

SUPPORT GROUPS

ADDICTION & SUBSTANCE ABUSE

Alcoholics Anonymous	intergroup5.org	850-224-1818
Provides education and support, either through group meetings or one-on-one, for individuals to achieve sobriety. Virtual meetings available.		
Al-Anon Groups	tallyalanon.org	888-425-2666
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. Virtual and phone meetings available.		
Big Bend Area Narcotics Anonymous	bigbendna.org	850-224-2321
Facilitates education and support for recovering drug addicts. Virtual meetings available.		
Debtors Anonymous	debtorsanonymous.org	800-421-2383
Helps people recover from compulsive spending.		
Sex Addicts Anonymous	saa-recovery.org/	800-477-8191
Provides education and support to help individuals stop addictive sexual behavior and recover from sexual addiction. Virtual and phone meetings available.		

CANCER

National Ovarian Cancer Coalition, Big Bend Chapter	ovarian.org	850-270-5709
Raises awareness, conducts community outreach and promotes education about the disease, offers support to ovarian cancer survivors, their families and friends.		

CAREGIVER SUPPORT

Support Group for Caregivers	alzheimersproject.org	850-386-2778
Provides education, facility respite, and support to caregivers assisting Alzheimer's patients.		
Alzheimer's Association Caregiver Bereavement Support Group	alz.org	800-272-3900
Virtual meeting via Zoom 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.		

GRIEF AND LOSS

Big Bend Hospice Grief Support	bigbendhospice.org	850-671-6078
Provide coping skills, support and education to anyone who has lost a loved one. Registration is requested. Individual counseling is also available by appointment.		
Big Bend Hospice Suicide Loss Support	bigbendhospice.org	850-671-6078
Open to anyone who has experienced a loss due to suicide.		
Covenant Care Grief Support Groups	choosecovenant.org	850-575-4998
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 **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 **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 **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 **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 **850-431-5409**
Offers support for patients considering or having bariatric surgery.

Overeaters Anonymous oa.org
A program of recovery from compulsive eating using the twelve-step method. **Virtual meetings available.**

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

Weight Watchers 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 **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
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 **850-431-5404**
Provides education and support to adult diabetes patients and their families.

National Alliance for the Mentally Ill 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 **850-875-1556**
Supports patients with mood disorders as well as their families and friends. **Virtual support groups available.**