

## SUPPORT GROUPS

- **Adult Children of Alcoholics, (Sierra Vista):** Tuesdays from 5:30 to 6:30 p.m., Village Meadows Church of Christ, 815 El Camino Real, Sierra Vista, 378-6091.
- **AA meetings (Douglas):** Mondays and Wednesdays from 7:00pm-8:00 p.m., Senior Citizens Center corner of 9<sup>th</sup> Street and “F” Avenue.
- **Al-Anon, (Bisbee):** Mondays and Wednesdays, St. John’s Episcopal Church, Bisbee, 19 Sowles Avenue in Old Bisbee, 7:00 p.m, 432-4448 or 432-7845.
- **Al-Anon, (Sierra Vista):** Sundays, 9:30 to 10:30 a.m., 333 W. Wilcox Drive, Room 106A of Wick Building on the corner of Wilcox and Fab Ave., 378-2053.
- **Al-Ateen meeting (Sierra Vista):** Wednesday, 6:00 to 7:00 p.m., Serenity Club, 5049 S. Highway 92, Sierra Vista.
- **Better Breathers Club (Sierra Vista):** Every third Tuesday of the month, 3:45 p.m., conference room of Sierra Vista Regional Health Center, 300 El Camino Real, Sierra Vista, 417-4528.
- **Bisbee Living With Cancer Support Group (Bisbee):** Mondays, 10:00 -11:30 a.m., Trinity United Methodist Church, 216 Arizona St., Bisbee, 432-4721 or 432-5149.
- **Brain Tumor/Traumatic Brain Injury Support Group (Sierra Vista):** Fourth Wednesday of the month, 2:00 to 4:00 p.m., Ethel Berger Center, 2950 E. Tacoma Street, Sierra Vista, 378-1581 or 456-5736.
- **Cancer Support Group (Sierra Vista):** First Thursday of the month, 5:30 to 7:00 p.m., 4990 E. Mediterranean Dr. in Sierra Vista, 417-1163.
- **Cancer Survivor Network (Sierra Vista):** Second Wednesday of the month, 10:00 to 11:00 a.m., 155 Calle Portal, Suite 700, Sierra Vista Cancer Center, 459-1718.
- **C.A.R.E. Support Group (Sierra Vista):** For anyone who has been affected by a loss of an infant or newborn, whether through early pregnancy loss, miscarriage, still birth or neonatal loss. First Tuesday of every month, 6:30pm to 8:00pm, Sierra Vista Regional Health Center Outreach Center, 1840 Paseo San Luis, Sierra Vista, AZ 85635. Rebecca Buksh/Jaclyn Hunter @ 520-417-3547 or email: [rebecca.burdette@svrhc.org](mailto:rebecca.burdette@svrhc.org)

- **Caregiver's Support Group (Sierra Vista):** Last Monday of the month, 2 p.m., Faith Presbyterian Church Fellowship Hall at 2053 E. Choctaw Drive, Sierra Vista, 378-9400.
- **Committee for Prevention of Child Abuse (Sierra Vista):** Third Tuesday of the month (except July and December), 11:30 a.m., Windemere Hotel, 2047 S. Highway 92, Sierra Vista, 266-0620 or [hw.thomas@cox.net](mailto:hw.thomas@cox.net).
- **Compassionate Attendance Recovery Empowerment (Sierra Vista):** Group for those who have experienced loss. First Wednesday, 6:30 – 8:30 p.m., Sierra Vista Regional Health Center's Outreach Education Center, 1840 Paseo San Luis, Sierra Vista, 417-3547.
- **Compassionate Friends (for those suffering the loss of a child of any age)(Sierra Vista):** Meets First Thursday of the month, 6:30 to 8:30 p.m., Mountain View Assembly of God, 102 Colombo Ave. and Hwy 90, Sierra Vista. 803-0004 or 803-0593.

Online Resources: [www.perinatalgrief.blogspot.com](http://www.perinatalgrief.blogspot.com)

- **Freedom Advocates (overseen by the Elders of the Village Meadows Church of Christ)(Sierra Vista):** Circle of Recovery is a 12-Step program using the Recovery Bible. 815 El Camino Real, Sierra Vista, 520-236-6930.
- G.A.R.D. – Guided Abusive Relationship Discussion (women only)(Bisbee):** meets every Wednesday from 5:00 to 6:00 p.m. in Copper Queen Hospital Conference Room, 101 Cole Ave, Bisbee. If you are questioning your present relationship or have been in an abusive one before, you are welcome to attend.
- **Hepatitis C Support Group (Bisbee):** Tuesdays, 7:00 p.m., Bisbee Community Y, 26 Howell Avenue, Bisbee, 432-1413.
  - **Keep It Simple, Al-Anon meeting (Sierra Vista):** Wednesdays, 6:00 to 7:00 p.m., Serenity Club, 5049 S. Highway 92, Sierra Vista, 378-3640.
  - **Look Good Feel Better (women's cancer support group)(Sierra Vista):** Second Monday of the month, 5:15 to 7:15 p.m., 4990 E. Mediterranean Dr., Sierra Vista, 417-1163.

