

Support Groups in St. Clair County

Abuse/Domestic Violence Related

Children's Domestic Violence Support Group - Offered for children who have suffered from domestic violence. Please contact Safe Horizons – (810)985-4950 ext. 212. Please call for current meeting location. Meetings are scheduled for Monday's at 6pm.

Domestic Violence Support Group – Located at Sacred Heart Church on Tuesdays from 10-11:30am. Located in Imlay City, MI. Sponsored by LACADA For any questions as well as dates and times please call 810-667-4175

Domestic Violence Women in Transition – For women who are victims of domestic violence. Please contact Safe Horizons at 810-985-4950. Please Call for location, group meets Monday and Saturday at 6pm

RAINN (National Sexual Assault Hotline) – 24 hour hotline that will link you to sexual assault services statewide. 800-656-HOPE

Safe Horizons/DARES – Sexual assault group for adolescents. Meetings held within the Port Huron Area, questions can be directed to 810-985-5538. Frequency and location is give out after contact is made with the DARES program.

Sexual Assault Support Group – For women who are survivors of sexual assault. Please contact Safe Horizons at 810-985-4950 ext. 214. Please call for meeting location; meet Saturdays at 6pm

Alcohol Related

Al-Anon Area Information Service Office – Thumb Region 989-823-3243 or 989-670-1605

Al-Anon – Various locations and Meetings throughout Port Huron all are opened to those who know or think that their life is or may have been affected by someone else's excessive drinking.

Regular Al Anon (Handicap Access) - Sunday Night 7pm Stepping Stones AFG Our Lady of Guadalupe Mission 3110 Goulden St.

Regular Al Anon - Tuesdays at 7pm. Blue Water Serenity Al-Anon Club. 1317 7th St.

Regular Al Anon – Tuesdays at 7pm St. Paul's Episcopal Church 3201 Gratiot Ave. (Enter thru back door off parking lot – upstairs)

Regular Al Anon - Wednesdays at 1pm St. Paul's Episcopal 3201 Gratiot Av. (Use back door off parking lot; located upstairs.)

Regular Al Anon – Fridays 8pm St. Joseph Mercy 2601 Electric Ave. Handicap Access : Woman's Center 1st Floor Conference Room

Al Ateen

Meeting in Port Huron Area Sundays 7pm - Please use Thumb Region Information Service Office Numbers to find current location of meeting.

Alcoholics Anonymous – For Individuals who have problem with alcohol. This is a peer led support group. Please call 810-987-8884 (24 Hours a day) for more information regarding dates and times. Meetings take place through out the county.

M.A.D.D. – For surviving victims of accidents cause by drunk driving. Meets the third Wednesday of every month at 7pm. Located at 108 Huron Blvd, in Marysville. Please call 810-364-9919 with any additional questions.

Alzheimer's/Dementia Support Groups

Alzheimer's Support Group – To provide emotional support and education to caregivers of individuals with Alzheimer's. Located at River Bend Assisted Living 1572 Meisner Rd, East China Twp. The Third Wednesday of the month at 2pm.

Care Giver Support Groups – For care givers with patients who have Alzheimer's or related conditions. Located at the Port Huron Hospital 55 Plus Program 1131 Erie St. 4th Tuesday of every month from 1 – 2:30pm

- May also check with the Alzheimer's Association Helpline for other possible additional support groups or information – 810-272-3900

Amputee

Possibly Starting Soon at the Village at Mercy Health Center 4170 24th Ave, Fort Gratiot, Mi. Sponsored by Able Orthopedics, can be reached at 810-985-8006

Anger Management

Anger Management for Children - Sponsored by Professional Counseling Center, Please call for schedule time and locations. 989-635-7137

Anger Management Classes through Center for Human Resources – program runs for 7-8 weeks.

Ages 8-12 Wednesdays 4:45-5:45pm

Ages 13-18 Tuesdays 5:45 – 7

Adults – Tuesdays 5-7pm, Wednesdays 5-7pm or Thursdays 9:30am – 11:30am

Arthritis

Port Huron Hospital – 55 Plus. Education and Support for those affected by Arthritis. Usually meets the 4th Wednesdays of each month from 2-3:30 p.m. 55 Plus Classroom 1201 Stone St. Suite 2. If you should have any questions please call (810) 989-3121

Autism

Autism Society of American – For families who have children who have autism. Located at the Pine River Nature Center and Memphis Public Library. Every second Monday of the month – alternating from mornings from 10-12 p.m. and evenings from 6-8 p.m. Please contact Paula Bellhorn at (810) 357-1679 or (586) 447-8835.

