



## **Support Groups/Self-Help Groups**

Support groups differ from self-help groups in that they are led by professional therapists rather than group members. (Definition from Inside MS April-June 2004 p. 53.)

### **Web Resources**

National Spinal Cord Injury Association's FactSheet on Starting a Support Group  
<http://spinalcord.org/news.php?dep=17&page=94&list=1192>

NSCIA's Regional Chapters, Support Groups and State Resources  
<http://www.spinalcord.org/chapters/>

Look for local support groups by choosing your state from the drop down menu.

Caregiver.com's Directory of Support Groups for Caregivers  
<http://www.caregiver.com/regionalresources/index.htm>

[http://health.groups.yahoo.com/group/CPS\\_ALLIANCE/](http://health.groups.yahoo.com/group/CPS_ALLIANCE/)  
Yahoo Chat Group for Central Pain Syndrome

### **Support Groups**

#### **ARIZONA**

##### **East Valley Support Group (COMPASS)**

Phone: (602) 241-1006

Contact: Pauline Staples

Every 3rd Friday of the month 2:00PM - 4:30PM

##### **Flagstaff Support Group**

Phone: (928) 527-8567

Contact: Al White

Every 1st Tuesday of the month 2:00 PM - 3:30 PM

**Grupo de apoyo en Español**

Gentiva Rehab Without Walls, 7227 N 16th St #107, Phoenix, Arizona, 0

Phone: (602) 943-1012

Contact: Diane

El grupo de apoyo en Español para personas que tienen trauma cerebral y lesión a la columna. Este grupo hace actividades de diversión y actividades educativas. Cuando: Cada segundo sábado del mes! Por favor llamar si usted quiere atender

**Prescott Support Group**

Phone: (623) 209-0311

Contact: Gary Hershey

Every 3rd Thursday of the month 6:00PM - 7:00PM

**SCI Women Support Group**

Banner Good Samaritan Hospital,

1111 E McDowell Rd, Phoenix, Arizona, 85006

Phone: (602) 239-3307

Contact: Jill Greenlee, CTRS

Every 1st Tuesday of the month 6:30PM – 8:00PM at Banner Good Samaritan Hospital, 1111 E McDowell Rd South Community Conference Room (just off the main lobby)

RSVP – Jill Greenlee

**CALIFORNIA****Leon S. Peter's Rehabilitation Center, Community Regional Medical Center**

P.O. Box 1232

Fresno, California, 93715

Phone: (559) 459-6000 Ext. 5783

Contact: Ray Greenberg

<http://www.tilinet.org/Contact.htm>

Tri-county Independent Living Center

955 Myrtle Avenue

Eureka, California, 95501

Phone: (800) 576-5000

2nd & 4th Saturday of every month @ 1 p.m. @ General Hospital's Roof Conference Room, 2200 Harrison Ave., Eureka The Support Group is for victims of SCI's, their significant others, family members and health care workers

**St. Joseph 's General Hospital, Samuel Burre Conference Room**

2200 Harrison Ave.

Eureka, California, 95501

Phone: (707) 445-8404

Contact: Richard Sherry

<http://www.facebook.com/photo.php?pid=142837&id=120103058034832>

## **Santa Cruz SCI Peer Support Group**

### **FLORIDA**

#### **Greater Orlando Spinal Cord Injury (SCI) Network**

5165 Adanson St  
Orlando, Florida, 32804  
**Phone:** (407) 823-2967  
**Contact:** Robin Kohn

#### **HEALTHSOUTH - Capital Rehabilitation Hospital**

1675 Riggins Rd.  
Tallahassee, Florida, 5315  
Phone: (850) 656-4800  
Contact: JoAnna Rodgers-Green

#### **HEALTHSOUTH - Sea Pines Rehabilitation Hospital**

101 East Florida Ave., Melbourne, Florida, 32901  
Phone: (321) 984-4600  
Contact: Ellen Lyons-Olski, Director, PT

#### **HEALTHSOUTH - Tampa Bay Area Support Group c/o Florida SCI Resource Center**

90 Clearwater Largo Rd., Largo, Florida, 33770  
**Phone:** (800) 995-8544  
**Fax:** (813) 844-4322  
**Contact:** [Barry Marshall](#)  
**Phone:** (813) 844-4286

