



## **Support Groups in the Cincinnati Area**

Support groups are designed to bring members with the same issues together in order to share coping strategies and empower members with a sense of community. MindPeace provides the information for many support groups that are located throughout the Greater Cincinnati area.

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## Abuse/Domestic Violence Support Groups:

### **Domestic Violence Support Group**

Women Helping Women

A Domestic Violence Support Group

Multiple groups offered via Zoom only

These support groups are conducted to help survivors cope with confusion, anger, and fear often experienced after episodes of sexual assault and domestic violence. Groups enable survivors to share their experiences, feelings, and provide them support to overcome their fears and feelings of isolation.

Locations: 215 E 9<sup>th</sup> St, Cincinnati, OH 45202

6 S 2<sup>nd</sup> St #828, Hamilton, OH 45011

116 West Mulberry Street, West Union, OH 45693

Call for dates, times and more information: 513-381-5610 [www.womenhelpingwomen.org](http://www.womenhelpingwomen.org)

### **Transform Adult Program**

YWCA of Greater Cincinnati

Batterers' Intervention & Prevention Program is designed for men who have histories of causing harm by abusing their intimate partners. This program is primarily educational and informational. Participants may be court ordered to attend, referred by other agencies or self-referred. Participants will have the opportunity to identify thinking and behavior patterns, learn and practice new ways of pro-social thinking and non-abusive behaviors, as well as transform their family life and strengthen relationships.

898 Walnut Street

Cincinnati, OH 45202

Morning & Evening options

\$20.00 enrollment fee, \$20.00 per session

Contact office coordinator for information and referral form: 513-361-2150

[www.ywcacincinnati.org](http://www.ywcacincinnati.org)

### **Women's Group**

IKRON

This counseling group addresses women's issues as they relate to a variety of skills and emotional issues such as parenting, relationships, stress management, self-esteem, confidence, career, etc. All women seeking support are welcome. Need to register and complete application.

Location: 2347 Vine Street, Cincinnati, OH 45219

Call IKRON to register and obtain more information: 513-621-1117 [www.ikron.org](http://www.ikron.org)

**Women's Support Group**

Women's Connection

Support for women whose lives have been affected by violence. Childcare provided.

Location: 4042 Glenway Ave, Cincinnati OH 45205

513-892-4673

## Addiction (general) Support Groups:

**Adult Children of Alcoholics**

A twelve step program for women and men who grew up in alcoholic or otherwise dysfunctional homes and who meet to find freedom from the past and ways to improve today.

ACOA Tri County Center

2051 East Kemper Road

Cincinnati, OH (just east of I-75)

Call: 513-947-3700 or e-mail: [info@cincinnatiafg.org](mailto:info@cincinnatiafg.org)

[www.cincinnatiafg.org](http://www.cincinnatiafg.org)

**Alcoholics Anonymous**

Cincinnati Fellowship of Alcoholics Anonymous

Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism

Contact for dates, times, locations and more information 513-351-0422 or [www.aacincinnati.org](http://www.aacincinnati.org)

24 Hour Hotline 513-351-0422

**Celebrate Recovery**

This group is a Christian-based 12-step recovery program for alcoholics, co-dependents, people with eating disorders, sexual addictions, anger, dealing with past or current physical or sexual abuse issues, etc. This group is for anyone dealing with hurt, pain, or addiction of any kind. Several groups in Cincinnati, Butler Co., Warren Co., and Clermont Co. Typically meet at 7pm.

See website for group locations, dates, and times: [www.celebraterecovery.com](http://www.celebraterecovery.com)

### **Debtors Anonymous**

A 12-Step recovery program for people who want to stop incurring unsecured debt. Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others.

Good Shepherd Lutheran Church (in Kenwood)

7701 Kenwood Rd

Cincinnati, OH 45236

Mondays 6:30pm- 7:30pm

Meetings are currently not offered during the week at the Good Shepherd Church. Currently, meetings are located at St. James' Episcopal Church at 3207 Montana Avenue, Cincinnati, OH 45211.

