

# SUPPORT GROUPS

Support groups are made up of persons sharing similar situations who get together to benefit from the collective knowledge and experience of others and find comfort in the realization that others share similar circumstances with them. Group members usually lead the groups, but professionals occasionally offer their services. These groups focus on guidance using education, problem solving, and a programmed structure. Group activity is oriented toward reinforcing members' efforts to deal with issues imposed by the condition or problem.

Support group listings are in alphabetical order. They are categorized by general topic area below for quick reference.

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## ADULT CAREGIVER SUPPORT GROUP

Address: Virginia Tech Adult Day Services  
102 Wallace Hall  
Blacksburg, Virginia 24061

Telephone: 540-231-3161

Meeting Times: Usually 1<sup>st</sup> and 3<sup>rd</sup> Mondays – 7:00 PM (Call to verify)

Contact Person: Alison Galway

Services: For family members, friends, and caregivers of adults needing assistance in daily living.

## ADULT SURVIVORS OF CHILD SEXUAL ABUSE

Address: Women's Resource Center of the New River Valley, Inc.  
1217 Grove Avenue  
Mailing Address: P.O. Box 477  
Radford, Virginia 24143

Telephone: 540-639-9592 (Must call before attending group.)

Meeting Times: Call for meeting times.

Contact Person: Shannon May, LPC

Services: Offered to adult survivors of childhood sexual abuse. This group will focus on communication of emotional responses, explore myths and attitudes toward sexual abuse, and help to empower survivors to feel more in control of their lives and futures.

## AL-ANON FAMILY GROUPS (AFG)

Address: New River Valley

Telephone: 540-980-5233 or 888-425-2666

Meeting Times: **Mondays 8 PM**  
Pulaski AFG  
Pulaski Presbyterian Church of America  
975 Memorial Drive  
Pulaski, Virginia

**Tuesdays 7 PM**  
Blacksburg AFG  
United Methodist Church  
Church and Lee Streets  
Blacksburg, Virginia

**Tuesdays 8 PM**  
Hillsville AFG  
Christian Church  
North Main Street  
Hillsville, Virginia

**Wednesdays 8 PM**  
Floyd AFG  
Community Action Building  
US Route 221 South  
Floyd, Virginia

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**Fridays 8 PM**

Hillsville AFG  
Christian Church  
North Main Street  
Hillsville, Virginia

**Saturdays 8 PM**

Wytheville AFG  
Wythe County Hospital  
Wythe/Bland Conference Room  
Wytheville, Virginia

Services: Support group for families and friends of alcoholics.

**AGORAPHOBICS BUILDING INDEPENDENT LIVES (ABIL) – PULASKI**

Address: First United Methodist Church  
Fourth and Jefferson Avenue  
Pulaski, Virginia 24301

Telephone: 540-980-4988

Meeting Times: Call for meeting times.

Contact Person: J. B. Brillheart

Services: ABIL is for individuals with anxiety-related disorders. ABIL meetings provide a place for individuals with similar fears and limitations to share feelings, perceptions, problems, and successes. Recovering people share their individual experiences with others, providing hope and encouragement. Group is free and available to persons with anxiety disorders, their families, and significant others.

**ALCOHOLICS ANONYMOUS**

Address: New River Valley

Telephone: 540-961-0905 NEW RIVER VALLEY HOT LINE  
540-381-8100 NEW RIVER VALLEY HOT LINE  
540-921-0339 GILES COUNTY HOT LINE

Meeting Day, Time, and Location: OPEN Meetings

**MONDAYS**

**Blacksburg Group Noon**

Virginia Tech Counseling Center  
McComas Hall, Room 258  
Blacksburg, Virginia

**Top of the Mountain Group 6 PM**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

**Blacksburg Group 7 PM**

Blacksburg United Methodist Church  
111 Church Street  
(Between Roanoke and Lee Streets)  
Blacksburg, Virginia

**Do or Die Group 8 PM**

Grace Episcopal Church  
4th and Harvey Streets  
Radford, Virginia

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## ALCOHOLICS ANONYMOUS (Continued)

