

[www.feeling-blue.com](http://www.feeling-blue.com) -

## **RESOURCES – York County Support Groups:**

### **Autism Support Group**

1<sup>st</sup> Thursday, 7-8:30 PM

St. Matthew Evangelical Lutheran Church, 839 West Market Street, York

### **Autism York South Support Group**

2<sup>nd</sup> Wednesday, 7-8:30 PM

Stewartstown Elementary School, 17945 Barren Road North, Stewartstown, PA

### **Bereavement Support Group**

3<sup>rd</sup> Thursday, 6:30 PM

Hosting Organization: Memorial Hospital

Memorial White Rose Home Health & Hospice, 1412 Sixth Avenue, York

### **Depression Support Group**

Tuesdays at 7 pm (Young Adult Depression Group 6-7)

Moderated by Chaplain Eric Stenman, this weekly group offers mutual support and encouragement in an accepting, understanding, and confidential environment. The first Tuesday of each month is set aside to offer Reiki Share, a Japanese based meditation technique helpful in relaxation and for general stress relief.

Hosting Organization: Hanover Hospital – group meets in Hospital Chapel  
(717) 316-6905.

### **Grief Support Group**

Hosting Organization: Hanover Hospital

(717) 316-6905.

### **HOPE (help, options, process, education) for families of addicts**

Colonial House, 1 East Market Street, York

(717) 843-8444

### **Infant Bereavement Services**

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 7 PM

Hosting Organization: Hanover Hospital - group meets in Hospital Chapel

(717) 316-6905

### **Mental Health Support Group**

1<sup>st</sup> Wednesday, 7-9 PM

Hosting Organization: NAMI, Hanover

St. Mark Lutheran Church, 129 Charles Street, Hanover

(717) 632-0435 - Doris

### **Mental Health Support Group**

3<sup>rd</sup> Monday, 7:30- 9 PM

Hosting Organization: NAMI, New Freedom

St. John Evangelical Lutheran Church, 175 E. Main St., New Freedom

(717) 309-1354 or (717) 848-3784 - Susan

**Mental Health Support Group**

Hosting Organization: NAMI, York

3<sup>rd</sup> Thursday, 6:30-8 PM

New Life Church, 530 Big Springs Road, New Cumberland, PA  
(717) 979-0519

**Mental Health Support Group**

Hosting Organization: NAMI, York

1<sup>st</sup> Tuesday, 6:30 – 8 PM

Luther Memorial Church, 1907 Hollywood Drive, York  
(717) 848-3784

**NAMI Weekly Connection Support Groups**

For people who have a mental health diagnosis

Mondays, 6:00-7:30 PM

WellSpan Behavioral Health at 1101 S. Edgar Street, York

OR

Thursdays, 10-11:30 AM

NAMI York County office, 140 Roosevelt Avenue, York

**PTSD Support Groups**

VA Outpatient Clinic 2251 Eastern Blvd., Suite 101, York – Call (717) 840-2730 for days and times (All calls are directed to the Lebanon VA Hospital. Choose option #5 to ask to be transferred to the York location.)

Holy Trinity Church 2285 Plank Road, Stewartstown, PA - Mondays 6-7:30 PM

Call Lloyd at (717) 819-8982

**Suicide Survivors Support Group**

Hosting Organization: York County Suicide Prevention Coalition

3<sup>rd</sup> Thursday, 6:30-8:00 PM

Southern Community Services, 44 S. Main Street, Shrewsbury  
and

1<sup>st</sup> Tuesday, 6:30-8:00 PM

Dover United Church of Christ, 45 West Canal Street, Dover  
(717) 227-0048 - Cindy Richard