

Support Groups in the Cincinnati Area

Abuse/Domestic Violence Support Groups

Transform Adult Program- updated March 2021

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: 513-241-7090

www.ywcacincinnati.org

Domestic Violence Support Group- updated March 21

Women Helping Women

A Domestic Violence Support Group

Multiple groups offered

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 9th St, Cincinnati, OH 45202

6 S 2nd St #828, Hamilton, OH 45011

Call for dates, times and more information: 513-381-5610 www.womenhelpingwomen.org

Women's Group- updated March 2021

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

Women's Support Group- updated March 2021

Women's Connection

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

Location: 4042 Glenway Ave, Cincinnati OH 45205

Call Alisa Franks for more information: 513-471-4673

Addiction (general) Support Groups:

Celebrate Recovery- updated March 2021

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 between 6-7pm.

See website for group locations, dates, and times: www.celebraterecovery.com

Debtors Anonymous- updated March 2021

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

Contact: 513-295-9402 new@debtorsanonymous.org or dacinicnnati@hotmail.com or

www.debtorsanonymous.org

Gamblers Anonymous- updated March 2021

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

SMART Recovery (Self-Management and Recovery Training)- updated March 2021

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

Anger Management Support Groups:

Anger Management- updated March 2021

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: \$40 per session

Multiple Locations

Contact 513-488-7161 for more information

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

SAFE Group-updated March 2021

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

Anxiety/Panic Disorder Support Groups:

Anxiety/Panic Disorder Support Group-updated March 2021

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

The Christ Hospital

Level A, Classroom #7 by the Cafeteria

2139 Auburn Ave.Cincinnati, OH 45219

Meets the first and third Wednesdays from 6-7:30pm

Contact for more information: Sheila Sims, Mental Health Association: 513-721-2910 ext. 12 or by email at: anxietysupport1@aol.com

BEGIN: Balancing Emotions & Gaining Insight- updated March 2021

This group will focus on emotional crisis management, cognitive behavioral therapy, dialectical behavior therapy, acceptance and commitment therapy, mindfulness, and breathing. This group can be beneficial for those with anxiety, emotional disturbance, or mood disorders.

Location: Integrative Counseling Services

431 Ohio Pike St, suite 312, Cincinnati OH 45255

Meets every Wednesday from 6pm-7:30pm

For more information call 513-854-1363

Bipolar Support Groups:

Bipolar Disorder Support Group- updated March 2021

Support for those with bipolar disorder. Group focuses on recovery, coping skills, and goal setting. Work with others who share the same diagnosis to support one another and practice coping skills necessary for recovery.

Christ Hospital, Classroom #3, Level A, by Cafeteria

2139 Auburn Ave. Cincinnati, Oh 45219

Contact Sheila Sims at Mental Health Association for more information: 513-721-2910 ext. 12

Depression and Bipolar Support Group- updated March 2021

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 to learn more information on times, dates, and how to register.

Depression and Bipolar Support Group- updated March 2021

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

Call- in: +1 301 715 8592

Link [Link: https://us04web.zoom.us/j/760163009](https://us04web.zoom.us/j/760163009)

Meeting ID: 760 163 009

Thursdays @ 1:30pm

Borderline Personality Disorder Support Groups:

DBT Skills Class - updated March 2021

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 \$40-\$80

Location: Life Worth Living, 10597 Montgomery Rd. suite 101, Cincinnati OH 45242

Call 513-426-7498 for more information

Codependency Support Groups:

CoDA 12 Step Group- updated March 2021

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: Hyde Park Bethlehem United Methodist Church

3799 Hyde Park Ave, Cincinnati OH 45209

Wednesdays at 7:30pm

www.coda.org

Cutting/self injury Support Groups:

Self Injury Phone Support- updated March 2021

No support groups meetings are available at this time. A resource person who has battled the problem of self-injury is available to provide one on one support by phone or e-mail.

Angela: 513-615-2603 or by email: angieo761@yahoo.com

Depression Support Groups:

Depression Support Group- updated March 2021

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/support-services/individual-and-group-counseling-3/>

Depression Support Group- updated March 2021

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.

Call- in: +1 301 715 8592

[Link: https://us04web.zoom.us/j/760163009](https://us04web.zoom.us/j/760163009)

Meeting ID: 760 163 009

Thursdays @ 1:30pm

Men and Depression Support Group- updated March 2021

Support group for men who are depressed. Group works on issues and provides support to men who are depressed.