### MONDAYS (Continued)

**Downtown Galax Group 8 PM**

Galax Presbyterian Church  
Center Street at Jefferson  
Galax, Virginia

**Floyd Group 8 PM**

Calvary Baptist Church  
1400 North Floyd Highway  
Floyd, Virginia

**Marion Group 8 PM**

Royal Oak Presbyterian Church  
Main and Sheffey Streets  
Marion, Virginia

**Newport Group 8 PM**

Newport Methodist Church  
Route 42  
Newport, Virginia

**NRV Pulaski Group 8 PM**

Presbyterian Church of America  
975 Memorial Drive  
Pulaski, Virginia

**Wytheville Group 8 PM**

Crossroads Shelter  
6th and Calhoun Streets  
Wytheville, Virginia

### TUESDAYS

**Top of the Mountain Group 6 PM**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

**Blacksburg Group 8 PM**

Blacksburg United Methodist Church  
111 Church Street  
(Between Roanoke and Lee Streets)  
Blacksburg, Virginia

### TUESDAYS (Continued)

**Hillsville Group 8 PM**

Christian Church  
North Main Street  
Hillsville, Virginia

**New Directions Group 8 PM**

Christ Episcopal Church  
Wenonah and Tazewell Streets  
Pearisburg, Virginia

**Radford Group 8 PM**

First Christian Church  
Tyler and Clement  
Radford, Virginia

**Wytheville Group 8 PM**

Holy Trinity Lutheran Church  
405 West Main Street  
Wytheville, Virginia

### WEDNESDAYS

**Blacksburg Group Noon**

Virginia Tech Counseling Center  
Room 258, McComas Hall  
Blacksburg, Virginia

**NRV Pulaski Group Noon**

Presbyterian Church of America  
975 Memorial Drive  
Pulaski, Virginia

**Top of the Mountain Group 6 PM**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

**Sober Belles (Women) 7:30 PM**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

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## ALCOHOLICS ANONYMOUS (Continued)

### WEDNESDAYS (Continued)

**Floyd Group 8 PM**

Community Action Building  
US Route 221 South  
Floyd, Virginia

**Galax Newcomers Group 8 PM**

The Life Center  
112 Painter Street  
Galax, Virginia

**Giles Group 8 PM**

Rich Creek United Methodist Church  
108 Virginia Avenue  
Rich Creek, Virginia

**Marion Group 8 PM**

Royal Oak Presbyterian Church  
Main and Sheffey Streets  
Marion, Virginia

**Wytheville Group 8 PM**

Wythe County Hospital  
Wythe/Bland Conference Room  
Wytheville, Virginia

### THURSDAYS

**Easy Does It Group 2 PM**

Mt. Olivet United Methodist Church  
6878 Carrollton Pike  
Galax, Virginia

**Top of the Mountain Group 6 PM**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

**Blacksburg Group 8 PM**

Blacksburg United Methodist Church  
111 Church Street  
(Between Roanoke and Lee Streets)  
Blacksburg, Virginia

### THURSDAYS (Continued)

**Downtown Galax Group 8 PM**

Galax Presbyterian Church  
Center Street at Jefferson Street  
Galax, Virginia

**Giles Group 8 PM**

Richcreek United Methodist Church  
108 Virginia Avenue  
Richcreek, Virginia

**Marion Group 8 PM**

Royal Oak Presbyterian Church  
Main and Sheffey Streets  
Marion, Virginia

**Meadows of Dan Group 8 PM**

VFW Building  
US Highway 58 and Route 795  
Meadows of Dan, Virginia

**NRV Pulaski Group 8 PM**

Presbyterian Church of America  
975 Memorial Drive  
Pulaski, Virginia

**Radford Group 8 PM**

First Christian Church  
Tyler and Clement  
Radford, Virginia

### FRIDAYS

**Top of the Mountain Group 6 PM**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

**Blacksburg Group 7 PM**

Blacksburg United Methodist Church  
111 Church Street  
(Between Roanoke and Lee Streets)  
Blacksburg, Virginia

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## ALCOHOLICS ANONYMOUS (Continued)

