



Support Groups/Self-Help Groups/Peer Mentoring



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.) Please note that not everyone recognizes this distinction and you should inquire as to the credentials of the person leading the group if you need professional help. You may encounter other terms for these groups also such as peer mentoring, peer coaching, peer support, etc.

The Reeve Foundation has a Peer and Family Support Program in which Peer Mentors are certified by the Reeve Foundation. If you are interested in being mentored by a

Reeve Foundation Peer Mentor, please go to the Reeve website:
www.ChristopherReeve.org/Peer.

Web Resources

American Stroke Association: Starting a Stroke Support Group

<https://www.stroke.org/en/help-and-support/support-group-leader-resources/starting-a-support-group>

Caregiver.com: Starting and Running a Caregiver Support Group

https://caregiver.com/articles/starting_running_support_group/

Caregiver.com: Why Do We Attend Support Groups?

<https://caregiver.com/articles/why-attend-support-groups/>

Facing Disability: For Families Facing Spinal Cord Injuries

www.facingdisability.com

a support group for family members of someone with an SCI, also offers peer counseling to people with SCI

New Mobility magazine: Starting A Support Group August 2016 issue

<https://newmobility.com/starting-support-group/>

Synapse

<https://synapsenational.wixsite.com/synapse>

Synapse offers support groups for individuals with brain injuries. Synapse was founded in 2016 at Stanford University.

Tragedy Assistance Programs for Survivors (TAPS)

www.TAPS.org

3033 Wilson Blvd., Third Floor

Arlington, VA 22201

Phone: 800-959-TAPS (8277)

Email: info@taps.org

TAPS is a non-profit organization that offers compassionate care to all those grieving the death of a loved one serving in the Armed Forces. Since 1994, TAPS has provided comfort and hope 24 hours a day, seven days a week through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

United Spinal Association: How to Start Support or Discussion Group Fact Sheet

<https://askus-resource-center.unitedspinal.org/index.php?pg=kb.page&id=383>

Virtual Support Groups

Christopher & Dana Reeve Foundation's Peer & Family Support Program virtual support groups.

<https://www.heypeers.com/organizations/99#list>

The Reeve Foundation offers 3 virtual support groups: one for caregivers of people living with paralysis, one for quadriplegics, and one for paraplegics. Please go to the above link to register for a meeting. There is no charge to attend. Some are hosted by people living with paralysis while others are hosted by social workers.

Support Groups by State

ARIZONA

East Valley Support Group (COMPASS)

Granite Reef Sr. Ctr.
1700 N. Granite Reef Rd.
Scottsdale, AZ 85257
Phone: 602-241-1006
Contact: Pauline Staples
Every 3rd Friday of the month 2:00PM – 4:30PM

Flagstaff Support Group

Northern Arizona Health Care Training Center
1200 N. Beaver St.
Flagstaff, AZ 86001
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,
Phone: 480-390-5240
Contact: Diane Hendrix
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

Mountain Valley Regional Rehabilitation
3700 W. Windsong Dr.
Prescott Valley, AZ 86314
Phone: 928-759-8800
Contact: Jo Crawford
First Thursday of every month at 6:00 PM

SCI Women Support Group

Disability Empowerment Center
5025 E. Washington St., Suite 110
Phoenix, AZ 85034-7437
Phone: (602) 507-4209
Contact: Donna Powers

Every 2nd Tuesday of the month 6:30 PM- 8:00 PM

Wheel Life Group Support Group at Dignity Health St. Joseph's Hospital and Medical Center

This support group is part of the Arizona Spinal Cord Injury Association and meets the first Wed. of each month at 5:45 pm in the Sontag Pavillion, 350 W. Thomas Rd. Phoenix AZ 85013. Please contact Tammy Abbott-Thiel at 602-406-3421 for more information.

CALIFORNIA

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

2823 Fresno St.

Fresno, CA 93721

Phone: 559-459-2789

Contact: Lynne Jarman

Meets 3rd Wed of every other month

Tri-county Independent Living Center

139 5th St.

Eureka, CA 95501

Phone: 707-445-8404

Bay Area Spinal Cord Injury Peer Group (Berkeley)

www.facebook.com/groups/scipeersupport/

Ed Roberts Campus

3075 Adeline St.

Berkeley, CA 94703

Phone: 415-205-3882; 510-868-9175 (Contact Tom Shankle)

Email: spinalnetwork@everydayabilities.org

Meets 2nd Thursday of the month, 6:00-8:30pm.