Prosperity group meetings occur on Saturdays at 9am.

Contact: 513-295-9402 [cintidasat@gmail.com](mailto:cintidasat@gmail.com) or [www.debtorsanonymous.org](http://www.debtorsanonymous.org) for more meeting times and locations.

### **Family Education/Intervention**

Alcoholism Council of the Cincinnati Area

Training for families, co-workers and others who wish to confront the behavior patterns and denial of a loved one's alcohol and/or drug use. 4 week series. There is a fee.

2828 Vernon Place

Cincinnati, OH. 45219

Call Margaret Leistler for cost, registration and more information 513-281-7880

[www.alcoholismcouncil.org](http://www.alcoholismcouncil.org)

### **Gamblers Anonymous**

Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. Only requirement for membership is a desire to stop gambling. There are no dues or fees. Primary purpose is to stop gambling and to help other compulsive gamblers do the same. Multiple locations and flexible times. Contact for dates, times, locations and more information 855-222-5542

[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

### **Men's Relapse Prevention Group**

Alcoholism Council of the Cincinnati Area

Support group for men who are recovering from, seeking treatment for, or the prevention of alcoholism. Addresses issues such as domestic violence, co-dependent relationships, balancing recovery, sexuality and intimacy, parenting, communication and anger management. Sliding scale fee.

2828 Vernon Place

Cincinnati, OH. 45219

Contact Sherri for cost, registration and more information 513-281-7880

[www.alcoholismcouncil.org](http://www.alcoholismcouncil.org)

### **Nar-Anon**

Nar-Anon Family Group Headquarters, Inc.

Nar-Anon is a twelve-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend.

Meetings located at Center for Chemical Addictions Treatment, 830 Ezzard Charles Drive Cincinnati, Ohio 45214 on Tuesday at 6:30 PM.

Time, 6:30pm

Contact for more information: 800-477-6291 or [naranonWSO@hotmail.com](mailto:naranonWSO@hotmail.com)

[www.nar-anon.org](http://www.nar-anon.org)

### **Queen City Group**

A 12-step program based on the principles of Alcoholics Anonymous. We strive to provide a safe and sober environment for the lesbian or gay alcoholic where she or he can pursue a program of recovery amid our supportive, friendly fellowship.

Meets two days a week: Tuesdays and Saturdays at 7PM

Clifton United Methodist Church

3416 Clifton Avenue, Cincinnati, OH

Contact Mark T. at 513-546-0435.

### **SMART Recovery (Self-Management and Recovery Training)**

Participants help one another resolve problems with any addiction, including drugs, alcohol, gambling, or over-eating. Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by a science-based, sensible 4-point program. The program teaches how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life. SMART is an alternative to Alcoholics Anonymous and Narcotics Anonymous.

Multiple locations, dates, and times available at [www.smartrecovery.org](http://www.smartrecovery.org)

### **Women For Sobriety**

This program is designed especially for women who abuse alcohol or other substances. The program is a guided journey from self-defeating behavior and attitudes to feelings of confidence, power and self-worth.

Caracole

1821 Summit Road, Suite 001

Cincinnati, OH 45237

8256 Fields-Ertel Road (private residence)

Cincinnati, OH 45249

Lindner Center of Hope

4075 Old Western Row Road

Mason, OH 45040

Contact Nancy for more information: 513-489-7141 or NJC3@aol.com or Gloria (co-moderator) 513-321-3894

### **Women's Relapse Prevention**

Alcoholism Council of the Cincinnati Area

Support group for women who are recovering from, seeking treatment for, or the prevention of alcoholism. Addresses issues such as domestic violence, co-dependent relationships, balancing recovery, sexuality and intimacy, parenting, communication and anger management. Sliding scale fee. 2828 Vernon Place, Cincinnati, OH. 45219

Contact Sherri for cost, registration and more information 513-281-7880

[www.alcoholismcouncil.org](http://www.alcoholismcouncil.org)

## **Anger Management Support Groups:**

### **Anger Management**

10-session anger management program that is evidence-based by SAMSHA and is accepted by courts. Once you have completed the program you'll receive a certificate of completion and a letter outlining the contents of each sessions. You do not need to be court ordered to attend. Multiple locations.

