

# Support Groups in the Greater Grand Rapids Area

**Compiled by the Caregiver Resource Network  
Fall 2022**

The Caregiver Resource Network is a collaboration of 150 West Michigan organizations dedicated to providing for the needs and welfare of family and professional caregivers within the community.

## **Contact the Caregiver Resource Network:**

616-456-5664

[www.caregiverresource.net](http://www.caregiverresource.net)

Facebook: Caregiver Resource Network

The Caregiver Resource Network (CRN) is a collaboration of West Michigan organizations dedicated to providing for the needs and welfare of family and professional caregivers within our community. The CRN is funded by the Area Agency on Aging of Western Michigan with Older American's Act Title III-E, Family Caregiver Support funds.

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**Note: All support groups are free of charge and open to the public, unless indicated otherwise.**

## Dementia Caregiver Support Groups

### **Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 1<sup>st</sup> Wednesday of each month from 6:30 – 8:00 pm

Location: Virtual via Zoom

Contact: Laura DeWit at 616-822-5481

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

### **Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 1<sup>st</sup> Wednesday of each month from 6:30 - 8:00 pm

Location: Virtual via Zoom

Contact: Sharon Koets at 616-822-5481

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

### **Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 1<sup>st</sup> Thursday of each month from 12:30 - 2:00 pm

Location: SarahCare Knapp's Corner, 2211 East Beltline Ave NE, Grand Rapids, MI

Contact: Harlene Gedris at 616-949-4709

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

### **Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 2<sup>nd</sup> Wednesday of each month from 6:00 – 7:00pm

Location: Rivertown Ridge, 3555 Copper River Ave. SW, Wyoming, MI

Contact: Karra Vander Wiere at 616-240-9925

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

### **Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 2<sup>nd</sup> Thursday of each month from 11:00 am – 12:00 pm

Location: St. Paul's United Methodist Church, 3334 Breton Rd. SE, Grand Rapids, MI

Contact: Theresa Wilson at 616-278-6526

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

**Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 3<sup>rd</sup> Saturday of each month from 11:00 am – 12:00 pm

Location: Virtual via Zoom

Contact: St. Luke AME Zion Church at 616-452-7227

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

**Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 4<sup>th</sup> Tuesday of each month from 9:30 – 11:00 am

Location: Russ' Restaurant, 6444 S. Division Ave., Grand Rapids, MI 49548

Contact: Kendra Schumaker at 616-530-6700

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

**Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 4<sup>th</sup> Thursday of each month from 7:00 – 8:00 pm

Location: Virtual via Zoom

Contact: Claire Fisher at 616-459-7467 ext. 8495

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

**Early-Stage Dementia Support Group**

Intended for: Caregivers of individuals newly diagnosed with dementia

Sponsored by: Alzheimer's Association

Dates: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month from 1:00 – 2:30 pm

Location: Virtual via Zoom

Contact: Kayla Jakel at 248-996-1056

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

**Individuals with Early-Stage Dementia or Mild Cognitive Impairment Support Group**

Intended for: Individuals who have been recently diagnosed who have dementia or live with a mild cognitive impairment

Sponsored by: Michigan Alzheimer's Disease Center Wellness Initiative

Dates: 3<sup>rd</sup> Tuesday from 3:00 – 4:00 pm

Location: Virtual via Zoom

Contact: Ashley at [acmil@med.umich.edu](mailto:acmil@med.umich.edu)

**Lewy Body Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have Lewy Body Dementia

Sponsored by: Michigan Alzheimer's Disease Center's Rinne Lewy Body Dementia Initiative  
Dates: 2<sup>nd</sup> Tuesday of the month from 2:00 – 3:00 pm  
Location: Virtual via Zoom  
Contact: Renee at 734-764-5137  
Website: <https://alzheimers.med.umich.edu/lbd/>

### **Lewy Body Dementia Caregiver Support Group**

Intended for: Caregivers of individuals who have Lewy Body Dementia  
Sponsored by: Michigan Alzheimer's Disease Center's Rinne Lewy Body Dementia Initiative  
Dates: 2<sup>nd</sup> Tuesday of the month from 6:00 – 7:00 pm  
Location: Virtual via Zoom  
Contact: Renee at 734-764-5137  
Website: <https://alzheimers.med.umich.edu/lbd/>

### **Male Caregivers Solutions Support Group**

Intended for: Male caregivers of individuals who have dementia  
Sponsored by: Alzheimer's Association  
Dates: 3<sup>rd</sup> Tuesday of each month from 10:30 – 11:30 am  
Location: Gemmen's Hardware, 3488 Kelly St, Hudsonville, MI  
Contact: Brian Nitz at 616-822-1174  
Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