### FRIDAYS (Continued)

**Do or Die Group** 8 PM

Grace Episcopal Church  
4th and Harvey Streets  
Radford, Virginia

**Giles Group** 8 PM

Redeemer Lutheran Church  
Wenonah Avenue (next to Wal-Mart)  
Pearisburg, Virginia

**Hillsville Group** 8 PM

Christian Church  
North Main Street  
Hillsville, Virginia

**Wytheville Group** 8 PM

Holy Trinity Lutheran Church  
405 West Main Street  
Wytheville, Virginia

### SATURDAYS

**Gateway Group** 10:30 AM

New Hope United Methodist Church  
Harry L. Brown and Church Street  
Radford, Virginia

**Top of the Mountain** 10:30 AM

**Group**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

**Top of the Mountain** 6 PM

**Group**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

**District Institutional** 6:30 PM

**Meeting**

Southwest State Hospital  
Marion, Virginia

### SATURDAYS (Continued)

**Giles Group** 8 PM

Redeemer Lutheran Church  
Wenonah Avenue (next to Wal-Mart)  
Pearisburg, Virginia

**Pass It On Group** 8 PM

Clinch Valley Hospital  
Richlands, Virginia

**Radford Group** 8 PM

First Christian Church  
Tyler and Clement  
Radford, Virginia

**Wytheville Group** 8 PM

Wythe County Hospital  
Wythe/Bland Conference Room  
Wytheville, Virginia

### SUNDAYS

**Marion Group** 3:15 PM

Southwestern State Hospital  
Meet at Admissions  
Marion, Virginia

**Top of the Mountain** 6 PM

**Group**

Fieldstone Methodist Church  
3385 North Franklin Street  
Christiansburg, Virginia

**Blacksburg Group** 7 PM

Blacksburg United Methodist Church  
111 Church Street  
(Between Roanoke and Lee Streets)  
Blacksburg, Virginia

**Galax Newcomers** 8 PM

**Group**

The Life Center  
112 Painter Street  
Galax, Virginia

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## ALCOHOLICS ANONYMOUS (Continued)

### SUNDAYS (Continued)

#### **Intermont Group                    8 PM**

First Christian Church  
Memorial Blvd.  
Narrows, Virginia

#### **Wytheville Group                    8 PM**

Wythe County Hospital  
Wythe/Bland Conference Room  
Wytheville, Virginia

Contact Person:            Call HOT LINE for ALL meetings, OPEN and CLOSED, and for any changes in meeting times and locations.

Services:                    Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength, and hope in order to help themselves and others to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA; it is self-supporting through member contributions. The primary purpose of AA is to stay sober and help other alcoholics to achieve sobriety.

### **ALTERNATIVES**

Address:                    Radford (Please call for location.)  
Telephone:                540-639-9040  
Meeting Times:         Women's Group: Mondays at 4 PM  
                                  Men's Group: Mondays at 5 PM and 7 PM  
Services:                    A certified batterer intervention program.

### **DOMESTIC VIOLENCE SUPPORT GROUP**

Address:                    Women's Resource Center of the New River Valley, Inc.  
                                  P. O. Box 477 (Must call for street address)  
                                  Radford, Virginia 24143  
Telephone:                540-639-1123  
Meeting Times:         Tuesdays 6 PM – 7:30 PM  
Contact Person:         Mary Beth Pulsifer  
Services:                    Support group for victims of domestic violence. No fees.

### **DOWNS SYNDROME SUPPORT GROUP**

Address:                    New River Valley  
Telephone:                540-382-7123  
Meeting Times:         Call for time and location.  
Contact Person:         Sharon Duncan  
Services:                    Support group for families, friends, professionals, etc. whose lives have been touched by a person with Downs Syndrome.



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### **GRIEF/LOSS SUPPORT GROUP – FLOYD LOCATION**

Address: Jessie Peterman Memorial Library Meeting Room  
387 West Main Street  
Floyd, Virginia 24091

Telephone: 540-633-9370

Meeting Times: 2<sup>nd</sup> Tuesdays at Noon

Contact Person: N/A

Services: Support for adults who are grieving the loss of a loved one.