Talbert House 4760 Madison Road, Cincinnati, OH 45227

Call Eric Bair: 513-321-8286

Men's Support Group for Depression- updated March 2021

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/support-services/individual-and-group-counseling-3/>

Understanding and Reducing Depression Educational Group- updated March 2021

For anyone living with someone who is depressed or is feeling moderately depressed themselves, their friends and family members who want to understand and support a person with depression. It is not therapy or a substitute for therapy. Usually held twice a year on Sundays for 5 sessions. Call for next scheduled start date.

Pre-registration is required.

Family Life Center

Northminster Presbyterian Church
703 Compton Road
Cincinnati, Ohio 45231
call: 513-931-0243

Eating Disorders Support Groups:

Eating Disorders Support Group

ANAD, Anorexia Nervosa & Associated Disabilities.

For more information about ANAD, call: 847-831-3438.

Call for specific information about the local support group.

Health Alliance, Out-Patient Behavioral Services (Campus of old Jewish Hospital)

3200 Burnet Avenue

Union Street Pavilion, 2nd Floor

Cincinnati, OH

Call Jenny: 513-207-3010

Support Group is no longer running.

Update March 2021

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.aa.org

Updated March 2021

Gay/Lesbian/Bi-Sexual/Transgender Support Groups:

Cincinnati Youth Group

The Center Support group for gay, lesbian, bisexual, transgender, and straight young people, ages 13 to 21. Meetings and activities allow youth the opportunity to meet other young people in the area for friendship and support. Provides an open and confidential forum where youth can share ideas, thoughts, and issues affecting their lives.

The Community Center

4119 Hamilton Avenue

Cincinnati, OH 45223

Call for more information: 513-591-0200

website: www.glbtcincincinnati.com

Phone number is no longer in service and the glbtcincincinnati domain name appears to be up for sale.

Updated March 2021

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

Updated March 2021

Gay and Lesbian Community Center

A center for lesbian, gay, bisexual and transgender people in the Cincinnati area. Call for activities and groups.

The Community Center

4119 Hamilton Ave.

Northside, OH

Call for more information: 513-591-0200

www.glbtcincincinnati.com

Phone number is no longer in service and the glbtcincincinnati domain name appears to be up for sale.

Updated March 2021

Livin' Out Lesbian Support Group

Support group for women that provides information about lesbian issues and explores topics that members are interested in discussing.

Gay & Lesbian Community Center

4119 Hamilton Avenue

Cincinnati, Ohio

For more information, call: 513-519-0200

www.glbtcincincinnati.com

Phone number is no longer in service and the glbtcincincinnati domain name appears to be up for sale.

Updated March 2021

Men's Support Group

A support group that offers informal discussion and peer support in a safe atmosphere for gay, bisexual and transgendered males age 21 and over.

GLBT Community Center

4119 Hamilton Avenue

Northside, OH

www.glbtcincincinnati.com

Phone number is no longer in service and the glbtcincincinnati domain name appears to be up for sale.

Updated March 2021

PFLAG (Parents, Families, and Friends of Lesbians and Gays)

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

Updated March 2021

Grief (General) Support Groups:

Bereavement and Grief Support Group

Mercy Hospital - Anderson

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

Updated March 2021

Bereavement Support Group

VITAS Innovative Hospice Care

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

Cincinnati, OH 45229

Call Ted Haddix: 513-742-6310

Updated March 2021

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

Contact for more information: Lindsay Bibler (513) 652-7470 or tcfcincyeast@gmail.com or

www.tcfcincy.com/

www.compassionatefriends.org

Updated March 2021

Compassionate Friends West Chapter

Mercy Franciscan Terrace

80 Compton Road

Cincinnati, OH

Contact for more information: Susan Carlson-Berne 513-821-9707 or Hope Bard 513-793-3554
or tcf_cincinnati.tripod.com/

www.compassionatefriends.org

Hope Bard's number is no longer in service. And website is no longer in service. Left a message with Susan Carlson-Berne.

