent mental illness. Depression, Bipolar, Schizophrenia, and general anxiety disorder are only a few of the diagnoses of individuals who have found a supportive place within NAMI-CARE. NAMI is a fellowship of individuals who share a common goal of recovery and the ability to maintain mental and emotional stability. We (NAMI) helps others and ourselves through sharing our experiences, strength and hope with each other. No matter how traumatic our past or how despairing our present may be, there is hope for a new day with NAMI-CARE. Bethlehem: 3rd Monday of each month at 7:00pm at NAMI office. Also, weekly on Thursdays from 5:30-7:00pm at the NAMI office. Easton: 1st Monday of each month at 7:00pm at Governor Wolfe Building, 45 N. 2nd St., Easton, PA 18042.

NAMI Adult Family Support—Allentown: 3rd Monday of each month at 7:00pm at St. Timothy's Evangelical Lutheran Church, 140 S. Ott St., Allentown, PA 18104. Bethlehem: 3rd Wednesday of each month at 7:00pm and 4th Tuesday of each month at 7:00pm at the NAMI office. Easton: 1st Monday of each month at 7:00pm at Governor Wolfe Building, 45 N. 2nd St., Easton, PA 18042. Laury's Station: 4th Thursday of each month at 7:00pm at St. John's United Church of Christ, 1415 Rising Sun Rd., Laury's Station, PA 18059.

Overeaters Anonymous
610-435-2736, 610-791-5279
1747 W. Cedar St., Allentown, PA 18104
Support for parents of children, and the children who have eating issues.

St. Luke's Hospital
1-877-610-6161

Depression Support http://www.mystlukesonline.org/events/calendar-details.aspx?setID=3092 This is a free group, open to any adult who is dealing with depression, and they are welcome to bring a supportive family or friend along. It is an open discussion group lead by a mental health professional. It meets the second and fourth Tuesday of every month at St. Luke's Hospital-Bethlehem Campus, Room 112, Priscilla Payne Hurd Education Center, Bethlehem, PA.

Parenting Children with Autism Spectrum Disorders
http://www.mystlukesonline.org/events/calendar-details.aspx?setID=3446 Classes held every Wednesday from 6:00-7:00pm for eight weeks at St. Luke's Behavioral Health Services, 1021 Park Avenue, Suite 10, Quakertown. Week 1—Introductions, definitions and building a support team. Week 2—How do I cope

with this diagnosis and help others understand? Week 3—Detecting outside factors that may be present in addition to the diagnosis, including physical symptoms and other diagnoses. Week 4—How to advocate for my child dealing with the school, activities and other outside factors? Week 5—How do I help my child to understand and cope with the diagnosis? Tool to help my child to cope. Week 6—Methods of dealing with diagnosis related behaviors and controlling the chaos in my home. Week 7—How do I take care of myself? Week 8—Summarization and evaluation. Please contact Judy Illingworth, LCSW at 215-529-9240 with questions or to register. Cost id $200 for the 8-week series/$25 per group. Wednesday, May 26, 2010 at 6:00pm.

Sensory Integration Parent Support Group
610-821-0123
3440 Hamilton Blvd., Allentown, PA 18103
www.pediatrictherapyoflv.com/parent_support.htm
This group is open to all parents, grandparents, caregivers and professionals who are involved in the lives of children and adults with Sensory Integration Dysfunction. You do no have to be a client of Pediatric Therapy Associates, PC in order to attend. The format of this group includes a topic of discussion that begins the session. This is followed by, and occasionally replaced by, an informal time of sharing and discussion among those present. The purpose of this group is equally education as well as supportive to the caregivers of children and adults with sensory processing problems.

Valley Wide Help
610-435-7111
http://www.redcrosslv.org/vwh.html
Information on support groups.