### **Persons Living with Lewy Body Dementia Buddies Group**

Intended for: Individuals who have Lewy Body Dementia  
Sponsored by: Michigan Alzheimer's Disease Center's Rinne Lewy Body Dementia Initiative  
Dates: 2<sup>nd</sup> Tuesday of the month from 3:00 – 4:00 pm  
Location: Virtual via Zoom  
Contact: Renee at 734-764-5137  
Website: <https://alzheimers.med.umich.edu/lbd/>

### **Spanish-Speaking Support Group/Grupo De Apoyo En Español**

Intended for: Spanish-speaking caregivers of individuals with dementia/cuidadores de personas con demencia  
Sponsored by: Exalta Health  
Dates: 3<sup>rd</sup> Tuesday of each month from 5:30 – 6:30 pm/Cada tercer Martes del mes 5:30 – 6:30 pm  
Location: Exalta Health, 2060 S. Division Ave., Grand Rapids  
Contact: Teresa Cruz-Vega at 616-589-2820  
Website: <https://exaltahealth.org/>

### **Veteran Caregivers and Caregivers of Veterans Support Group**

Intended for: Veteran caregivers and caregivers of veterans  
Sponsored by: Alzheimer's Association  
Dates: 2<sup>nd</sup> Friday of each month from 10:30 – 11:30 am

Location: Virtual via Zoom

Contact: Helpline 800-272-3900 or [helplinegmc@alz.org](mailto:helplinegmc@alz.org)

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

**Younger Onset Dementia Caregiver Support Group**

Intended for: Caregivers of a person who was diagnosed with dementia before age 65

Sponsored by: Alzheimer's Association

Dates: 2<sup>nd</sup> Tuesday of each month from 7:00 - 8:30 pm

Location: Virtual via Zoom

Contact: Sharon Koets at 616-822-5481

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

**Younger Onset Dementia Caregiver Support Group**

Intended for: Caregivers of a person who was diagnosed with dementia before age 65

Sponsored by: Alzheimer's Association

Dates: 1<sup>st</sup> Wednesday of each month from 5:30 – 7:00 pm

Location: Virtual via Zoom

Contact: Cindy Beller at 586-453-1909

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

## General Caregiving Support Groups

### Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Evergreen Commons

Dates: 2<sup>nd</sup> Monday of each month at 5:00 pm

Location: Crane's Pie Pantry, 6054 124<sup>th</sup> Ave., Fennville, MI 49408

Contact: Support Coordinator at 616-355-5153

Website: <http://www.evergreencommons.org/caregiver-services/>

### Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Evergreen Commons

Dates: 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month at 12:30 pm

Location: The Day Center at Evergreen, 55 W. 16<sup>th</sup> St, Holland, MI

Contact: Support Coordinator at 616-355-5153

Website: <http://www.evergreencommons.org/caregiver-services/>

### Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Evergreen Commons

Dates: 4<sup>th</sup> Tuesday of each month 3:00 pm

Location: Fellowship Church (Room 104), 2165 W. Lakewood BLVD, Holland, MI

Contact: Support Coordinator at 616-355-5153

Website: <https://www.evergreencommons.org/caregiver-services/>

### Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Evergreen Commons

Dates: 2<sup>nd</sup> Thursday of each month at 3:00 pm

Location: Christ Memorial Church (in the Green Room), 595 Graafschap Rd., Holland, MI 49423

Contact: Support Coordinator at 616-355-5153

Website: <http://www.evergreencommons.org/caregiver-services/>

## Parkinson's Disease Support Groups

### **Covenant Village of the Great Lakes Support Group**

Sponsored by: Covenant Village

Dates: 2<sup>nd</sup> Monday of each month from 2:00 - 3:00 pm

Location: Covenant Village of the Great Lakes, 2492 Lake Michigan Drive NE, Grand Rapids, MI

Contact: Kayla Laird at 616-735-6078 OR Linda Kirpes at 616-735-6074 or [lakirpes@convenantretirement.org](mailto:lakirpes@convenantretirement.org)

Website: <https://parkinsonswm.org/summary/listing/covenant-village-support-group/>

### **Deep Brain Stimulation Support Group**

Intended for: Those who have had or are considering DBS surgery and their families

Sponsored by: Mercy Health St. Mary's, Hauenstein Neuroscience Center

Dates: Times may vary based on season and reservations (No meetings in June, July, August or December)