Autism Support – Group for families of autistic children. Meets the 2nd Tuesday of the month at 7pm at the Port Huron Main library. If you should have questions please contact Jackie martin-Sebell via email at mamaonamissionforautism@yahoo.com

Blindness/Visual Impairments

Blue Water League of the Blind – Support for individuals who are blind and/or visually impaired and their families. This group meets the third Thursday of every month at the North Grotto Hall, 2884 Kraft Rd, Fort Gratiot. Should you have any questions please contact Michal Greno at (810) 982-0717

Low Vision Support Group – A support group for individuals who are blind, legally blind or have low vision. This group meets the first Wednesday of every month from 11 am to 12 pm at St. John's River District Hospital, Meeting Room 1, 4100 River Road East China Top. Registration is required, please call (810) 329-5172 for registration as well as any other questions you may have.

Breast Feeding

Led Leche League – For mothers who are breast feeding. This is a peer led group that meets every second Tuesday of the Month at 7pm at the Port Huron Library 210 McMorrان Blvd. Please contact Melissa at (810) 329-3053.

Breast Feeding Class – A one session class for mothers who are beginning to breast feed. This is a professional led group through St. John River District – 4100 River Road, East China Twp. Meets in meeting rooms 1 & 2. Please call for current times and dates 1-866-501-3627

Breathing/Lung Issues

Breather's Club – For individuals with chronic lunge Disease. Sponsored and located within St. John River District Hospital, 4100 River Road, East China Twp. Meets the third Tuesday of every month at 3pm. Please call (810) 329-5366 for room location as well as with any other additional questions.

Cancer

American Cancer Society – Support group for cancer patients. Located at Port Huron Hospital, 2271 Pine Grove Ave, Port Huron. Please call the Hospital at 800-228-1484 or the American Cancer Society (810) 733-3702 should you have any questions or for times and dates of meetings.

Breast Cancer Support Group – For breast cancer patients. Group meets the first Monday of each month at 5:30 p.m. Group meeting location is at St. Joseph Mercy Hospital in the First Floor Conference Room, 2601 Electric Ave, Port Huron. Please call (810) 985-1350 if you have any questions.

Cancer Support for Men – Support group for MEN who have or have had cancer. They meet the first Tuesday of each month from 6:30 – 7:30 p.m at St. Paul Lutheran Church. No registration required. St. Paul Lutheran in located at 3790 West Water St, Port Huron. The church may be reached at (810) 982-9853

Cancer Support for Women – Support group for women who have cancer. Run by Port Huron Hospital in coordination with the Port Huron Hospital Women's Wellness Place, 2271 Pine Grove, Port Huron. Please call for current dates and times 1-800-228-1484

Look good, feel better program – For women with cancer who are going through cancer therapy. They can receive tips from trained cosmetologists in regards to wearing wigs, scarves and make up. The program runs the 4th Thursday of every month from 6-8 p.m. Located within Port Huron Hospital at the Port Huron North Classroom, 1221 Pine Grove Ave, Port Huron. (North Entrance). Please call 1-800-513-9930 to register.

Cardiac

Chronic Obstructive Pulmonary Disease Support Group – This is a group led by a registered nurse to provide free support and education for those patients and families affected by lung problems. Held the 2nd Monday of each month from 3:00-4:00 p.m. No registration required. Established through the 55 Plus Program – Port Huron Hospital located at 1131 Erie Street, Port Huron, MI. Please call (810) 989-3199 or 800-228-1484 should you have any questions

Heart Link Club – This club is for heart patients, family, friends, and any interested individuals. There is heart/cardiac information and Cardiac Support and education, round table discussions, physician speakers with related topics and cardiac information contacts. This is a co-led group sponsored by and located at Port Huron Hospital 1221 Pine Grove, Port Huron. Please call (810) 989-3199 for current meeting times and dates

Stroke Survivors – This groups seeks to provide support for stroke survivors and their families and friends. Sponsored by and located at Port Huron Hospital within the North Classroom. 1221 Pine Grove, Port Huron, Please call (810) 989-3199 for current meetings times and dates

Children

Children's Domestic Violence Support Group – For Children who are victims of domestic violence. This group meets on Mondays at 6:00pm. It is sponsored by Safe Horizons, individuals interested in this group would need to contact Safe Horizons at (810) 985-4950 ext. 212 to find current meeting location as well as address any further questions you may have.

