



Updated: March 2020

Local support groups that may be of interest to seniors and caregivers

****Please call before attending any group****

Support Group	Location Time & Day	Contact
<p>ALS Support Group Broome County</p>	<p><u>Offers two phone-in support groups:</u> General Support Group - Second Tuesday, Noon – 1:00 pm Caregiver Support Group - Second Thursday, Noon – 1:00 pm</p>	<p><u>For questions:</u> Rebecca Coulter, LMSW 866-499-7257 website: alsaupstateny.org <u>To Join a Support Group:</u> Dial: 1-800-768-2983 CODE: 2088291#</p>
<p>Telephone-based Stress Management Caregiver Support Group</p>	<p>Tuesdays from 4:00 – 5:00 pm</p>	<p>To register: Contact Alzheimer’s Foundation of America’s toll-free helpline: 1-866-232-8484</p>
<p>American Parkinson’s Disease Association - Southern Tier Support Group</p>	<p>Endwell United Methodist Church 3301 Watson Blvd. Endwell, NY 13760 Third Wednesday, 1:00 – 2:00 pm</p>	<p>Charles Houser, President (H) 607-205-1247 (C) 917-833-4410</p>
<p>Telephone-based Alzheimer’s Support Group (For direct care providers)</p>	<p>Mondays from 4:00 – 5:00 pm</p>	<p>Alzheimer’s Foundation of America 1-866-232-8484 <i>(other support groups available – call for more information.)</i></p>
<p>Alzheimer’s Support Group Endicott (Please call ahead)</p>	<p>Our Lady of Good Counsel Church Parish House (across from golf course) 719 W. Main St. Endicott, NY 13760 Second Wednesday, 10:00 am</p>	<p>Alzheimer’s Association Staff (800)-272-3900</p>
<p>Alzheimer’s Support Group Johnson City (Please call ahead)</p>	<p>United Methodist Homes Hilltop Campus 286 Deyo Hill Rd. Johnson City, NY 13790 Third Wednesday, 4:00 pm</p>	<p>Alzheimer’s Association (Sam & Anna) (800)-272-3900</p>

Support Group	Location Time & Day	Contact
Alzheimer's Support Group Vestal (Please call ahead)	Vestal Public Library 320 Vestal Pkwy East Vestal, NY 13850 First Tuesday, 6:00 pm	Alzheimer's Association (Margaret Doyle) (800)-272-3900
Early-Stage Alzheimer's Support Group Vestal <i>Peer-to-peer conversation/support for individuals specifically diagnosed in the disease's early stages.</i>	Vestal United Methodist Church 328 Main St. Vestal, NY 13850 Second Friday, 1:00 pm	Alzheimer's Association Staff Advanced screening is recommended prior to attending (800)-272-3900
<p style="text-align: center;">For additional information on Alzheimer's Support Groups, call 607-785-7852 or 1-800-272-3900</p>		
Cancer Support Groups	Locations and times vary	Call UHS at 607-763-5092 for more information & to register
Caregiver Chat Group through the Broome County Office for Aging Johnson City	Stay Healthy Center Oakdale Mall Johnson City, NY 13790 First Monday, 1:00 – 2:30 pm	Judy Bobinski, Caregiver Specialist 607-778-2411
Caregiver Chat Group through the Broome County Office for Aging Endwell	Broome West Senior Center 2801 Wayne St. Endwell, NY 13760 Third Wednesday, 9:30 – 11:00 am	Judy Bobinski, Caregiver Specialist 607-778-2411
The Caregiver's Group	Tabernacle United Methodist Church 83 Main St. Binghamton, NY 13905 First Wednesday, 3:00 pm (No meetings in July and August)	Ruth Ferrari 607-785-5782 or The Church 607-723-8983