#### **The Spinal Cord Injury Support Group of South Florida**

c/o Healthsouth Sunrise Rehabilitation Hospital  
4399 Nob Hill Road  
Sunrise, FL 33351  
Contact: Sue Krinsky  
Phone: 954-746-1341 leave message  
Fax: 954-746-1365

#### **Peer Support Contact**

313 Spider Lily Lane  
Naples, Florida, 34119  
Phone: (239) 353-5894  
Contact: [Mindy Idaspe](#)

### **GEORGIA**

**Columbus SCI Support Group**

**Phone:** (703) 322-9039

**Contact:** [Ramona Cost](#)

**HEALTHSOUTH Central GA Rehab Hospital**

3351 Northside Dr.

Macon, Georgia, 31210

Phone: 800-491-3550

Fax: 478- 477-6223

Contact: Kathy Combs

Phone: (478) 491-3500 Ext. 643

**INDIANA**

**Calumet Region Support Group**

2109 Cleveland Street

Gary, Indiana, 46406

Phone: (219) 944-8037

Contact: Rita Renae Jackson

**Northwest Indiana Spinal Cord Injury Support Group**

1052 Joliet Rd

Valparaiso, Indiana, 46385

Phone: (219) 531-0055

Contact: Joe White

This is a small peer support group. We mainly gather once a month and discuss topics that we have come across within the last month. This group is open to people with a SCI, friends, family, or any one wanting to learn about or share experiences concerning spinal cord injuries.

**KENTUCKY**

**Friends with Spinal Cord Injuries**

3785 Hwy 95

Benton, Kentucky, 42025

Phone: 270- 227-1200

Contact: Anndrea Coffman

Meets the third Thursday of the month at 4 p.m. (sometimes that changes depending on the speaker). Affiliated with Lourdes Hospital in Paducah, Kentucky and Spinal Cord Injury Association of Kentucky. Our mission: is to give people with Spinal Cord Injuries the ease of knowing they are not alone in the world.

**MARYLAND**

<http://www.kernan.org/patients/classes.htm>

**Kernan Hospital Spinal Cord Injury Support Group**

2200 Kernan Drive  
Baltimore, Maryland 21207

**Phone:** 410-448-6307

**Contact:** Jenny Johnson

2nd Tuesday of each month 6-8 p.m., SCI Gym Spinal Cord Injury Patient Education:  
Classes are offered every Tuesday, Wednesday, Thursday, and Saturday 11:30 a.m.-12 noon

[www.spinalcordrecovery.org](http://www.spinalcordrecovery.org)

**Kennedy Krieger Institute's** spinal cord injury support group

Baltimore, MD

Gina Albright, DPT

443-923-7960 (office)

[albright@kennedykrieger.org](mailto:albright@kennedykrieger.org)

**MASSACHUSETTS**

[BMC Support/Discussion Group Meeting](#)

7 West-Harrison Ave Campus

Boston, Massachusetts, 0

Phone: (617) 414-5000

Boston Medical Center - 4:00 PM (Held the third Tuesday of the month)

[Spaulding Support/Discussion Group Meeting](#)

125 Nashua Street

Boston, Massachusetts, 0

Phone: (857) 222-5123

Contact: Betsy Pillsbury

Spaulding Rehab Hospital - 4:00 PM, 7th floor dining room (Held the fourth Thursday of the month)

[Whittier Westborough Support Group Meeting](#)

150 Flanders Road

Westborough, Massachusetts, 0

Phone: (508) 871-2000 Ext. x2165

Contact: Deb

5:00 PM (Held the Second Wednesday of the month)

**MISSISSIPPI**

[Magnolia Coast SCI Support Group](#)

12226 Oaklawn Rd.

Biloxi, Mississippi, 39532

Phone: (800) 721-7255

## MISSOURI

### [Southwest Center for Independent Living](#)

2864 S. Nettleson Ave.  
Springfield, Missouri, 65807  
Phone: (417) 886-1188  
Contact: [Marion Trimble](#)

## NEW JERSEY

### **NJ Self Help Group Clearinghouse**

1-800-367-6274 or 973-989-1122 (Mon-Fri, 8:30am-5pm).