Divorce Care for Children – A group for children whose parents are separated or divorced. Sponsored by the Colonial Woods Missionary Church located at 3240 Pine Grove, Port Huron, MI. You may contact them directly at (810) 984-5571 with any questions as well as acquiring information to current meeting dates and times.

Pediatric Diabetes Support Group – A group for families of children who have diabetes. This is sponsored and located at Port Huron Hospital 1221 Pine Grove, Port Huron. You may contact them directly at 800-228-1484 or (810) 989-3199 to inquire about current meetings dates and times.

*Also see Abuse/Domestic violence or Anger Management for other support groups directly related to assisting children.

Downs Syndrome

St. Clair County Down Syndrome Support Group – For families of children who have down syndrome. This support group meets at the Woodland Developmental Center at 499 Range Road, Marysville, MI on the Third Monday of every month at 6 pm. Please contact Kelly Dinardo at (810) 367-2045 with any questions.

Divorce

Divorce Care – Support Group for persons who are currently separated or divorced. This group meets at Colonial Woods Missionary Church, Room 204, 3240 Pine Grove, Port Huron every Monday at 6 pm. You may contact the church directly with any additional questions at (810) 984-5571

Divorce Care for Kids – Support group for children whose parents are currently separated or divorced. Sponsored by the Colonial Woods Missionary Church located at 3240 Pine Grove, Port Huron, MI. You may contact them directly at (810) 984-5571 with any questions as well as acquiring information to current meeting dates and times.

Eating Disorders/Diet/Weight Loss

Overeaters Anonymous – Group for compulsive eaters looking for support in regards to physical, emotional and spiritual well-being associated with over eating. Program offers support and education through its twelve step traditional program. There are currently two meeting locations for Overeaters Anonymous within Port Huron. One group is location at Operation Transformation, 1904 Popular St, Port Huron and meet on Tuesdays at 7 pm. Please contact Suzanne at (810) 364-5649 with any additional questions. The second meeting is location at Port Huron Hospital 1221 Pine Grove Ave, Port Huron. Located within the North Classroom, Group meets on Wednesdays at 7pm and Fridays at 6:30pm. Please contact Myma at (810) 329-2739 with any additional questions.

Lap-Band Surgery Support Group – Support group for individuals who have had or are considering Lap-Band surgery. This groups meets the third Tuesday or each month from 6:30 – 8:30 pm at Port Huron Hospital in the Duffy Classroom, 2271 Pine Grove, Port Huron. For more information please call (810) 989-3328

Tops (Taking off Pounds Sensibly) – Support group environment for individuals who want to lose weight sensibly. There are two locations currently within Port Huron. First group meets at the First United Methodist Church at 828 Lapeer Ave on Fridays at 8:30 am and the second group meets at Our Savior Lutheran 1029 6th Street. On Thursdays at 6pm. There are dues associated with this organization; National dues of \$20/year and a monthly due of \$4. There are other meetings and locations located outside of Port Huron, to find other meetings that may be closer to your or direct any questions to 1-800-YES-TOPS

*Individuals can also gain support through the National Eating Disorder Associations Helpline at 1-800-931-2237 Monday – Friday from 11:30 am to 7:30 pm.

Fibromyalgia

Fibromyalgia Support Group – A support group for things individuals as well as families who are affected by fibromyalgia. There has been support groups in the past through St. Johns River District Hospital located at 4100 River Road, Each China Twp. Please contact them at (810) 329-5329 to see if group is running again and any other possible information in regards to it.

Gambling

Port Huron Gamblers Anonymous – Support group for individuals who have gambling problems. This group meets on Monday nights at 7pm at the Hillside Wesleyan Church Basement, 5114 North River Rd, North Street, MI. Any questions can be directed to (810) 985-9614

*Individual may also contact the Michigan Hotline for Gambling to find over support resources within the area

Grieving

Bereaved Parents – Support group for parents who have lost a child of any age. This monthly support group meets in the North Classroom at Port Huron Hospital 1221 Pine Grove, Port Huron and is held the first Tuesday of every month from 6:30 pm – 8:30 pm. Any questions please call HealthAccess at 1-800-228-1484 or locally at (810) 989-3199.