Cost: \$50 per session

Multiple Locations

Contact 513-488-7161 for more information

<https://www.waybridgecounseling.com/anger-management-classes>

**SAFE GROUP**

IKRON- This group is designed for people who have difficulty managing stress and daily socio-occupational functioning. Discussions about anger management and frustration. Find encouragement and learn new ways to handle difficulties in your life. Must register to attend.

2347 Vine St., Cincinnati, OH 45219

Contact IKRON to register and for more information 513-621-1117 [www.ikron.org](http://www.ikron.org)

## Anxiety/Panic Disorder Support Groups:

**Anxiety/Panic Disorder Support Group**

For people who suffer from anxiety or panic attacks who want to network, share resources and learn new coping skills.

Meets every Wednesday of each month from 6-7:30pm

Cincinnati State College

3520 Central Parkway

Cincinnati, OH 45223

Room 309 of Advanced Technologies and Learning Building ATLC Building

Contact for more information: Matt Muir 859-431-1077 ext. 125 or email at

[www.mmuir@mhankyswoh.org](mailto:www.mmuir@mhankyswoh.org)

## Bipolar Support Groups:

**Bipolar Disorder Support Group**

Depression Bipolar Support Alliance of Cincinnati (DBSA)

Support for those with bipolar disorder and their family members.

Wednesdays, 7:00 - 9:00 p.m.

College Hill Presbyterian Church

5742 Hamilton Ave.

Cincinnati, OH 45224

Contact Carol, 859-250-7067 or Lisa, 859-240-8794

### **Depression and Bipolar Support Group**

Depression Bipolar Support Alliance (DBSA) Online Support Group

Support for those with depression and bipolar disorder. This group gives people a place to share experiences, discuss coping skills, and offer hope to one another. Visit [https://www.supportgroupscentral.com/groups\\_detail.cfm?cid=18&CFID=3860790&CFTOKEN=133177266f716326-BBABB9B0-EA10-CB22-08BFE41632935621](https://www.supportgroupscentral.com/groups_detail.cfm?cid=18&CFID=3860790&CFTOKEN=133177266f716326-BBABB9B0-EA10-CB22-08BFE41632935621) to learn more information on times, dates, and how to register.

### **Depression and Bipolar Support Group**

Offers a supportive atmosphere for those living with depression and/or bipolar disorder. Group members are encouraged to offer support and help facilitate the recovery of their peers through sharing.

Recovery Center of Hamilton County 513-241-1411

Located 2340 Auburn Avenue, Cincinnati, OH 45219

Mondays 1:30pm (online), Thursdays 1:30pm (In-person)

[www.recoverycenterhc.org](http://www.recoverycenterhc.org) for monthly schedules of meetings

## **Borderline Personality Disorder Support Groups:**

### **DBT Skills Class**

Teaches skills to improve tolerating and directing difficult emotions, changing maladaptive behaviors, and improving effective communication and mindfulness. Dialectical Behavior Therapy can benefit those with behavioral issues, borderline personality disorder, and eating disorders.

Sessions cost \$60-\$80, held Mondays and Tuesdays for adolescents, Wednesdays and Thursdays for adults

Location: Life Worth Living, 9560 Montgomery Rd. suite 100, Cincinnati OH 45242

Call 513-257-2409 for more information



## Codependency Support Groups:

### **CoDA 12 Step Group**

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. We gather together to support and share with each other in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

Location: 4234 Hamilton Avenue Annex Building, Cincinnati, OH 45223 (meet in Northside in the annex building next to CAIN on Hamilton Avenue. Enter through the rear of the building)

Wednesdays at 7:30pm

Call Sarah at 513-549-2405

[www.coda.org](http://www.coda.org)

## Depression Support Groups:

### **Depression Support Group**

IKRON -The discussion group is an open group, accepting new members every session, for anyone interested in sharing insights or ways of dealing with their depression. This psychotherapy group focuses on the treatment of depression. Please call to sign up before attending.

