

Support Groups in the Cincinnati Area

Abuse/Domestic Violence Support Groups

Amend Adult Program

YWCA of Greater Cincinnati

Batterers' Intervention & Prevention Program (for men). Addresses the effects of domestic violence and violent behavior through prevention/intervention services.

898 Walnut Street

Cincinnati, OH 45202

Contact office coordinator for cost, dates, times, information and referral form: 513-361-2129

www.ywcacincinnati.org

Domestic Violence Support Group

Women Helping Women

A Domestic Violence Support Group

Multiple groups offered

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

Women's Group

IKRON

Discussion of relationship problems, surviving violence and abuse, family issues and women's roles. All women seeking support are welcome. Need to register and complete application.

Call IKRON to register and obtain more information: 513-621-1117 www.ikron.org

Women's Support Group

Women's Connection

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

Call Alisa Franks for more information: 513-471-4673 www.thewomensconnection.org

Addiction (general) Support Groups:

Celebrate Recovery

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. Anyone dealing with any kind of hurt, hang-up, or habit. Several groups in Cincinnati, Butler Co., Warren Co., and Clermont Co. Typically meet between 6-7:30pm.

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

Debtors Anonymous

Support group for those who think they personally may have a problem with debt and/or spending.

Good Shepherd Lutheran Church (in Kenwood)

7701 Kenwood Rd

Cincinnati, OH

Contact: 800-421-2383, new@debtorsanonymous.org or dacincinnati@hotmail.com or

www.debtorsanonymous.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.

Contact for dates, times, locations and more information 1-888-746-4942

www.gamblersanonymous.org

SMART Recovery (Self-Management and Recovery Training)

Helps people recover from all types of addictive behaviors (substances and activities) by teaching 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.

Contact Richard Bozian for times, dates, locations and more information: 513-521-2391 or

rcbozian@hotmail.com

www.smartrecovery.org

Anger Management Support Groups:

Anger Management Group

Educational group for adults who are having difficulty with anger as evidenced by relationship, employment or legal problems. Group not appropriate for batterers. Multiple locations. Must pre-

register. Sliding fee.

Contact for cost, registration, date, time and more information 513-345-8555

www.servingfamilies.org

CAN Program

YWCA of Greater Cincinnati

Batterers' Intervention & Prevention Program (for adult males and females). Provides help in learning more effective ways to manage anger in order to lead violent free lives.

898 Walnut Street

Cincinnati, OH 45202

Contact office coordinator for cost, dates, times, information and referral form 513-361-2129

www.ywcacincinnati.org

SAFE Group

IKRON-Discussions about anger management, stress 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:

Agoraphobics Building Independent Lives

Held at St. Elizabeth's South. Support group for people with Agoraphobia

200 Medical Village Dr

Edgewood, KY 41017

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.

Christ Hospital

Level A, Classroom #7 by the Cafeteria

2139 Auburn Ave.

Cincinnati, OH

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

Bipolar Support Groups:

Bipolar Disorder Support Group

Support for those with bipolar disorder

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

Cincinnati Depression and Bipolar Support Group

Depression Bipolar Support Alliance of Cincinnati (DBSA)

Support for those with bipolar disorder

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

Support group for those with depression/bipolar disorder

Recovery Center of Hamilton County

1:30 Thursdays

2340 Auburn Ave.

Cincinnati, OH 45219

Contact: Ken Jones, 513-485-5438 or Robin Roland, 513-545-8842

Borderline Personality Disorder Support Groups:

Borderline Personality Disorder Support Group

Support group for those with Borderline Personality Disorder hosted by the Red Umbrella Advocacy

Group to share experiences, support, knowledge and skills.

Recovery Center of Hamilton County

2340 Auburn Ave.

Cincinnati, OH. 45219

Contact: Amanda Castillo, 513-432-2603 or Dee Adams, 513-218-6199

Borderline Personality Support Group

Support for those with BPD to share experiences, resources and skills.

Sponsored by the Red Umbrella Mental Health Advocacy Group

Location: Downtown Cincinnati Public Library

Trained facilitators also suffering with BPD

Contact: Amanda Castillo, (513)432-2603 or Dee Adams, (513) 218-6199

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. Topic meeting with discussion.

United Church of Christ

4100 Taylor Avenue

Cincinnati, OH 45209

Call Ann: 513-231-0733

www.coda.org

Cutting/self injury Support Groups:

Self Injury Phone Support

No support groups meeting at present. 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

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. Please call to sign up before attending.

IKRON

2347 Vine Street

Cincinnati, OH

Call L. Monica Negrila: 513-621-1117

Depression Support Group

Recovery Center

Support group for depression

18+

Recovery Center

2340 Auburn Avenue

Cincinnati, OH 45219

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

Men and Depression Support Group

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

4760 Madison Road,

Cincinnati, OH 45227

Call Eric Bair: 513-321-8286

Men's Support Group for Depression

A support group specifically for men with depression. Please call to sign up before attending.

IKRON

2347 Vine Street

Cincinnati, OH 45219

Call Monica Negrila: 513-621-1117

Understanding and Reducing Depression Educational Group

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 Collen Ehrnschwender: 513-522-9976

Women's Support Group

Women's support group.

IKRON

2347 Vine Street

Cincinnati

Contact: L. Monica Negrila, 513-621-1117.

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 or Greg: 513-531-8727

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

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

website: www.glbtcincincinnati.com

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

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

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

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

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

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

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

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: Carol or Joel Terbrueggen 513-271-6809 or joelt@cinci.rr.com

or www.tfcincy.com/

www.compassionatefriends.org

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

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

Grief Support Groups

Hospice of Cincinnati

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

Contact Alan Gruber: 513-686-8120, Polly Peterson: 513-686-8122 or Claire Peasley: 513-686-8121 for dates, times, locations and more information.

www.hospiceofcincinnati.org

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

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

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

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

Pet Loss Support Groups:

Pet Loss Phone Support Line

Ohio State University Veterinary Teaching Hospital

Phone support for those who 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

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

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

Sexual Abuse/Assault Support Groups:

Adult Survivors of Child Abuse

Connections: A Safe Place

An ongoing support group for anyone who was sexually abused as a child.

103 William Howard Taft Road

Cincinnati, OH 45219

Please call before attending: Rebecca, 513-961-2967

www.connectionssp.org

Kennedy Heights Sexual Assault Survivors Group

Women Helping Women

Open and ongoing support group for women ages 18 and older who have been sexually assaulted, abused, or raped in their lifespan. No child care. Intake required.

Mondays 5:30-7:00

Kennedy Heights Presbyterian Church

6312 Kennedy Ave.

Cincinnati, OH

For more information, call Katie Weber: 513-977-5547.

www.womenhelpingwomen.org

Sexual Assault Support Group

Women Helping Women

Support group for women who have been sexually assaulted.

215 E. 9th Street

Cincinnati, OH 45202

For more information, call: Christie at 513-977-5554 or speak with any Women Helping Women advocate at 513-381-5610.

www.womenhelpingwomen.org

Sexual Assault Support Groups

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 open support group for those who have lost a loved one to suicide.

Mercy Franciscan Terrace

80 Compton Road

Cincinnati, OH 45215

Call Betty Scholle: 513-385-6110 or Bob Hasley: 513-793-7385 E-mail: bghsas@fuse.net

www.afsp.org

(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. To read more check City Beat [article](#)

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

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.