### **GRIEF/LOSS SUPPORT GROUP – PEARISBURG LOCATION**

Address: Pearisburg Public Library (Lower Level)  
Fort Branch Road  
Pearisburg, Virginia 24134

Telephone: 540-633-9370

Meeting Times: 2<sup>nd</sup> Mondays at 6 PM

Contact Person: N/A

Services: Support for adults who are grieving the loss of a loved one.

### **GRIEF/LOSS SUPPORT GROUP – PULASKI LOCATION**

Address: First Presbyterian Church  
408 N. Jefferson Avenue (Manse Building)  
Pulaski, Virginia 24301

Telephone: 540-633-9370

Meeting Times: 1<sup>st</sup> Tuesdays at 6 PM

Contact Person: Carolyn Hill

Services: Support for adults who are grieving the loss of a loved one.

### **GRIEF/LOSS SUPPORT GROUP – RADFORD LOCATION**

Address: First Christian Church  
Tyler Avenue  
Radford, Virginia 24141

Telephone: 540-633-9370

Meeting Times: 3<sup>rd</sup> Thursdays at 6 PM

Contact Person: Carolyn Hill

Services: Support for adults who are grieving the loss of a loved one.

### **GRIEF SUPPORT FOR PARENTS**

Address: Caring Pregnancy Center of the New River Valley, Inc.  
80 College Street, Suite H  
Christiansburg, Virginia 24073

Telephone: 540-394-5004

Second Location: 1120 Lee Highway  
Pulaski, Virginia 24301

Telephone: 540-994-8780

Meeting Times: Call to verify. Mostly individual meetings with a counselor. No fees.

Contact Person: Linda Robinson

Services: For parents experiencing the loss of a child.

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## GROUP ALPHA

Address: Blacksburg United Methodist Church  
111 Church Street  
(Between Roanoke and Lee Streets)  
Blacksburg, Virginia 24060

Telephone: 540-552-5424, Ext. 0

Meeting Times: Call for meeting times.

Contact Person: Janet Tabor

Services: Helping divorced people or those in the process; nondenominational; support, not social group; confidentiality respected.

## HOPE IS VITAL-HIV SUPPORT GROUP

Address: New River Valley

Telephone: 540-639-5881

Meeting Times: Call for meeting times.

Contact Person: Peggy Eaton

Services: Support group for individuals with HIV, or friends and family members of individuals with HIV.

## INFERTILITY SUPPORT GROUP

Address: New River Valley

Telephone: 540-961-2263

Meeting Times: Call for meeting times.

Contact Person: Michelle

Services: Provides emotional support, activities, and educational resources to those faced with infertility. Women, men, and couples are welcome. Anonymity, confidentiality, and respect will be required.

## MENTAL HEALTH CONSUMERS SUPPORT GROUPS

Address: New River Valley

Telephone: 540-961-2933 (Terry Grimes, Blacksburg)  
540-639-6915 (Mary Ellen Warrick, Radford)

Meeting Times: Blacksburg:  
Montgomery Regional Hospital  
2<sup>nd</sup> and 4<sup>th</sup> Sundays  
Call for meeting time.  
Radford:  
New Horizons Church  
2<sup>nd</sup> and 4<sup>th</sup> Mondays  
Call for meeting time.

Services: Mutual help support group is primarily open to individuals with diagnosed psychiatric disorders seeking help through sharing of experiences, information, and resources. Participants provide emotional support to each other and ways to become more connected in the community.

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## **NARCOTICS ANONYMOUS**

Address: New River Valley  
Telephone: 540-770-6262 HELP LINE  
Meeting Times: See meeting days and times below.