Location: Virtual via Zoom

Contact: Julie Sager, Nurse Clinician at 616-685-5438

Website: <https://parkinsonswm.org/summary/listing/deep-brain-stimulation-dbs-support-group/>

### **Parkinson's Disease Caregiver Lunch Meeting**

Intended for: Caregivers of individuals with Parkinson's Disease

Dates: 2<sup>nd</sup> Tuesday of each month at 1:00 pm

Location: Anna's House restaurant, 2409 E. Beltline Ave. SE, Grand Rapids, MI 49546 (Each person pays for their own lunch)

*"Call ahead" reservations are recommended for attendance size.*

Contact: Lynette Hooker at 616-455-5748 or [lunsue3@gmail.com](mailto:lunsue3@gmail.com)

Website: <https://parkinsonswm.org/summary/listing/partners-in-parkinson-pip/>

### **Parkinson's Disease Caregiver Support Group**

Intended for: Caregivers of individuals with Parkinson's Disease

Sponsored by: Provision Living

Dates: 3<sup>rd</sup> Thursday of each month from 1:00 - 3:00 pm

Location: Forest Hills Bible Chapel

Contact: Erin Wallace at 616-307-0534

Website: <https://parkinsonswm.org/summary/listing/pd-caregiver-support-group/>

### **Parkinson's Disease Support Group: Team Spark**

Intended for: Any Parkinson's patient and their care partners

Sponsored by: Seymour Christian Reformed Church

Dates: 2<sup>nd</sup> Sunday of each month from 3:00 - 4:30 pm

Location: Seymour Christian Reformed Church, 840 Alger Street SE, Grand Rapids, MI

Contact: Dan & Ginny DeWitt at 616-481-3094 or [dvdewitt@gmail.com](mailto:dvdewitt@gmail.com)

Website: <http://seymourchurch.org>



**Parkinson's Disease Support Group**

Intended for: Anyone impacted by Parkinson's Disease, directly or indirectly

Sponsored by: Spectrum Health

Dates: 3<sup>rd</sup> Tuesday of each month from 7:00 - 8:00 pm

Location: Spectrum Health Integrated Care Campus, 2750 E. Beltline Ave NE, Grand Rapids, MI

Contact: Nurse navigator Kelly McWilliams at 616-447-1393

Website: <https://parkinsonswm.org/resources/>

**Parkinson's Disease Support Group**

Intended for: Persons with Parkinson's, family members and friends

Sponsored by: Mercy Health St. Mary's

Dates: 3<sup>rd</sup> Thursday of each month from 6:00 - 7:30 pm

Location: Virtual via Zoom

Contact: Laura DeWitt at 616-685-5845

Website: <https://parkinsonswm.org/summary/listing/mercy-health-pd-support/>

## Cancer Support Groups

### **Bluebird Cancer Survivor and Caregiver Support Group**

Sponsored by: Bluebird Cancer Retreats

Intended for: Adults with ANY type of cancer at ANY stage of cancer and caregivers

Dates: 3<sup>rd</sup> Monday of each month at 7:00 pm

Location: Virtual via Zoom

Contact: Renee Denslow at 616-847-0839 or [rdenslow@bluebirdmi.org](mailto:rdenslow@bluebirdmi.org)

Website: <https://www.bluebirdmi.org/resources/bluebird-cancer-support-groups/>

### **Bluebird Guardians of Gold Group**

Sponsored by: Bluebird Cancer Retreats

Intended for: Caregivers of a child who has cancer (Parents, grandparents, etc.)

Dates: 2<sup>nd</sup> Tuesday of each month at 7:00 pm

Location: Virtual via Zoom

Contact: Renee Denslow at 616-847-0839 or [rdenslow@bluebirdmi.org](mailto:rdenslow@bluebirdmi.org)

Website: <https://www.bluebirdmi.org/resources/bluebird-cancer-support-groups/>

### **Brain Cancer Support Group**

Sponsored by: Gilda's Club Grand Rapids

Intended for: Adults diagnosed with brain cancer

Dates: 3<sup>rd</sup> Monday of each month from 6:00 - 7:00 pm

Location: Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI

Contact/RSVP: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

### **Cancer Support Group**

Intended for: Adults diagnosed with cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Thursday from 6:00 - 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

### **Christian Cancer Support Group**

Intended for: "Seekers" impacted by cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Monday from 4:00 - 5:00 pm

Location: Virtual via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

### **Colorectal & Related Cancers Support Group**

Intended for: Adults diagnosed with colorectal cancer and related hereditary risk syndromes