Location: 2347 Vine Street, Cincinnati, OH 45219

Contact: 513-621-1117.

<https://cincinnati.ikron.org/our-services/support/individual-and-group-counseling/>

### **Depression Support Group**

Mental Health of America

The purpose of this group is to offer support to individuals suffering from depression. The group offers a safe and comfortable environment in which to discuss problems and experiences related to depression. The group is for members who are actively working on identifying or working through their issues and group facilitators assist members with identifying these problems.

6:30-8:00pm every Thursday

Lakeside Presbyterian Church

2690 Dixie Highway, Lakeside Park, KY (located in the white Carriage House Building)

For more information call Matt Muir 859-431-1077 ext. 125 or email at [www.mmuir@mhankyswoh.org](mailto:www.mmuir@mhankyswoh.org)

### **Depression Support Group**

Recovery Center of Hamilton County Support group for depression 18+

Offers a supportive atmosphere for those living with depression and/or bipolar disorder. Group members are encouraged to offer support and help facilitate the recovery of their peers through sharing.

Located 2340 Auburn Avenue, Cincinnati, OH 45219

Mondays @ 1:30pm (online), Thursdays @ 1:30pm (in-person)

Call 513-241-1411 for more information

[www.recoverycenterhcc.org](http://www.recoverycenterhcc.org) for monthly schedules of meetings

### **Journey to Hope**

Offers well-being groups for emotional, physical, and spiritual needs in a variety of locations both online via Zoom and in-person.

<https://www.jtohope.org>

call: 513-931-5777 and speak to Diane

### **Men's Support Group for Depression**

IKRON

A support group specifically for men with depression. The group also focuses on specific concerns typically identified by men, such as relationships, communication, role in family and society, career, and personal growth. Please call to sign up before attending.

2347 Vine Street, Cincinnati, OH 45219

Contact: 513-621-1117

<https://cincinnati.ikron.org/our-services/support/individual-and-group-counseling/>

## **Eating Disorders Support Groups:**

### **Overeaters Anonymous**

12 step program for anyone with compulsive eating habits who wants to change.

Many times and locations around Cincinnati.

Call: 513-921-1922 or check website: [www.oa.org](http://www.oa.org)

### **Eating Disorder Family Support Group**

The Harold C. Schott Eating Disorder program welcomes family members to participate in a weekly support group designed to support families of patients with eating disorders. Meets every Wednesday from 4-5pm virtually via Zoom. For additional information, or if you plan to attend contact Chelsey Zulia 513-536-0214, or visit [https://lindnercenterofhope.org/wp-content/uploads/2021/02/EDO-Family-Support-Group-flyer\\_5-23-2022.pdf](https://lindnercenterofhope.org/wp-content/uploads/2021/02/EDO-Family-Support-Group-flyer_5-23-2022.pdf).

### **Eating Recovery Center Virtual Support Group**

The Eating Recovery Center offers multiple forms of treatment for eating disorders as well as support for anyone battling an eating disorder, family, or friends. Visit <https://www.eatingrecoverycenter.com/events/support-groups> to find a group and register for a time. Call 866-414-4549

## **Gay/Lesbian/Bi-Sexual/Transgender Support**

### **Groups:**

#### **Cross Port**

Provides social, educational, emotional, and functional support for facets of the transgendered community. Includes partners, families, and friends.

Call for locations and times.

513-344-0116 or Crossport.org

#### **GLSEN Greater Cincinnati Youth Group**

Offers a weekly social and organizing group for LGBTQPIA and ally middle and high school age youth (age 11+).