### **SUNDAY**

**St. Paul's United Methodist Church**                      **8 PM**  
Main Street  
Christiansburg, Virginia

### **MONDAY**

**Willow Woods Apartments**                                      **7:30 PM**  
222 Allen Avenue  
Community Room  
Radford, Virginia

### **TUESDAY**

**Grace Episcopal Church**    **6 PM**  
4<sup>th</sup> and Harvey Streets  
Activity Building  
Radford, Virginia

### **WEDNESDAY**

**St. Thomas Episcopal Church**                                      **8 PM**  
102 Roanoke Street  
Christiansburg, Virginia

### **THURSDAY**

**Grace Episcopal Church**    **6 PM**  
4<sup>th</sup> and Harvey Street  
Radford, Virginia

### **FRIDAY**

**St. Thomas Episcopal Church**                                      **6 PM**  
102 Roanoke Street  
Christiansburg, Virginia

**First Presbyterian Church of Pulaski**                              **6 PM**  
408 Jefferson Avenue North  
Pulaski, Virginia

### **SATURDAY**

**St. Paul's United Methodist Church**                              **Noon**  
Main Street  
Christiansburg, Virginia

**First Presbyterian Church of Pulaski**                              **6 PM**  
408 Jefferson Avenue North  
Pulaski, Virginia

**Blacksburg Library**    **7 PM**  
200 Miller Street  
Community Room  
Blacksburg, Virginia

### **SUNDAY**

**St. Paul's United Methodist Church**                              **8 PM**  
Main Street  
Christiansburg, Virginia

Services: Through Narcotics Anonymous, it is possible to recover from the disease of addiction to drugs.

## **NEW RIVER VALLEY AND LOVE ADDICTS ANONYMOUS**

Address: New River Valley  
E-mail: [nrvsla@yahoo.com](mailto:nrvsla@yahoo.com)  
Meeting Times: Please e-mail for time and place.  
Services: A 12-step, 12-tradition oriented fellowship based on the one pioneered by Alcoholics Anonymous.

## **NO BUTTS ABOUT IT**

Address: Carilion New River Valley Medical Center, Carroll Room  
2900 Tyler Road  
Christiansburg, Virginia 24073  
Telephone: 540-731-2000  
Meeting Times: 4<sup>th</sup> Tuesdays at 7 PM  
Services: Quit smoking support group.

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## **PARENTS, FAMILIES & FRIENDS OF LESBIANS, GAYS, BISEXUALS OR TRANSGENDERED PERSONS**

Address: New River Valley  
Telephone: 540-951-2808 (Lou Ann Slagel), 540-639-5881 (Peggy Eaton),  
540-552-8829 (Dick and Peg Bauman), 540-951-1746 (Ed Sewell)  
Meeting Times: Please call for meeting times.  
Contact Person: Everyone listed above.  
Services: Offers support, education, and advocacy for parents, families, and friends of lesbians, gay men, bisexuals, transgender, and questioning individuals.

## **POST-ABORTIVE SUPPORT GROUP**

Address: Caring Pregnancy Center of the New River Valley, Inc.  
80 College Street  
Christiansburg, Virginia 24073  
Telephone: 540-394-5004 or 540-994-8780  
Meeting Times: Call for meeting times. Scheduled as needed.  
Contact Person: Linda Robinson, Director  
Services: Post-abortion support group.

## **SEXUAL ASSAULT SURVIVORS**

Address: Women's Resource Center of the New River Valley, Inc.  
1217 Grove Avenue  
P.O. Box 477  
Radford, Virginia 24143  
Telephone: 540-639-9592  
Meeting Times: Call for meeting times.  
Contact Person: Shannon May, LPC  
Services: Support offered to survivors of adult sexual assault. This group will focus on helping members to regain control of their lives and explore issues such as coping and self-care.

## **SOCIAL CLUB**

Address: St. Paul United Methodist Church  
Main Street  
Christiansburg, Virginia 24073  
Telephone: 540-552-4688  
Meeting Times: 1<sup>st</sup> and 3<sup>rd</sup> Thursdays at Noon  
Contact Person: Mary Ellen Moore  
Services: Open to persons in the New River Valley who are receiving or have received mental health care. This club provides support to its members by promoting group friendship, helping members to enjoy group activities away from home, and fostering feelings of being wanted and needed. Main activities are lunch, Bingo, picnics, tours, shopping trips, and celebrations of holidays and special events.

## **SPOUSE SUPPORT NETWORK**

Address: Cooper House  
305 Washington Street  
Blacksburg, Virginia 24060  
Telephone: 540-951-1746  
Meeting Times: 2nd Thursdays at 7 PM  
Services: Straight spouses and former spouses of gays, lesbians, and bisexuals.