Sponsored by: Gilda's Club Grand Rapids

Dates: 2<sup>nd</sup> Tuesday from 6:00 - 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI OR via Zoom

Contact: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

### **Family Bonds Cancer Support Group**

Intended for: Cancer patients, family members and caregivers (patients and caregivers meet separately)

Sponsored by: Metro Health and Gilda's Club

Dates: Every Tuesday from 5:30 - 7:30 pm (includes dinner)

Location: The Cancer Center at Metro Village, 5950 Metro Way SW, Wyoming, MI

Contact: RSVP at 616-252-8152

Website: <https://metrohealth.net/cancer/family-bonds-cancer-support-group/>

### **Friends & Family Cancer Support Group**

Intended for: Individuals supporting a family member or friend on their cancer journey

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Thursday from 6:00 - 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

### **Leukemia & Lymphoma Cancer Support Group**

Intended for: Adults diagnosed with Leukemia or Lymphoma, and support person(s)

Sponsored by: Gilda's Club Grand Rapids

Dates: 2<sup>nd</sup> Monday each month from 3:00 - 4:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

### **Lung Cancer Support Group**

Intended for: Those diagnosed with lung cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: 1<sup>st</sup> Monday of each month from 4:00 – 5:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

### **Sister to Sister Support Group**

Intended for: Women of color impacted by cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: 1<sup>st</sup> Monday of each month from 6:00 - 7:30 pm

Location: Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI

Contact: Gilda's Club at 616-453-8300 or [info@gildasclub.org](mailto:info@gildasclub.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

## Grief Support Groups

### **Adult Grief Support Group**

Intended for: Adults who have experienced a death of an adult family member or friend

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Wednesday from 4:00 – 5:00 pm or 6:00 – 7:00 pm

Location: Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI

Contact: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

### **Conquerors Support Group**

Intended for: Those who have lost a loved one to a homicide

Sponsored by: Conquerors

Dates: 2<sup>nd</sup> Saturday of each month from 1:00 - 2:30 pm

Location: Oakdale Park CRC, 961 Temple SE, Grand Rapids, MI 49507

Contact: Carolyn Priester at 616-248-4333. Please call to confirm your attendance.

Website: <http://www.conquerors-sg.org/>

### **Grief After Dementia Support Group**

Intended for: Those who have lost a loved one to dementia

Sponsored by: Hospice of Michigan

Dates: 2<sup>nd</sup> Tuesday from 6:30 – 7:30 pm

Location: Zoom

Contact: Karen Monts at 313-578-6326

Website: [www.hom.org](http://www.hom.org)

### **Grief Support Group**

Intended for: Those dealing with grief and loss

Sponsored by: Ss. Peter and Paul Parish

Dates: Biweekly, though dates/times may vary. Please reach out to Vanessa Booth for details.

Location: Ss. Peter and Paul Parish, 434 High St, Ionia, MI

Contact: Vanessa Booth [vbooth@ssppcatholic.com](mailto:vbooth@ssppcatholic.com)

Website: [www.saintspeterandpaulionia.org](http://www.saintspeterandpaulionia.org)

### **Living On**

Intended for: Anyone dealing with grief and loss

Sponsored by: Hospice of Michigan

Dates: 1<sup>st</sup> Tuesday of each month from 1:00 - 2:30 pm

Location: Virtual via Zoom

Contact: Katie Gedraitis at 231-845-3423

*For one day events or short-term series, visit the website.*

Website: [www.hom.org](http://www.hom.org)

### **Living On**

Intended for: Anyone dealing with grief and loss

Sponsored by: Hospice of Michigan

Dates: 2<sup>nd</sup> Tuesday of each month from 1:00 - 2:30 pm

Location: Virtual via Zoom

Contact: Ken Krause at 231-527-0913

*For one day events or short-term series, visit the website.*

Website: [www.hom.org](http://www.hom.org)

### **Living On**

Intended for: Anyone dealing with grief and loss

Sponsored by: Hospice of Michigan

Dates: 4<sup>th</sup> Tuesday of each month from 3:00 – 4:30 pm

Location: Virtual via Zoom

Contact: Ken Krause at 231-527-0913

*For one day events or short-term series, visit the website.*

Website: [www.hom.org](http://www.hom.org)

### **Living On – Loss of Spouse/Partner**

Intended for: Anyone dealing with grief and loss following the death of a spouse or partner