Napa Spinal Cord Injury Network

www.facebook.com/Napaspinalcordinjurynetwork?ref=hl

Community Outreach Center

3448 Villa Lane, Suite 102

Napa, CA 94558

Phone: 707-299-9123 (Contact Jim Burnett)

Email: Jburnettd@aol.com

Meets last Friday of the month, 1:00-2:00pm.

NorCal SCI's list of support groups

<https://norcalsci.org/support-groups>

NorCal SCI also offers family support groups for the family and friends of people living with spinal cord injury. <https://norcalsci.org/family-support>

Placerville Mobility Support Group

Meeting Place: Round Table Pizza

3975 Missouri Flat Rd.
Placerville CA 95667
Contact: Lynn Murray
Phone: 530-295-7620

Email: lynnmurray2684@att.net

This group is the first California chapter of the United Spinal Association. Their mission is to improve the physical, mental and emotional well-being of persons with some form of ambulatory impairment. Meets 4th Monday of each month at 6:30 pm.

San Francisco Bay Area Spinal Network

www.facebook.com/groups/scipeersupport/

Independent Living Resources Center of SF
825 Howard St

San Francisco, CA 94103

Phone: 415-205-3882 (Contact Tom Shankle); 510-868-9175

Email: spinalnetwork@everydayabilities.org

Meets 4th Thursday of the month, 6:00-8:30pm.

Santa Clara Valley Medical Center's Peer Support Network

<https://scvmc.scvh.org/health-care-services/rehabilitation/services/peer-support/spinal-cord-injury-peer-support-program>

751 South Bascom Ave.

San Jose, CA 95128

Phone: 408-885-5000

They offer various support groups for people with spinal cord injuries--including one for women and one for the newly injured and their families.

SCI Peer Support Group of Solano & Contra Costa Counties

www.ilrsc.org

<https://www.facebook.com/pages/category/Public-Figure/SCI-Peer-Support-Group-of-Solano-Contra-Costa-Counties-207904149302258/>

1850 Gateway Blvd, Suite 120

Concord, CA 94520

Phone: 925-363-7293 (Contact Michael Hopfe)

Email: Michaelh@ilrsc.org

Spinal Network

<https://www.spinal-network.org/>

40667 Symphony Park Ln.

Murrieta, CA 92562

Phone: 951-775-2561

This network provides programs, resources, and services to the disability community in San Diego and W. Riverside County. They promote community integration, participation, and independence for wheelchair users by providing assistive technology tools and community and peer support.

Roseville Area SCI Peer Support Group

6 Medical Plaza Dr.
Roseville, CA 95661
Phone: 916-872-3083 (Contact Todd Boyer)
Email: Toddboyer@comcast.net
Meets 1st Thursday of the month, 6:30-8:00pm.

Sacramento SCI Support Group
SCI-FIT Building
2404 Del Paso Road
Sacramento, CA 95834
Phone: 209-200-7153 (Contact Charlene Vine)
Email: charvine@sbcglobal.net
Meets 1st Wednesday of the month, 6:00-8:00pm.

UC Davis Hospital SCI Peer Support
2315 Stockton Blvd., Room 0343
Sacramento, CA 95817
Davis Tower Room 1704
Phone: 916-816-6347 (Contact Holly Bleasdale)
Email: hdbleasdale@ucdavis.edu
Meets every Wednesday, 3:00-4:00pm.

Santa Clara County: SCI Connections
Bascom Community Center
751 S. Bascom Ave
San Jose, CA 95128
Phone: 408-793-6433 (Contact Robert Medel)
Email: Robert.Medel@hhs.sccgov.org
Meets 3rd Thursday of the month, 6:30-8:30pm and available online/Webcast.

Sonoma Marin County SCI Support Group
www.facebook.com/groups/810812255653338/
7 Indigo Dr. # 102
Petaluma, CA 94954 (Location may change)
Meets 3rd Monday of the month, 5:00-6:30pm.

FLORIDA

Brookdale Center at the NCH Healthcare System
11190 Health Park Blvd
Naples, FL 34110
Phone: 239-624-5700
Has formed a relationship with the Brain Injury Peer Visitor Association in Alpharetta, GA to offer peer visitors to patients. Provides brain injury, stroke and caregiver support groups.

