

## 2024 – BEDFORD COUNTY SUPPORT GROUPS

This is a list of regularly scheduled Support Groups in Bedford County. If you do not attend a support group regularly, please verify the scheduled time and location for the group that you wish to attend. Occasionally meetings are moved for special activities or speakers.

NAME OF SUPPORT GROUP	DAY/TIME	LOCATION	CONTACT INFORMATION
<b>Alcoholics Anonymous</b> “Stairway to Serenity”	Every Tuesday @ 12:00 pm	Bedford Presbyterian Annex Bldg. 115 East Penn Street (upstairs) Bedford, PA 15522	Linda G. @ 814-937-0411
<b>Alcoholics Anonymous</b> 11 Step Program	Every Wednesday @ 6:00 pm May – September	Dunnings Creek Friends Mtg. House 295 Old Quaker Church Rd. Fishertown, PA 15539	Linda G. @ 814-937-0411
<b>Alcoholics Anonymous</b>	Every Thursday @ 8:00 pm	St. James Episcopal Church 309 S Richard Street – Thrift Shop Bedford, PA 15522	
<b>Alcoholics Anonymous</b> “Catalysts”	Every Saturday @ 7:00 pm	Bedford Church of the Brethren 310 Donahue Manor Road Bedford, PA 15522	Linda G. @ 814-937-0411 Speaker Meeting - Open
<b>Dementia Caregiver Support Group</b>	2 <sup>nd</sup> Thurs. of each month @ 1:00 pm	Homewood at Spring House Estates Spring House Café 150 Victoria Avenue Everett, PA 15537	Mandi Cottle @ 814-623-0349 or <a href="mailto:alcottle@hmwd.org">alcottle@hmwd.org</a>
<b>Grief Support Group</b> “Comforting Friends” - Open to parents/grandparents who have lost a child/grandchild.	3 <sup>rd</sup> Tuesday of each month @ 7:00 pm	Trinity Reformed Church 722 Main Street Osterburg, PA 16667	Kelly @ 814-329-1841 Bev @ 814-276-3932
<b>I Didn't Die, But...</b> Suicide Attempt Survivor Drop-In	Every Friday @ 7:00 pm	Virtual Zoom Meeting	<a href="https://pmhca.org">https://pmhca.org</a> - click on Educate
<b>Narcotics Anonymous</b> “NA Way”	Every Wednesday @ 7:30 pm	Bedford Presbyterian Church 145 S. Juliana Street – Annex Bldg. Bedford, PA 15522	<a href="http://www.lmhana.com">www.lmhana.com</a> Lance @ 814-442-1497
<b>Overeaters Anonymous</b> 12 Step Program - For any eating disorder; not a weight loss program.	Every Tuesday @ 7:00 pm	Personal Solutions, Inc. 145 Clark Building Rd., Suite 5 Bedford, PA 15522	Sally @ 814-623-1557
<b>Peer to Peer</b> Mental Health Support Group	2 <sup>nd</sup> Wed. of each month @ 1:00 pm	HOPES Drop-In Center 123 Railroad Street Bedford, PA 15522	<a href="mailto:THINDINGER@PEERSTARLLC.COM">THINDINGER@PEERSTARLLC.COM</a>