Sponsored by: Hospice of Michigan

Dates: 4<sup>th</sup> Tuesday of each month from 6:00 – 7:15 pm

Location: Virtual via Zoom

Contact: Stacy Malenfant at 989-358-4295

*For one day events or short-term series, visit the website.*

Website: [www.hom.org](http://www.hom.org)

### **Living On**

Intended for: Anyone dealing with grief and loss

Sponsored by: Hospice of Michigan

Dates: 1<sup>st</sup> Friday of each month from 10:30 – 11:30 am

Location: Virtual via Zoom

Contact: Cindy Palme at 248-334-1323

*For one day events or short-term series, visit the website.*

Website: [www.hom.org](http://www.hom.org)

### **Loss Support Group**

Intended for: Those who have lost a loved one to suicide

Sponsored by: Mosaic Counseling and i understand, a non-profit organization

Dates: 3<sup>rd</sup> Wednesday of each month from 6:30 - 8:00 pm

Location: Fountain Street Church, 24 Fountain St. NW, Grand Rapids, MI  
Contact: [info@iunderstandloveheals.org](mailto:info@iunderstandloveheals.org). *Pre-registration is required each month.*  
Website: [iunderstandloveheals.org](http://iunderstandloveheals.org)

**Survivors of Suicide**

Intended for: Those mourning the suicide of a loved one  
Sponsored by: West Michigan Survivors of Suicide  
Dates: 2<sup>nd</sup> Thursday of each month from 7:00 - 8:30 pm  
Location: Park Congregational Church, 10 Park Place NE, Grand Rapids, MI 49503  
Contact: Jim Musial at 616-856-6897  
Website: <https://wmsosl.com/>

**Virtual Adult Grief Support Group**

Intended for: Adults who have experienced a death of an adult family member or friend  
Sponsored by: Gilda's Club Grand Rapids  
Dates: Every Tuesday from 6:00 – 7:00 pm  
Location: Virtual via Zoom  
Contact: Gilda's Club at 616-453-8300 or [info@gildasclubgr.org](mailto:info@gildasclubgr.org)  
Website: [www.gildasclubgr.org](http://www.gildasclubgr.org)

## Other Health Condition Support Groups

### **Aging with Down Syndrome Support Group**

Intended for: Family members of individuals with Down Syndrome

Sponsored by: Alzheimer's Association

Dates: 4<sup>th</sup> Monday of each month from 5:45 – 6:45 pm

Location: Down Syndrome Association of West Michigan, 160 68<sup>th</sup> St. SW, Grand Rapids, MI

Contact: Claire Fisher at 616-459-7467 or Tom Hackett at 616-724-4720

Website: [https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

### **Amputation Support Group**

Intended for: Individuals who have experienced limb amputation

Sponsored by: Great Lakes Amputee Network

Dates: 3<sup>rd</sup> Tuesday of each month at 6:30 pm

Location: Mary Free Bed Rehabilitation Hospital, Orthotics & Prosthetics/Bionics Waiting Area, 235 Wealthy St. SE, Grand Rapids, MI

Contact: Stephanie Rose at 616-591-8980 or [stephanie.rose@maryfreebed.com](mailto:stephanie.rose@maryfreebed.com)

Website: <https://www.maryfreebed.com/patients-visitors/support-groups-community-resources/>

### **Amyotrophic Lateral Sclerosis (ALS) Caregiver Group**

Intended for: Caregivers of individuals diagnosed with ALS

Sponsored by: Susan Mast ALS Foundation

Dates: Last Thursday of each month at 6:30 pm

Location: Virtual via Zoom

Contact: Andréa Vugteveen at 616-622-3066 ext. 2 or [andrea@susanmastals.org](mailto:andrea@susanmastals.org)

Website: <https://www.susanmastals.org/>

### **Amyotrophic Lateral Sclerosis (ALS) Support Group**

Intended for: Individuals diagnosed with ALS

Sponsored by: Susan Mast ALS Foundation

Dates: 3<sup>rd</sup> Thursday of each month at 1:00 pm

Location: Virtual via Zoom

Contact: Andréa Vugteveen at 616-622-3066 ext. 2 or [andrea@susanmastals.org](mailto:andrea@susanmastals.org)

Website: <https://www.susanmastals.org/>

### **Brain Injury Support Group**

Sponsored by: Brain Injury Association of Michigan

Dates: 1<sup>st</sup> Tuesday of each month at 7:00 pm

Location: Mary Free Bed Rehabilitation Hospital-Professional Building, 350 Lafayette Ave SE, Grand Rapids, MI