Greater Orlando Spinal Cord Injury (SCI) Network

www.goscin.org

1070 Montgomery Road, #2116

Altamonte Springs, FL 32714

Phone: 888-265-4890

Email: Info@GOSCIN.org

HEALTHSOUTH - Sea Pines Rehabilitation Hospital

101 East Florida Ave., Melbourne, Florida, 32901

Phone: 321-984-4600

Contact: Laura Leitz

HEALTHSOUTH - Tampa Bay Area Support Group

c/o Florida SCI Resource Center

901 N. Clearwater Largo Rd., Largo, Florida, 33770

Phone: 727-586-2999

Contact: Pattie Brenner

Memorial Regional Hospital South

<https://www.mhs.net/services/rehabilitation/conditions/spinal-cord>

3600 Washington St.

Hollywood, FL 33024

Phone: 954-518-2111

Email: vleyland@mhs.net

Memorial South offers inpatient and outpatient services for individuals with paralysis. They provide comprehensive spinal cord treatment, rehabilitation and support aimed at optimizing recovery, restoring function, and if necessary, helping you adjust to a new way of life. SCI peer mentors and onsite and Zoom support groups are offered.

Spinal Cord Injury Support Group – Broward Chapter

<http://www.scisg.org/broward-chapter>

c/o Encompass Health

4399 Nob Hill Road

Sunrise, FL 33351

Contact: Ryan Gebauer

Phone: 954-696-7204

Email: rmgebauer@gmail.com

Spinal Cord Injury Support Group – Miami Chapter

Christine Lynn Rehab

<http://www.scisg.org/miami-chapter>

1611 NW 12th Ave.

Miami FL 33136

Contact: Anson James

Phone: 407-637-7774

Email: ansonansonj@aol.com

Spinal Cord Injury Support Group – Palm Beach Chapter

c/o **St. Mary's Medical Center**
<http://www.scisg.org/palmbeach-chapter>
901 NW 45th St.
West Palm Beach FL 33407
Contact: Peggy Domitz
Phone: 954-471-8844
Email: cheffouru@att.net

West Florida Rehabilitation Institute
<https://westfloridahospital.com/calendar/support-groups.dot>
8383 N. Davis Hwy.
Pensacola FL 32514
Phone: 850-494-6100
Email: Carrie.Rayburn@gmail.com

Their spinal cord reunion/support group is catered towards those affected by spinal cord injuries and their family/caregivers. One group is held on the second Tuesday of each month at 2:30 pm to 3:30 pm in the Rehab Community Rooms.

GEORGIA

Columbus SCI Support Group
Phone: 706-322-9039
Contact: [Ramona Cost](mailto:Ramona.Cost); rvcost@mindspring.com

HEALTHSOUTH Central GA Rehab Hospital
3351 Northside Dr.
Macon, Georgia, 31210
Phone: 478-201-6500
Meet 1st Tuesday monthly 6:30 PM in the cafeteria of Central GA Rehab Hospital

INDIANA

Spinal Cord Support Group
Hook Rehabilitation Outpatient Services
8501 E. 56th Street, Suite 140 Indianapolis, IN 46216
Phone: 317-621-3000
Contact: Holly Hons
First Thursday of the month 6:00 PM RSVP prior by phone

KANSAS

University of Kansas Health System
<https://www.kansashealthsystem.com>
3910 Rainbow Blvd.
Kansas City, KS 66160
Phone: 913-588-1227
SCI Support Group Phone: 913-588-7815

The Spinal Cord Injury Program at the University of Kansas Health System (a Level 1 Trauma Center), offers comprehensive services as well as an SCI support group that meets the second Thursday of each month. For more info on the support group, call 913-588-7815.

KENTUCKY

Friends with Spinal Cord Injuries

3785 Hwy 95

Benton, Kentucky, 42025

Phone: 270-493-0495

Contact: Andrea 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.

MAINE

New England Rehabilitation Hospital SCI/D Support Group

<https://www.encompasshealth.com/locations/nerhp/our-programs>

335 Brighton Ave.

Portland ME 04102

Phone: 207-775-4000

An SCI/D support group that meets on the second Tuesday of each month from 4-5:30 pm.