## NEW YORK

### [Long Island Spinal Cord Injury Resource Center](#)

**Phone:** (631) 221-9255

**Contact:** [Ron Quartararo](#)

A project of the Testaverde Fund for Spinal Cord Injury Inc. Location (meeting place) - Wantagh, Long Island, NY. Meets first Tues of each month (subject to change). Works to fund research for a cure for spinal cord injury; promote education about SCI through the schools; and provide assistance and support to families who have a loved one become a victim of SCI.

### **Spinal Cord Injury Network of Central New York**

ARISE

635 James Street  
Syracuse, New York, 13203  
Phone: (315) 464-2337  
Contact: [Tammy Bartoszek](#)  
Phone: (315) 247-0927  
Contact: [Maria Froio](#)  
Dates/Times of meetings - 3rd Wednesday of the Month 4pm

## OHIO

### **Hillside Rehabilitation Hospital**

8747 Squires Lane  
Warren, Ohio, 44484  
**Phone:** (330) 841-3856  
Contact: [Hospital Contact: Rebecca Lebron](#)  
Phone: (330) 889-2158  
Contact: [Peer Contact: Rick Ackerman](#)

We meet the second Monday of each month at 5 PM in the Occupational Therapy room.  
All are welcome.

## PENNSYLVANIA

### **Delaware Valley Spinal Cord Injury Assoc.**

2610 Belmont Ave., Philadelphia, Pennsylvania, 19131

Phone: (215) 477-4946

Contact: Bruce McElrath

### **HEALTHSOUTH**

Greater Pittsburgh Rehabilitation Hospital, 2380 McGinley Rd., Monroeville, Pennsylvania, 15146

Phone: (412) 856-2584

Contact: [Kristy Nauman, P.T. SCI Program Coordinator](#)

Phone: (800) 695-4774

Support group involves inpatients only

### **HEALTHSOUTH**

Rehabilitation Hospital of Altoona, 2005 Valley View Blvd., Altoona, Pennsylvania, 16602

Phone: (800) 873-4220

### **HEALTHSOUTH - Rehabilitation Hospital of York**

1850 Normandie Dr., York, Pennsylvania, 17404

Phone: (800) 752-9675 Ext. 799

Contact: [Tammy Derk](#)

Phone: (717) 767-6941

### [Magee Rehabilitation SCI Resource & Support Group](#)

6 Franklin Plaza, Philadelphia, Pennsylvania, 19102

Phone: (215) 587-3174

Fax: (215) 568-3736

Contact: [Marie Protesto](#)

## SOUTH CAROLINA

### **Chester County Chapter Peer Support Group Meeting**

The Chester Regional Medical Center, Rehabilitation Dept. 1 Medical Park Drive, Chester, South Carolina, 29706

**Phone:** (803) 482-4389

**Contact:** [Lee Carter](#)

Our group meets on the third Tuesday of each month. Our monthly meetings are inspiring and informative providing support to those living with spinal cord injuries their care givers and families. Invited guest speakers from various organizations provide information on how to obtain services, equipment and education to help you facilitate a better, happier and healthier life style. Also, meeting social nights and discussion groups.

**Columbia, SC Area Support Group**

500 Taylor St, Columbia, South Carolina, 29201

Phone: (803) 252-2198

Contact: [Richard Bridges](#)

**Florence, SC Area Support Group**

Phone: (843) 679-9932

Contact: [Ronnie McFadden](#)

**Orangeburg, SC Area Support Group**

Phone: (803) 829-2043

Contact: [Rebecca Felder](#)

**Spartanburg, SC Area Support Group**

Phone: (864) 595-1947

Contact: [Dot Colson](#)

The following books and videos are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click the Lending Library tab.

**Books**

**The Self-Help Group Directory.** 19th ed. Cedar Knolls, NJ: Saint Clare's Health Services, 2004. <http://www.medhelp.org/NJGroups/>

This book is heavy on NJ support groups but does include some national, international, online, and model one-of-a-kind support groups.

**Articles**

“With a Little Help From My Friends”. By Jennifer Sheeley and Gary Sullivan. InsideMS April-June 2004 pp. 50-53.

“Alternative Self-Help Groups” By Jennifer Sheeley and Gary Sullivan. Inside MS April-June 2004 pp. 54-55.

**The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a**

**new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.**