Contact: Dr. Nicholas Gut at 909-441-0560

Website: <http://www.maryfreebed.com/patients-visitors/support-groups/>



Exceptions: No meetings in January or July

**Huntington's Disease Living Positive Support Group**

Intended for: Those who have tested positive for HD or are living at risk

Sponsored by: Huntington's Disease Society of America, Michigan Chapter

Dates: 2<sup>nd</sup> Thursday of each month from 6:30 - 8:30 pm

Location: Hybrid – at St. Matthews Church, 5521 Cascade Rd SE, Grand Rapids, MI OR via Zoom

Contact: Kathy Delp at 616-340-7874 or [kath6613@aol.com](mailto:kath6613@aol.com)

Website: <https://michigan.hdsa.org>

**Joe Niekro Foundation Support Group**

Intended for: Patients/family members affected by stroke, brain aneurism, TIA, or AVM

Sponsored by: Comprehensive Stroke Care Metro and Joe Niekro Foundation

Dates: 1<sup>st</sup> Wednesday of each month from 6:00 - 7:00 pm

Location: Metro Health Conference Center, 2225 Main St. Wyoming, MI 49519

Contact: 616-252-7117

Website: <https://metrohealth.net/about-metro-health/live-healthy/live-healthy-calendar/>

**Stroke Support Group**

Intended for: Stroke survivors and their family and friends

Sponsored by: Mary Free Bed

Dates: 1<sup>st</sup> Wednesday of each month from 6:15 - 7:30 pm (Not meetings in January and July)

Location: Mary Free Bed Rehabilitation Hospital, Professional Building, 350 Lafayette Ave SE, Grand Rapids, MI

Contact: Matt Parrish at 616-840-8198 or [matthew.parrish@maryfreebed.com](mailto:matthew.parrish@maryfreebed.com)

Website: <http://www.maryfreebed.com/patients-visitors/support-groups/>

**Stroke Support Group**

Intended for: Stroke survivors and their family and friends

Sponsored by: Spectrum Health

Dates: 4<sup>th</sup> Wednesday of each month from 6:30 - 7:30 pm

Location: Virtual

Contact: [strokesupport@spectrumhealth.org](mailto:strokesupport@spectrumhealth.org)

Website: <https://www.spectrumhealth.org/about-us/classes-and-events/stroke%20support%20group-gr>

*Exceptions: No meetings in November and December*

## Mental Health Support Groups

### **Depression and Bipolar Support Alliance Grand Rapids**

Intended for: Persons diagnosed with a mood disorder, those who believe they may have a mood disorder and their supporters.

Sponsored by: DBSA

Location: Eastminster Presbyterian Church, 1700 Woodward SE, Grand Rapids, MI

Dates: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month from 7:00 – 8:30 pm

Contact: Kristin Fill at 616-365-1853 or [embracingbipolar@comcast.net](mailto:embracingbipolar@comcast.net)

Website: <http://www.dbsagr.org>

### **Family Support Group**

Intended for: Any adult with a loved one who has experienced symptoms of a mental health condition

Sponsored by: NAMI of Kent County

Dates: 1<sup>st</sup> Tuesday of each month from 6:30 – 8:00 pm

Location: Cornerstone Church, 1675 84<sup>th</sup> St. SE, Caledonia, MI 49316

Contact: 616-559-0045

Website: <https://namikent.org/>

### **NAMI Connections Support Group**

Intended for: Any adult who has experienced symptoms of a mental health condition

Sponsored by: NAMI of Kent County

Dates: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 7:00 - 8:30 pm

Location: Virtual via Zoom (<https://zoom.us/j/98503765954?pwd=RXZSSGZ4Zy8vWFIMVzdqbTlzaHRHZz09>)

Contact: 616-559-0045

Website: <https://namikent.org/>

## Support Groups for Family Issues

### **Divorce Care Support Groups**

Visit [www.divorcecare.org](http://www.divorcecare.org) for a long list of local Divorce Care support groups.

### **Family & Friends of Aging Adults Support Group**

Intended for: Those who are caregivers to older adults

Sponsored by: Pine Rest Christian Mental Health Services

Dates: 3<sup>rd</sup> Tuesday of each month from 7:00 – 8:30 pm

Location: Thornapple Evangelical Covenant Church, 6595 Cascade Rd. SE, Grand Rapids, MI 49546

Contact: Cindy or Amy at 616-281-6363 x2450

Website: <https://www.pinerest.org/event/family-friends-of-aging-adults-support-group/>