<http://glsen.org/chapters/cincinnati/youthgroup>

call: 866-934-9119

#### **PFLAG (Parents, Families, and Friends of Lesbians and Gays)-updated September 2022**

Support group open to parents, family and friends of gays, lesbians, bisexuals, and transgender persons, as well as to gays, lesbians, bisexuals, and transgender persons. Meetings include support discussions and often a program.

Mount Auburn Presbyterian Church

103 William Howard Taft

Cincinnati, OH 45219

For more information contact: Dick J. or Judy, 513-755-6150 or hotline, 513-721-7900

[www.pflagcinci.org](http://www.pflagcinci.org)

## Grief (General) Support Groups:

### **About Companions on a Journey Grief Support**

Christian based program designed for children, teens, and adults who have experiences the death of a loved one.

Children who have lost a loved one aged 3-18 support group: 2nd Thursday of month 6-7:45 pm, September-May at Chesterwood Village. Registration required. 513-870-9108

Widowed groups: 2nd and 4th Wednesday of month 7-8:30 pm September-May in person at, 8857 Cincinnati-Dayton Rd., Suite #004, West Chester Ohio, 45241 or virtually, via zoom. June - August: Group meets once a month. The 2nd Wednesday of the month

Open Grief Group: 3rd Tuesday of Month at Spring Grove. 4th Tuesday of month at Oak Hill Tri Country Bereaved parent group- Sept-May 3rd Wednesday of the month 7-8:30. In person at 8857 Cincinnati-Dayton Rd., Suite #004, West Chester Ohio, 45069. Registration required.

Understanding your grief: 2nd Tuesday of month 7-8:30 September-May. St. Maximilian Kolbe Church. Registration required

8857 Cincinnati Dayton Rd. Suite 002

West Chester, OH 45069

[www.companionsonajourney.org](http://www.companionsonajourney.org)

Call:513-870-9108

### **Bereavement Support Group**

Support group for those who have lost persons through death or illness and who are seeking support from others

VITAS Innovative Hospice Care: 11500 Northlake Drive suite 400

Cincinnati, OH 45249

Call Jerome Weaver: 513-742-6310

### **Compassionate Friends**

Compassionate Friends East Chapter

For parents and adult family members who have experienced the death of a child, sibling or grandchild  
St. Timothy Episcopal Church

8101 Beechmont Ave.

Cincinnati, OH 45255

Meetings on the 4th Tuesday of each month 7:00 pm (except December)

Contact for more information: Lindsay Bibler 513-652-7470 or [tfcincyest@gmail.com](mailto:tfcincyest@gmail.com) or  
[www.tfcincy.com/](http://www.tfcincy.com/)

[www.compassionatefriends.org](http://www.compassionatefriends.org)

### **Grief Support Groups**

Hospice of Cincinnati

For those who have lost a loved one from any cause. Various Groups available.

Groups and workshops will meet at the Hospice of Cincinnati Administrative Building: 4360 Cooper Road, Cincinnati, OH 45245.

Call 513-891-7700 for dates, times, locations and more information.

Questions? 513-246-9208 or [BereavementReferral@trihealth.com](mailto:BereavementReferral@trihealth.com)

[www.hospiceofcincinnati.org](http://www.hospiceofcincinnati.org)

### **Fernside Support Groups**

Fernside, Supporting Children & Families Through Grief

A place of comfort and support for children and teens, and their families who have had a significant death in the family. Variety of support groups for children, parents and guardians.

4360 Cooper Rd.

Cincinnati, OH 45242

Located in Anderson township, Blue Ash, Bridgetown, West Chester, Hamilton, and Downtown area.

Call for times and more information: 513-246-9140

[www.fernside.org](http://www.fernside.org)

### **Mercy Hospital – Anderson Grief Support Group**

Support group for individuals who have suffered a significant loss through death.

Medical Office Building

Ground floor, Conference Room A

7500 State Road

Cincinnati, OH 45230

Contact: Chaplain Marty Hoffmann: 513-732-8383

### **Motherless Daughters Network**

Support for women who have lost their mothers.

