

# SUPPORT GROUPS

## At Crittenton

### Alcoholics Anonymous (AA)

M/W/F - Men Only  
Saturday - Men & Women

**8:00 p.m., Cafeteria**



### Breastfeeding Café

This group meets monthly with a certified Lactation Consultant to discuss common breastfeeding concerns and answer specific questions. Mothers are encouraged to bring their babies.

**First Wednesday each month  
6:30 p.m. - 7:30 p.m.**

### Prostate Cancer Support Group

Topics vary.

**Second Tuesday each month  
7:00 p.m.**

### HELP Support Group

**Second Monday each month  
7:00 p.m.**

### Overeaters Anonymous

This is a 12-step support group that helps you deal with any unhealthy relationships with food. Anyone struggling with anorexia, bulimia or overweight issues is welcome.

**Every Sunday at 7:00 p.m.**

### Look Good, Feel Better

Provides information and cosmetic advice to the woman battling cancer. Cosmetics are provided for your personal makeover. Program is free of charge and facilitated by certified cosmetologists.

**Second Monday of each month  
Must register online**

### RESOLVE Support Group

A non-profit supportive organization for people experiencing infertility. This group provides advocacy, support and education for infertile people and helps them build a support system, form friendships and gather information and knowledge.

**First Friday each month  
7:00 p.m.**

### Bipolar Caregiver Support Group

This group helps you build support systems, form friendships and gather information and knowledge.

**First Wednesday each month  
7:00 p.m.**

### Bipolar Support Group

This group is for those with bipolar disorder and depression.

**First & third Wednesday  
each month  
7:00 p.m.**



## In the Community

### Cancer Support Group

This support group is open to the community for cancer survivors, both those going through treatment now or who have done so in the past, as well as their family members and friends.

**For dates, times & locations,  
call Cheryl at (248) 693-3737**



### New Beginnings Stroke Club @ OPC\*

Members help one another face and overcome common problems by sharing. Stroke Club can help family members as well as stroke survivors.

**First & third Wednesday  
each month  
10:00 a.m. - 12:00 p.m.**

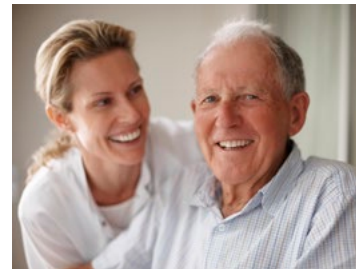
### Grief Support Group @ OPC\*

If you are recovering from a recent loss, we offer caring support. This is a time to share feelings and concerns in a confidential atmosphere.

### Parkinson's Support Group @ OPC\*

For people with Parkinson's disease, and their families and friends.

**First Wednesday each month  
6:00 p.m. - 8:00 p.m.**



### \* Older Persons' Commission

650 Letica Drive  
Rochester, MI 48307

**For dates and times:  
Call Donna at (248) 608-0261**

All support Groups are **FREE to attend**. For more information visit [www.crittenton.com/classes](http://www.crittenton.com/classes) or call **(248) 652-5269**.

**CRITTENTON**

**Get Better Here™**

**(248) 652-5000**

**crittenton.com**