Support Group	Location Time & Day	Contact
Brain Injury Association of New York State – Binghamton Support Group	United Presbyterian Church (Library Lounge) 43 Chenango St. Binghamton, NY 13901 Third Thursday 1:00 pm – 3:00 pm	Jessica Morley 607-278-3097 email: jmorley@bianys.org bianys.org
Chronic Pain Support Group	Denny's Restaurant 4024 Vestal Pkwy East Vestal, NY 13850 Second & Fourth Monday 11:00 am – 1:00 pm	Corky 607-655-2167
Depression and Bipolar Association Support Group	Unitarian Church 183 Riverside Dr. Binghamton, NY 13905 Mondays, 7:00 – 8:30 pm	Bunny Matthews 607-239-4624
Family Ties Support Group (Coping with a loved one with mental illness)	Binghamton General Hospital 10-42 Mitchell Ave. Binghamton, NY 13903 Wednesdays, 6:30 – 8:30 pm	For info. & specific location where group meets: 607-762-2887
Grace Lutheran Church Caregiver Support Group	Grace Lutheran Church 709 Main Street Vestal, NY 13850 Third Monday, effective 9/16/19 6:00 – 7:00 pm	Facilitator, Shellie Spinelli 607-778-2946 or contact the church: 607-748-0840
Helping Parents Heal (organization with a mission to help parents whose children have passed.)	Unity of Light Spiritual Center 955 Main St. Vestal, NY 13850 Second Thursday from 6:30 – 8:30 pm	Rosanne 607-759-3466 or HPHBinghamton@gmail.com
Hearing Loss Support Group- Binghamton Chapter	This group no longer meets, but call Donna with hearing loss questions.	Donna Glover 607-427-0186 email: donnaker@verizon.net

Support Group	Location Time & Day	Contact
<p>How to Live Well as a Caregiver for Someone with Chronic Disease</p>	<p>Wilson Square Medical Building Radiation Oncology/CyberKnife Conference Room 22 Harrison St. Johnson City, NY 13790 First and Fourth Monday & Tuesday Mondays: 1:30 – 3:00 pm Tuesdays: 5:30 – 7:00 pm</p>	<p>Registration required by phone: 607-763-5092 or online: uhs.net</p>
<p>In His Grip Cancer Support Group (faith based)</p>	<p>First Baptist Church 1321 Reynolds Road Johnson City, NY 13790 First Monday 11:00 am – Noon</p>	<p>Call the Church for more information: 607-238-7795</p>
<p>Lourdes Caregiver Support Group</p>	<p>Lourdes Hospital (East West Dining Room – near the cafeteria on the ground level.) Second Wednesday, effective 9/11/19 1:00 – 2:30 pm</p>	<p>Call for more information: 607-798-5418 Facilitators: Megan Peters, LMSW and Heidi Bowne, LCSW</p>
<p>Mental Health Association (Holds a variety of support groups for 18+ individuals.)</p>	<p>Mental Health Association (MHAST) 47 Broad Ave. Binghamton, NY 13904 Times vary – some meetings in Endicott</p>	<p>Call Kim Taro for more information 607-771-8888, ext. 335</p>
<p>Mended Hearts Group (Cardiac Support Group)</p>	<p>Binghamton General Hospital Russell Room (use main entrance and look for signs) 10-42 Mitchell Ave. Binghamton, NY 13903 Fourth Monday, 6:30 – 8:00 pm (No meetings in July and August)</p>	<p>Dorothy Demorat, President (H) 607-785-3019 (C) 607-759-3234</p>
<p>Multiple Sclerosis Support Group (affiliated with MS of Central NY, Inc.)</p>	<p>Willow Point Nursing Home 3700 Old Vestal Rd. Vestal, NY 13850 Fourth Thursday, 6:30 – 8:00 pm</p>	<p>Rick Fiori 607-321-1489 email: RFiori@stny.rr.com</p>

Support Group	Location Time & Day	Contact
National Alliance on Mental Illness (NAMI) (Support Group for people with mental illness and/or friends/family)	Greater Binghamton Health Center Keeler Building – Burns Conf. Room (2 nd floor) 425 Robinson St. Binghamton, NY 13904 First Monday, Noon Third Monday, 6:00 pm	Joyce Gioia 607-773-8229
Paralysis Support Group	Vestal Public Library 320 Vestal Pkwy East Vestal, NY 13850 Second Monday, 2:00 – 4:00 pm	Derek 607-727-5032
Stroke Survivors and Caregivers Support Group	Vestal Public Library 320 Vestal Pkwy East Vestal, NY 13850 Fourth Tuesday, 1:00 – 3:00 pm	Sue Mayes 607-754-3405
Widow/Widower's Club	Denny's Restaurant 4024 Vestal Pkwy East Vestal, NY 13850 Wednesdays at 8:00 am	Phyllis 607-648-6650

The Office for Aging Caregiver Services Program has a variety of services to help support caregivers. This includes the *Caregiver Corner* newsletter, which is available online or by mail. Call to be added to the mailing list (778-2411) or go online to read current and past issues: gobroomecounty.com/senior/cgcnews.

For additional non-caregiver and non-senior related support groups contact:

Broome County NY Connects

607-778-2278

OR

1-800-342-9871

Last Updated March 2020