- **Loved Ones Incarcerated support group**

**Sierra Vista:** First Thursday of each month at Cochise College Sierra Vista Campus, 901 North Colombo Avenue, Room 900, at 5:30pm.

**Sierra Vista:** 2<sup>nd</sup> Wednesday of every month, St. Paul Missionary Baptist Church, 227 N. Carmichael Ave., Sierra Vista, Time: 5:30pm to 6:30pm.

**Bisbee:** Last Thursday of the month, 6:30pm, Bisbee Research Institute, 325 Arizona St., at Arizona and Congdon Streets.

**Bisbee: Starting in September-** First Wednesday of the month, 5:30pm, Saint John's Episcopal Church, 19 Solwes Ave, Bisbee; behind Cafe Roka.

**Douglas:** 3rd Wednesday of every month, 12:00p.m. to 1:00p.m., Douglas Library, 560 E. 10th St., Douglas, AZ 85607, (520) 364-3851.

For more information contact 520-234-6076 or email [lovedonesincarceratedchanges@gmail.com](mailto:lovedonesincarceratedchanges@gmail.com)

- **Low-Vision Support Group (Sierra Vista):** Tuesdays, 10:00 to 11:30 a.m., Oscar Yrun Center, 3020 E. Tacoma Street, Sierra Vista, 458-6441.

- **Mother to Mother Breastfeeding Support Group (Sierra Vista):** meets the fourth Wednesday of the Month starting at 1:00 p.m. at the Cochise County Health Department, 4115 E. Foothills Drive, Sierra Vista. Contact Helen Lacy, 803-3912.

- **NAMI Support Group (Bisbee):** New support groups in Bisbee for individuals and family members dealing with a mental health diagnosis such as depression, bipolar disorder, anxiety, etc. Groups meet first and third Mondays, 5:30-7:00pm at the Bisbee Y, 26 Lowell Avenue, Bisbee. Call your local NAMI chapter for more information (520) 459-3228.

- **NAMI CARE Support Group (Sierra Vista):** For persons affected by depression, anxiety, bipolar disorder, other mental illnesses. Thursdays, 6:30-8:00 p.m., NAMI Resource Center, 77 Calle Portal, A-280 (upstairs), call 459-3228 or (800) 380-2322.

- **NAMI Family & Friends Support Group (Sierra Vista):** For those who have an adult loved one coping with mental illness, Thursdays, 6:30-8:00 p.m., 77 Calle Portal, A-280 (upstair), call 459-3228 or (800) 380-2322.

- **NAMI Peer Support Groups (Sierra Vista):** Support for parents/caregivers of children with emotional/behavioral disorders. Peer groups for kids too. Second and fourth Tuesdays, 6-7:30 p.m., Church of Christ in Village Meadows, 815 El Camino Real, Sierra Vista. Call 459-3228 or (800) 380-2322.

- **Narcotics Anonymous (Bisbee):** Do you have a desire to stop using? Come join a new all ages community of friends in Bisbee. Group meets Tuesdays at 7:00 p.m. at the Community "Y", 26 Howell Avenue, Bisbee, 432-3542.

