

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 1st and 3rd 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 Group 10:30 AM

Fieldstone Methodist Church
3385 North Franklin Street
Christiansburg, Virginia

Top of the Mountain Group 6 PM

Fieldstone Methodist Church
3385 North Franklin Street
Christiansburg, Virginia

District Institutional Meeting 6:30 PM

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 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

Galax Newcomers Group 8 PM

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.

EMOTIONS ANONYMOUS

Address: Church of Christ – Blacksburg
315 E. Eakin Street
Blacksburg, Virginia 24060

Telephone: 540-384-6288

Meeting Times: Tuesdays 7:30 PM

Contact Person: Rich

Services: A 12-Step Program for people whose emotions are causing difficulties in their lives.

FAMILIES LEARNING AND STAYING HEALTHY

Address: New River Valley Community Services
700 University City Blvd. – New River Room
Blacksburg, Virginia 24060

Telephone: 540-831-4000

Meeting Times: Mondays 6 PM – 7:45 PM

Contact Person: Kat McClinton

Services: Support for family members and friends of people who have problems with alcohol or drugs and/or addictions.

FOR FAMILIES OF A RELATIVE WITH A MENTAL ILLNESS

Address: Montgomery Regional Hospital
3700 South Main Street
Blacksburg, Virginia 24060
(Meet in Board Room, First Floor, Opposite the Cafeteria)

Telephone: 540-639-1509 or
540-961-2641

Meeting Times: 2nd Tuesday of every month at 7 PM

Contact Person: Lori Mick and Priscilla Ellison

Services: A completely confidential place where you can get information on finding professionals and services, get questions answered, listen to how others have handled difficult situations, sometimes even have a laugh (and coffee). Come once or come every month, depending on your needs. Dads, Moms, siblings, sons, daughters, spouses, significant others, all welcome.
The group is run by family members who have a relative with mental illness.

GRIEF/LOSS SUPPORT GROUP – CHRISTIANSBURG LOCATION

Address: Christiansburg Mennonite Fellowship
40 Cedarwood Drive
Christiansburg, Virginia 24073

Telephone: 540-633-9370

Meeting Times: 3rd Tuesdays at 6 PM

Contact Person: N/A

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

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: 2nd 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: 2nd 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: 1st 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: 3rd 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.

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
2nd and 4th Sundays
Call for meeting time.

Radford:
New Horizons Church
2nd and 4th 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.

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

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
4th 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
4th and Harvey Street
Radford, Virginia

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: 4th Tuesdays at 7 PM
Services: Quit smoking support group.

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: 1st and 3rd 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.