Offer 6 week and 12 week classes

Montgomery Community Church

11251 Montgomery Road

Montgomery, OH

<https://www.motherlessdaughtersministry.com/>

### **New Day Support Group**

Good Shepherd Church

A nine-week grief support group offered for anyone who has lost a loved one. Free of charge, but donations are available. Offered several times during the year.

Can register online on their site: <https://good-shepherd.org/grief-support>

Good Shepherd Church

8815 E. Kemper Rd.

Cincinnati, OH 45249

Contact Kathy Teipen for more information: 513-489-7489 or kteipenzoomtown.com

### **TCF of Cincinnati North**

Spring Grove Funeral Home

11285 Princeton Pike

Cincinnati Ohio 45246

URL: <http://www.tfcincinnati.org>

Meeting Info: 1st Tuesday of each month from 7:00 – 9:00 pm

\*\*Chapter is holding virtual meetings, please contact chapter for login information.

Contact: Karen 513-207-8714 or Ed 513-518-9358

## **Obsessive Compulsive Disorder Support Groups:**

### **Clifton Adult OCD**

Meets every Monday from 7:00-8:30pm and is open to individuals with OCD, as well as their family and friends. This is a peer-led support group. Cost:\$1 fee/donation per session.

Tami Mahler: 513-479-8660

Clifton United Methodist Church

3416 Clifton Avenue, Cincinnati, OH 45220

## Pet Loss Support Groups:

### **Pet Loss Support Group**

Support for those who have experienced the death of a pet.

Angel Paws

11341 Grooms Rd.

Cincinnati, OH 45242

On the 1st and 3rd Tuesday of the month from 6-7:00 pm.

To R.S.V.P., email [SupportGroup@AngelsPaws.com](mailto:SupportGroup@AngelsPaws.com) to attend

Contact info: 513-489-7297

## Schizophrenia Support Groups:

### **Schizophrenics Anonymous Support Group**

Recovery Center

2340 Auburn Avenue

Cincinnati, OH 45219

For more information, call Chris Pedoto: 513-241-1411

Rape Crisis & Abuse Center

Support for women who have been sexually assaulted.

Multiple groups offered

Call 24 hour crisis line for location, dates, times and more information: 513-381-5610

[www.womenhelpingwomen.org](http://www.womenhelpingwomen.org)

## Suicide Support Groups:

### **Survivors after Suicide**

A peer-led support group for people who have lost a loved one to suicide. Meets the 1st Tuesday of each month, 7:00-9:00 pm at the United Church of Christ, 15 S. Ft. Thomas Avenue, Ft. Thomas, KY

Contact Carol Himes 859-441-1958 or Mary Buchanan 859-781-1308.

## (TTM) Support Groups:

### **Trichotillomania Support Group**

A support group for people with trichotillomania (TTM)- compulsive pulling of hair from the scalp, eyebrows, lashes or body. "Trich" especially if it results in noticeable hair loss, can affect many aspects of life.

A safe environment to discuss these effects and a supportive community to help each other live with TTM.

Christ Hospital

2139 Auburn Avenue

Classroom 7, Level A, down hall from cafeteria

Cincinnati, Ohio 45219

Contact: Dr. Ed Shelleby, 513-559-2066 or Sheila, 513-721-2910 ext.12

## General Meeting Support:

### **NAMI of Southwest Ohio**

NAMI provides education, support, advocacy for those and their loved ones suffering from mental illness. NAMI Connection is a support group for people with mental health conditions. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. Visit the website to view upcoming meeting times and locations.

4055 Executive Park Dr. Suite 450

Cincinnati, OH 45241

<https://namiswoh.org/>

## Caregiver Meeting Support:

### **NAMI of Southwest Ohio**

NAMI provides education, support, and advocacy for those and their loved ones suffering from mental illness.

LENS support groups are 90 minute meetings for both family members and friends as well as people living with mental illness. Visit the website to view upcoming meeting times and locations.

4055 Executive Park Dr. Suite 450

Cincinnati, OH 45241

<https://namiswoh.org/>



