

**TALLAHASSEE SENIOR SERVICES  
SENIOR RESOURCE INFORMATION  
SUPPORT GROUPS**

<b>ADDICTION &amp; SUBSTANCE ABUSE</b>		
<b>Alcoholics Anonymous</b>	<a href="http://intergroup5.org">intergroup5.org</a>	<b>850-224-1818</b>
Provides education and support, either through group meetings or one-on-one, for individuals to achieve sobriety. <b>Virtual meetings available.</b>		
<b>Al-Anon Groups</b>	<a href="http://tallyalanon.org">tallyalanon.org</a>	<b>888-425-2666</b>
Offers the fellowship of families and friends of alcoholics to enable them to share their experience, strength, and hope in order to solve their common problems. <b>Virtual and phone meetings available.</b>		
<b>Big Bend Area Narcotics Anonymous</b>	<a href="http://bigbendna.org">bigbendna.org</a>	<b>850-224-2321</b>
Facilitates education and support for recovering drug addicts. <b>Virtual meetings available.</b>		
<b>Debtors Anonymous</b>	<a href="http://debtorsanonymous.org">debtorsanonymous.org</a>	<b>800-421-2383</b>
Helps people recover from compulsive spending.		
<b>Sex Addicts Anonymous</b>	<a href="http://saa-recovery.org/">saa-recovery.org/</a>	<b>800-477-8191</b>
Provides education and support to help individuals stop addictive sexual behavior and recover from sexual addiction. <b>Virtual and phone meetings available.</b>		
<b>CANCER</b>		
<b>National Ovarian Cancer Coalition, Big Bend Chapter</b>	<a href="http://ovarian.org">ovarian.org</a>	<b>850-270-5709</b>
Raises awareness, conducts community outreach and promotes education about the disease, offers support to ovarian cancer survivors, their families and friends.		
<b>CAREGIVER SUPPORT</b>		
<b>Support Group for Caregivers</b>	<a href="http://alzheimersproject.org">alzheimersproject.org</a>	<b>850-386-2778</b>
Provides education, facility respite, and support to caregivers assisting Alzheimer's patients.		
<b>Alzheimer's Association Caregiver Bereavement Support Group</b>	<a href="http://alz.org">alz.org</a>	<b>800-272-3900</b>
<b>Virtual meeting via Zoom</b> on the second Saturday of every month from 10:00 AM – 11:00 AM. Call the number above to register and receive the link to join.		
<b>GRIEF AND LOSS</b>		
<b>Big Bend Hospice Grief Support</b>	<a href="http://bigbendhospice.org">bigbendhospice.org</a>	<b>850-671-6078</b>
Provide coping skills, support and education to anyone who has lost a loved one. Registration is requested. Individual counseling is also available by appointment.		
<b>Big Bend Hospice Suicide Loss Support</b>	<a href="http://bigbendhospice.org">bigbendhospice.org</a>	<b>850-671-6078</b>
Open to anyone who has experienced a loss due to suicide.		
<b>Covenant Care Grief Support Groups</b>	<a href="http://choosecovenant.org">choosecovenant.org</a>	<b>850-575-4998</b>
Provide a variety of support activities to assist anyone who has lost a loved one. Individual counseling is also available.		

## NEUROLOGICAL DISORDERS

**Stroke Support Group** [tmh.org/supportgroups](http://tmh.org/supportgroups) **850-431-5164**  
Offers an opportunity for individuals that are stroke survivors and their families to share information, experiences and insights.

**Parkinson's Support Group** [tmh.org/supportgroups](http://tmh.org/supportgroups) **850-431-5002**  
Provides education regarding Parkinson's disease for TMH Neuroscience Center clients, family members, caregivers and the community. All individuals with Parkinson's disease may attend group meetings.

**Brain Injury Support Group of the Big Bend** [tmh.org/supportgroups](http://tmh.org/supportgroups) **850-431-5766**  
**850-431-5037**  
Offered by TMH Neuroscience for survivors of brain injury, their families and neuroscience professionals.

**Epilepsy Support Group** [eabb.org](http://eabb.org) **850-222-1777**  
Established for people with epilepsy, their families, co-workers, friends, and those who would like to know more about epilepsy. **Virtual options may be available.**

## WEIGHT CONTROL

**Tallahassee Memorial Bariatric and Weight Management Support Group** [tmh.org/supportgroups](http://tmh.org/supportgroups) **850-431-5409**  
Offers support for patients considering or having bariatric surgery.

**Overeaters Anonymous** [oa.org](http://oa.org)  
A program of recovery from compulsive eating using the twelve-step method. **Virtual meetings available.**

**TOPS (Taking Off Pounds Sensibly)** [tops.org](http://tops.org) **800-932-8677**  
Weight loss support and healthy living education.

**Weight Watchers** [weightwatchers.com](http://weightwatchers.com) **800-651-6000**  
Offers social support for weight loss to members. **Virtual support available through Weight Watchers online community.**

## GENERAL SUPPORT

**The Reinvention Group** [lifereimagined.aarp.org](http://lifereimagined.aarp.org) **866-595-7678**  
AARP group provides supportive conversation for people age 50 and over who are making life changes.

**Friends Connection** **850-891-4066**  
A service of **UPSLIDE** (Utilizing and Promoting Social Engagement for Loneliness, Isolation and Depression in the Elderly) for people age 50 and older who feel lonely and isolated. **Virtual meetings available.**

## MISCELLANEOUS GROUPS

**Senior LGBT+ Support Group** [ecsbigbend.org/events](http://ecsbigbend.org/events)  
This monthly support group is available to any LGBT+ individual age 60 and over. Visit the website above to register. **The group is currently meeting virtually.**

**Tallahassee Memorial Diabetes Center** [tmh.org/supportgroups](http://tmh.org/supportgroups) **850-431-5404**  
Provides education and support to adult diabetes patients and their families.

**National Alliance for the Mentally Ill** [nami-tallahassee.org](http://nami-tallahassee.org) **850-841-3386**  
Provides support and advocacy for people living with mental illness. **NAMI classes available virtually.**

**Depression and Bipolar Support Alliance of Tallahassee** [dbsalliance.org](http://dbsalliance.org) **850-875-1556**  
Supports patients with mood disorders as well as their families and friends. **Virtual support groups available.**