- **Narcotics Anonymous(Sierra Vista):** Half Moon Group (open/discussion), Monday, 6:30 p.m., St. Paul’s Missionary Baptist Church, 227 N Carmichael Ave., Sierra Vista, upstairs, corner of Carmichael and Theater, 459-1298.
- **Narcotics Anonymous (Sierra Vista):** Full Moon Group (open), Wednesday, 8 p.m., Oscar Yrun Community Center, 3020 E. Tacoma Street, Sierra Vista, 459-1298, [natucson.org](http://natucson.org).
- **Narcotics Anonymous (Sierra Vista):** “It Works, How & Why” (open, step study), Thursday, 5:30 p.m., St. Paul’s Missionary Baptist Church, 227 N Carmichael Ave., Sierra Vista, upstairs, corner of Carmichael and Theater, 459-1298.
- **Narcotics Anonymous (Sierra Vista):** “We Do Recover” (open/discussion), Saturday, 7:30 p.m., St. Paul’s Missionary Baptist Church, 227 N Carmichael Ave., Sierra Vista, upstairs, corner of Carmichael and Theater, 459-1298, [natucson.org](http://natucson.org).
- **Narcotics Anonymous (Douglas):** Each Friday from 7:00 pm-8:00 pm, Saturday from 8:00 pm-9:00 pm., 749 E. 11<sup>th</sup> Street Douglas, (In the Church Hall)
- **One Minute at a Time, Al-Anon meeting (Sierra Vista):** Thursdays, noon to 1:00 p.m., St. Andrew Church, 800 Taylor Drive, Sierra Vista, 439-9703.
- **Overeaters Anonymous (Sierra Vista):** Mondays at 7:00 p.m., Thursdays at 6:30 p.m., Saturdays at 10:00 a.m., Church of Christ in Village Meadows, 815 El Camino Real, Sierra Vista, 458-0563 or 417-1645.
- **Parkinson’s Disease Support Group (Sierra Vista):** Second Wednesday of the month, 1:15 to 3:00 p.m., Mona Bishop Room of Sierra Vista Public Library, 2600 E. Tacoma, Sierra Vista, 458-5870.
- **Postpartum Support Group of (Sierra Vista):** Every first and third Thursday of the month, 6:00 p.m. at the Sierra Vista Public Library, 2600 E. Tacoma Street, Sierra Vista. If you have questions please call Amy at 520-459-3468 or email [sierravistapostpartum@yahoo.com](mailto:sierravistapostpartum@yahoo.com)
- **Special Needs Family Support Group (Sierra Vista):** Second and fourth Mondays, SEABHS, 4755 E. Campus Drive, Sierra Vista, 508-4248.
- **Stroke Support Group (Sierra Vista):** Fourth Wednesday of the month, 4:00 to 5:00 p.m., Ethel Berger Center, 2950 E. Tacoma Street, Sierra Vista, contact Shelly Heilman, @ 417-4560 or [shelly.heilman@svrhc.org](mailto:shelly.heilman@svrhc.org)
- **Thunder Mountain Parent Support Group (for children with special needs) (Sierra Vista):** Second and fourth Mondays, 6:00-7:30 p.m., Village Meadows Elementary School, 905 El Camino Real, Sierra Vista.

- **TOPS AZ 90 – Take Pounds Off Sensibly (Sierra Vista):** is a weight loss support group that meets Tuesday evenings at First Christian Church, 55 Kings Way, located at the corner of Highway 90 and Kings Way. Weigh-in is from 5:15 to 5:50 p.m. The program is from 6:00 to 7:00, call 459-1645 or 378-0904.
- **TOPS AZ 215 (weight loss support group)(Sierra Vista):** Fridays, weigh in 7:45 to 8:45 a.m., meeting starts 9:00 a.m., First Christian Church, 55 Kings Way, Sierra Vista, 459-2147 or 459-7379.
- **TOPS (weight loss support group):** Mondays, 1:00 p.m., Grace Lutheran Church, (620) 432-9163.
- **TOPS AZ 523 (weight loss support group)(Sierra Vista):** Thursday, Church of Christ, 815 El Camino Real. Weigh-in at 5:15 p.m. Meeting at 6:00 p.m., 439-4366.
- **US TOO (Prostate cancer support group)(Sierra Vista):** Last Friday of the month, 7:30 to 8:30 a.m., Sun Canyon Inn, 260 N. Garden Avenue, Sierra Vista, 803-1409 or 459-2392. [www.ustoosv.org](http://www.ustoosv.org) (available in September 5<sup>th</sup>)
- **Valor Hospice Care Support Group (Sierra Vista):** Third Tuesday of the month, 12:00 to 1:00 p.m., 500 E. Fry Blvd., Sierra Vista, 458-9450.
- **Weight Loss Surgery Friends of (Sierra Vista):** meets the fourth Tuesday of each month at 6:00 p.m. at the Cochise County Regional Complex, Conference Room located at 100 Colonia de Salud. Please join us if you have had weight loss surgery and need support or if you are interested in having weight loss surgery. Call Jennifer Brown at 459-2498; Bob Hooper, 458-8610; or Vicky Harper, 249-9716.
- **Widowed Support Center meetings (Sierra Vista):** Second Tuesday of the month, 2:00 p.m., Fort Huachuca, Bldg. 90020 on the corner of Fry and Buffalo Soldier, 533-3807.