MARYLAND

University of Maryland Rehabilitation & Orthopaedic Institute (UM Rehab) Spinal Cord Injury Support Group

<https://www.umms.org/rehab/community/support-groups>

Classes and Events

<https://www.umms.org/rehab/community/classes-and-events>

2200 Kernan Drive

Baltimore, Maryland 21207

Phone: (410) 448-2500

UM Rehab offers a Spinal Cord Injury (SCI) Support & Resource Group held every 2nd Tuesday of the month from 6 to 7:30 PM. Each meeting features a designated topic of discussion, providing participants with an opportunity to exchange insights and experiences. Additionally, the SCI Peer Mentor Program is partnered with the Christopher & Dana Reeve Foundation Peer & Family Support Program.

Kennedy Krieger Institute's spinal cord injury support group

<https://www.kennedykrieger.org/patient-care/centers-and-programs/international-center-for-spinal-cord-injury/resources/support-groups-at-the-center-for-spinal-cord-injury>

801 North Broadway, Room 202

Baltimore MD 21205
Phone: 443-923-7998

Monthly support group, "Regeneration Generation." Each month features a new and exciting topic presentation or discussion. Meetings are held on one Monday each month from 12-2 PM, and lunch is provided for those who RSVP.

MASSACHUSETTS

Boston Medical Center Support/Discussion Group Meeting

7 West-Harrison Ave Campus
Boston, Massachusetts, 02111
Phone: 617-414-5000
Boston Medical Center - 4:00 PM (Held the third Tuesday of the month)

Mercy Medical Center Support Group Meeting

<http://www.mercycares.com/body-springfield.cfm?id=64&action=detail&ref=3640>
271 Carew St.
Springfield, MA 01104
Phone: 413-748-6892
Mercy Medical Center - the last Tuesday of the month from 6 to 8 p.m. in the Deliso Conference Center (lower level)

Spaulding Support/Discussion Group Meeting

<http://www.spauldingrehab.org/>
300 First Avenue
Charlestown, MA
Phone: 617-952-5643
Spaulding Rehab Hospital – Every Thursday 4-5 PM in the Light House room on the 6th floor

Whittier Westborough Support Group Meeting

<https://www.whittierhealth.com/rehabilitation-hospitals-in-massachusetts/whittier-rehabilitation-hospital-westborough-westborough-ma/>
150 Flanders Road
Westborough, MA, 01581
Phone: 508-871-2000
Contact: Lynn
5:00 PM (Held the Second Wednesday of the month)

MISSISSIPPI

LIFE of Mississippi

<https://www.lifeofms.com/>
1304 Vine St.
Jackson, MS 39202
Phone: 601-969-4009
Toll-free: 800-748-9398

An independent living center that offers peer support.

MISSOURI

Empower: Abilities

<https://empowerabilities.org/>

2864 S. Nettleson Ave.

Springfield, MO 65807

Phone: 417-886-1188

A center for independent living that offers SCI and post-polio support groups

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

<https://www.nyconnects.ny.gov/providers/long-island-spinal-cord-injury-resource-center-sofa-ag-435143>

3445 Edgerton Ave

Wantagh, NY 11793

Phone: 516-729-1061

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.

Southern Tier Paralysis Support Group

Vestal NY 13850

Phone: 607-727-5032

Email: Derek Vladescu at derekvladescu@gmail.com

This support group offers emotional, moral, and social support to those living with paralysis, their families, friends, caregivers, and anyone interested in learning about life with paralysis. Meetings are monthly online or at the local public library.

Syracuse Spinal Association Support Group

<https://syracusespinalassociation.org/>

Email: oliviawattles21@gmail.com

The support group meets in the ARISE building in Syracuse on the 2nd Tuesday of each month at 5:30 pm at:

635 James St.

Syracuse, NY 13203

NORTH CAROLINA

Cape Fear Valley SCI Support Group

1608 Owen Drive

Fayetteville, NC 28304

Phone: 910-615-6492

Email: mjackd@capefearvalley.com

The support group is now hosted on the last Thursday of every month inside the Cape Fear Valley Inpatient Rehabilitation Gym from 4:30 to 6:00 pm. They cover a variety of topics and have an open forum type discussion on any and everything SCI related.

OHIO

Hillside Rehabilitation Hospital

8747 Squires Lane NE

Warren, Ohio, 44484

Phone: 330- 841-3700; 330-841-3709

We meet the second Monday of each month at 5 PM in the Occupational/ Center One Gym at Hillside Rehabilitation Hospital. All are welcome.

OSU Dodd Hall Rehabilitation Hospital

SCI Peer Support Group

Dodd Hall, 480 Medical Center Dr.