Updated March 2021

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: 513-745-0111

www.fernside.org

Updated March 2021

Grief Support Groups

Hospice of Cincinnati

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

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

www.hospiceofcincinnati.org

Updated March 2021

About Companions on a Journey Grief Support

Christian based program designed for children, teens, and adults who have experienced 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 Indiana Wesleyan University

Open Grief Group: 3rd Tuesday of Month at Spring Grove. 4th Tuesday of month at Oak Hill Tri Country

Bereaved parent group- 1st and 3rd Wednesday of the month 7-8:30. Meets once in July, no group in August at Indiana Wesleyan University

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

Young Adult 18-33 meets 3rd Monday of month 7-8:30 September-May

8857 Cincinnati Dayton Rd. Suite 002

West Chester, OH 45069

www.companionsonajourney.org

Call:513-870-9108

Updated March 2021

Motherless Daughters Network

Support for women who have lost their mothers. 12 week class also offered.

Montgomery Community Church

11251 Montgomery Road

Montgomery, OH

Contact: Mary Ellen Collins: 513-677-5064

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

Phone number is no longer in service. Sent an email to them on their site.

Updated Mach 2021

New Day Support Group

Good Shepherd Church

A nine-week grief support group offered for anyone who has lost a loved one. Minimal charge, scholarships available. Offered several times during the year. Call for next scheduled class.

Good Shepherd Church

8815 E. Kemper Rd.

Cincinnati, OH 45249

Contact Kathy Teipen for date, time and registration: 513-474-6907 or visit website @ <https://good-shepherd.org/grief-support>

Number is no longer in service. But program is still running.

Updated March 2021

Obsessive Compulsive Disorder Support Groups:

OCD Anonymous

Self-help support group for Obsessive Compulsive Disorder.

St.Monica Community Center

St.Monica-St.George Parish

328 W. McMillan

Clifton Heights, OH

\$1 donation

Call Tami: 513-271-7723

Unable to reach on the phone and voicemail is full. I can't find any more info about this program online.

Pet Loss Support Groups:

Pet Loss Phone Support Line

Ohio State University Veterinary Teaching Hospital

Phone support for those whose have experienced the death of a pet. Handled by volunteers, daily 6:30 - 9:30 pm, and weekends, 10:00 - 4:00 pm

Call: 614-292-1823

This is no longer an operating phone line.

Updated March 2021

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 at 6-7:30 pm.

Call:513-489-7297

Updated March 2021

Schizophrenia Support Groups:

Schizophrenics Anonymous Support Group

Recovery Center

Recovery Center

2340 Auburn Avenue

Cincinnati, OH 45219

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

Updated March 2021

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

Substance Abuse Support Groups:

Al-Anon 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: 513-771-4070 or e-mail: info@cincinnatiafg.org www.cincinnatiafg.org

17332 Dixie Branch

Lakeside Park, KY 41017

859-760-6178

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

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

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

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.

St. Timothy Episcopal Church-(basement)

8101 Beechmont Ave.

Cincinnati, OH

Contact for more information: 800-477-6291 or naranonWSO@hotmail.com

www.nar-anon.org

Narcotics Anonymous

Greater Cincinnati Area Service Committee of Narcotics Anonymous

12-step recovery group for men and women for whom drugs have become a major problem.

Many groups available in greater Cincinnati area.

Contact Hopeline for dates, times, locations and more information: 513-820-2947 or

www.nacincinnati.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. Groups meet 7 days a week but some are limited just for alcoholics; those listed below are open to anyone.

Clifton United Methodist Church

3416 Clifton Avenue

Cincinnati, OH

St. Monica - St. George Church

Old school building (in back)

325 West McMillan Avenue

Cincinnati, OH

Check website for other meetings: <http://queencitygroup.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

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 41-75. 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.

4055 Executive Park Dr. Suite 450

Cincinnati, OH 45241

<https://namiswoh.org/for-families-and-caregivers/family-support-groups/current-family-support-groups/>

Caregiver Meeting Support:

NAMI of Southwest Ohio

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

4055 Executive Park Dr. Suite 450

Cincinnati, OH 45241

Hope for Recovery: 1 day workshop for family members and caregivers of those living with mental illness. Saturdays 9 am.-3pm. Limited to 18. Registration required.

Family to family: 12 week course, 12 sessions with each being 2 and a half hours.

<https://namiswoh.org/for-families-and-caregivers/family-support-groups/current-family-support-groups/>