



Free Support Groups

Bipolar Support Group (Discussion Group) (Peer-led group for adults and families)

2nd, 4th & 5th Mondays | 7:00 p.m. - 8:30 p.m.
630 Janet Ave, Lancaster, PA 17601 Blair Room

Bipolar Educational Group (Topics relate to Bipolar) (Peer-led group for adults and families.)

1st & 3rd Mondays | 7:00 p.m. - 8:30 p.m.
630 Janet Ave, Lancaster, PA 17601 Blair Room

D.A.W.N. Group

Depression Awareness and Women's Needs (Peer-led group for women)

1st, 3rd & 5th Tuesdays 7 p.m. - 8:30 p.m.
245 Butler Avenue, Suite 204, Lancaster, PA 17601

Finding Our Way Group

(Depression Support Group)

2nd, 3rd, 4th, and 5th Mondays | 6 p.m. - 7 p.m.
245 Butler Avenue, Suite 204, Lancaster, PA 17601

Anxiety, Panic & OCD Support Group

(Peer-led group for adults and families)

Thursdays 7 p.m. - 8:30 p.m.
245 Butler Avenue, Suite 204, Lancaster, PA 17601

Moms Supporting Moms Group

(This group welcomes all moms struggling with emotional wellness, postpartum depression and/or postpartum anxiety.)

Moms, babies, and young children are welcome.

2nd Wednesdays, 6:00 PM – 7:00 PM.
Hamilton Park United Church of Christ (UCC)
1210 Maple Avenue, Lancaster, PA 17603
Contact: 717-397-7461, akatchur@mhalancaster.org

Borderline Personality Disorder Group

(Peer-led group for men and women)

2nd & 4th Wednesdays 7 p.m. – 8:30 p.m.
245 Butler Avenue, Suite 204, Lancaster, PA 17601
**Family members are welcome periodically for education-based meetings. Contact MHA for the schedule of family nights.*

D.A.M.N. Group

Depression Awareness and Men's Needs (Peer-led group for men)

On hiatus until further notice. To interview to lead this group, or to ask related questions, please call 717-397-7461.

Additional Support Groups by Community Organizations

Sibling Support Group

Children ages 8 - 12 who have a sibling with autism or a developmental disability.
Meets September through May 2nd Mondays | 6:30 p.m.
116 W Airport Road, Suite A, Lititz, PA 17543
Sponsor: Arc of Lancaster Lebanon at 717-394-5251
Registration required.

Landis Communities Family Support Group

4th Sundays (except December) | 3 p.m. - 5 p.m.
Rossmere Mennonite Church
741 Janet Ave., Lancaster PA
Educational program runs from 3 p.m. – 4 p.m.
Share and Care Groups meet from 4:10 p.m. – 5 p.m.

Survivors of Suicide Support Group

1st & 3rd Thursdays | 7:30 p.m. – 8:45 p.m.
St. Peter's Lutheran Church
10 Delp Rd., Lancaster, PA 17601
Contact: Kevin Eberle at 717-394-3541 or
eclipse5694@aol.com

Parent's of Suicide Loss Support Group

1st & 3rd Tuesdays 7 PM – 8:30 PM
St. James Catholic Church
505 Woodcrest Avenue, Lititz, PA 17543
Contact: Dawn Khamvongsa at 717-625-0010 or
dkhamvongsa7@gmail.com

NAMI Family Support/Educational Group

2nd Tuesday | 7:00 – 8:30 pm
Community Services Group at 790 New Holland Avenue,
Lancaster PA 17601 thru December 2019.
Contact Vivian Spiese for details and new 2020 location info
at 717-871-6205 or vspiese@comcast.net.

For More Information:

Mental Health America of Lancaster County
245 Butler Ave, Suite 204
Lancaster, PA 17601-4585
mha@mhalancaster.org
717-397-7461 Phone 717-517-8466 Fax
www.mhalancaster.org

Questions? Contact MHA Support Group Coordinator
Amanda Katchur
570-561-8845
akatchur@mhalancaster.org



What to expect ... at your *first* Support Group

It is a big step to attend your first support group, but it doesn't need to be UNCOMFORTABLE. Here's what you can expect:

- MHALC's groups are peer-facilitated, which means the group leader has been in your shoes. He or she will truly understand what you're going through, and can provide insight and advice based on firsthand experience.
- All groups are free and held on a drop-in basis. You don't have to sign up in advance, and if you attend one time and it doesn't feel like the right fit, you don't have to come back. However, we do recommend that you give the group a few chances, as the dynamic can change every meeting and you might find your place after a few tries.
- All groups are confidential – this helps us build an environment where individuals can be honest and open. Groups can be an alternative to, or addition to, a traditional counseling service. Find what works for your own support needs and recovery.
- You do not have to share your story at any meeting; you can choose to come and just listen to others share, as you may feel more comfortable hearing how others have dealt with situations that are familiar. Remember, you can offer to share, only if you're ready to do so and could use a listening ear.

Peer-facilitated support groups are a great place to start your recovery journey. We hope you'll find that by hearing others' stories, you'll feel less alone in your experiences. Reach out today – we're here to support you.

If you have any questions regarding support groups, feel free to call MHALC at (717) 397-7461.

Student observers of support groups are asked to call the MHALC office to register for observations. Not all support groups are open to observers. You must be registered to attend as an observer; without a registration, you will be asked to leave the support group and return after speaking with the MHA Support Group Coordinator. Thank you for your understanding.