Columbus OH 43210

Phone: 614-408-0085

Email: pnowell264@gmail.com

The SCI Peer support group meets on the first Thursday of the month from 4 pm to 5:30 pm at the Blue Gym on the first floor of Dodd Hall when possible. Otherwise we meet virtually. We are a support group for SCI patients and caregivers to share experiences with others. The meeting is informal and everyone is welcome.

PENNSYLVANIA

Delaware Valley Spinal Cord Injury Assoc.

2610 Belmont Ave.

Philadelphia, Pennsylvania, 19131

Phone: 215-477-4946

Contact: Bruce McElrath

Magee Rehabilitation

<https://mageerehab.org/>

1513 Race Street

Philadelphia, PA 19102

Phone: 800-966-2433

First link is for brain injury, MS, stroke support group info. Second link is for SCI support group

Penn State Health Department of Physical Medicine and Rehabilitation

<https://www.pennstatehealth.org/>

500 University Dr., PO Box 850
Hershey, PA 17033
Phone: 717-531-0003 ext 282538
Email: nlokey@pennstatehealth.psu.edu

Virtual SCI support group every other Thursday from 6-7 pm for those with SCI as well as families, friends and caregivers. SCI peer mentoring program for mentors and mentees. Contact Nancy Lokey RN, CRRN, CBIS for details and questions.

SOUTH CAROLINA

Chester County Chapter Peer Support Group Meeting

135 Wylie St.
Chester, SC
Phone: 803-482-4389
Every 3rd Tuesday of every month at 5:30PM
Contact: Lee Carter (<mailto:llctcarter@chestertel.com>.)

Columbia, SC Area Support Group

2935 Colonial Drive
Columbia, SC
Phone: 803-252-2198
Every last Tuesday of every month at 6:30PM
Contact: Diane Epperly (<mailto:scscia@att.net>.)

Florence, SC Area Support Group

900E Cheves St.
Florence, SC
Phone: 803-459-4171
Every 1PM on 4th Thursday of every month from 4-6 pm
Contact: Ronnie McFadden (<mailto:ronnielmc@yahoo.com>.)

Orangeburg, SC Area Support Group

3000 Matthews Rd
Orangeburg, SC
Phone: (803) 829-2043
Every 2nd Thursday every month at 6:30PM
Contact: Rebecca Felder(<mailto:Rebecca.felder@yahoo.com>.)

Spartanburg, SC Area Support Group

101 St. Matthews Lane
Spartanburg, SC
Phone: (864) 595-1947
Meets every 3rd Tuesday at 6:15 pm
Contact: Dot Colson (<mailto:DColson@Dennys.com>.)

TENNESSEE

Siskin Hospital for Physical Rehabilitation, Spinal Cord Injury Program

<https://www.siskinrehab.org/spinal-cord-injury>

1 Siskin Dr.

Chattanooga, TN 37403

Email: SpinalCordSupportGroup@siskinrehab.org

Siskin Hospital is a CARF accredited inpatient rehab program, with expertise in spinal cord rehabilitation. They provide patient centered care through a wide range of high quality physical rehabilitation services to achieve positive outcomes for all individuals served while benefitting the community at large.

Spinal Cord Outreach Advocacy and Resilience (SOAR) is a support group designed for individuals living with SCI, friends and families in the Chattanooga area. This group focuses on bringing to life the Siskin mission and vision for the community.

TEXAS

Baylor Scott & White Institute for Rehabilitation

<https://www.bswrehab.com/conditions-and-services/spinal-cord-rehabilitation/>

909 N. Washington Ave.

Dallas, TX 75246

Phone: 214-820-9396

Every 2nd Tuesday every month at 6:30pm

Contact: Lea Goad (lgoad@bswrehab.com)

Support Challenge Inspire (S.C.I) is a community support group for anyone living with or affected by a spinal cord injury/disease. This program provides opportunities for social interaction with others who have similar experiences and can assist with adjustments of living with a spinal cord injury. Meetings are typically the second Tuesday of every month at 6:30pm in person on the 2nd floor PT gym and virtual

Spinal Cord Injury Support Group of Austin

St. David's Rehabilitation Hospital

1005 E. 32nd St.

Austin, TX 78705

Phone: 512-826-0813

Email: pam.fletcher@stdavids.com

The Spinal Cord Injury Support Group of Austin exists to provide support, information and education to individuals with new or existing spinal cord injuries, as well as their friends, families, and care attendants.

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.

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