New Beginnings – Support group for people who are having difficulty dealing with the loss of a family member or loved one. This is a professionally led group that meets the first Tuesday or every month at Hospice, 1430 Military St, Port Huron. Registration is required, to register or ask any additional questions please contact Joan Holmstrom at (810) 982-8809.

Wings – A socialization group for individuals who are having difficulty dealing with the loss of a loved one. This is a peer led group which meets the second and fourth Tuesday or every month. Individual interested are encouraged to contact Hospice at (810) 982-8809 for location as well as times.

Widowed Care – This support group seeks to aid spouses through the grieving process. This group meets Mondays from 7-8:30 p.m. at Colonial Woods Missionary Church, 3240 Pine Grove, Port Huron, MI. There is a \$30.00 cost for this group however scholarships are available for those who needs assistance is paying. Questions can be directed to the Colonial Woods Missionary Church (810) 984-5575

Homework/ Home Schooling/Tutoring

CHEBWA (Christian Home Educators of the Blue Water Area) – Support group for individuals educating their children at home which meets the third Monday of every month from 6:45 – 8:45 pm. Meetings are held at the Baker College meeting room, 3403 Lapeer Rd, Port Huron. Questions can be directed towards either Venera Greer (810) 985-8441 or Martha Drake (810) 984-2290.

Adult Literacy Tutoring – Peer led group for adults with low reading skills including one on one tutoring. Group meets at the St. Clair County Library, 210 McMorran Blvd, Port

Huron. Please call (810) 987-7323 ext. 156 with any questions as well as inquiring about current meeting dates and times.

Expectant Parents/Parenting

Childbirth Classes for expectant parents. Classes are located at St. John's River District Hospital 4100 River Rd, East China Twp. Please call the hospital directly at 1-866-501-3627 for next available classes.

Child Birth Education classes for expectant parents. Classes are offered through and located at Port Huron Hospital, 1221 Pine Grove Ave, Port Huron. There are several different options from an all day Saturday condensed class to the weekly course in caring for the children from birth through the first few weeks at home. Courses are available in child proofing your home as well as CPR for your infant. Please contact the hospital at 1-800-228-1484 or locally at 810-989-3199 to see what choices best first your needs as well as registration and inquiries about next available sessions.

Coping with Labor - classes for expectant parents. Classes are located at St. John's River District Hospital 4100 River Rd, East China Twp. Please call the hospital directly at 1-866-501-3627 for next available classes.

Mothers of Preschoolers (MOPS) – This is a support groups for mothers of children from infancy to kindergarten. They meet the second and fourth Thursday of every month from 9:15-11:15 a.m. Meetings are located at Trinity Yale Missionary Church, 304 North St, Yale. Questions can be directed towards to church at (810) 387-2070.

Parenting Classes – Classes are offered through NorServ Group for parents who are expecting. Six to eight week sessions are available. Please contact them directly at (810) 329-4798 to inquire of next available sessions. They are located at 1322 N. River Rd, St. Clair, MI.

Pregnancy Crisis – Support and resources for young women in a crisis pregnancy situation. Offers free testing, information on RU486 and the morning after pill. Information on pregnancy and option, maternity clothing, baby items, parenting classes, prenatal and labor support, ongoing care and support, peer counseling, referrals to community resources and agencies also available. Please contact the Blue Water Pregnancy Care Center at (810) 985-4673. They are located at 720 Griswold, Port Huron, MI.

Gay and Lesbian

PFLAG (Parents, family and friends of Lesbian and Gays) – Support for parents, family members or gay, lesbian, bisexual or transgender individuals. There are no current meetings within Port Huron, however there are chapters located within neighboring communities. Please call the PFLAG National Number at (202) 467-8180 for information or visit their website at pflag.org for chapter locations and contact information.

Mental Illness

National Alliance on Mental Illness (NAMI) – Organization for support and education for individual who have a mental illness. Those interested for services or support through this organization can contact the Blue Water NAMI at (810) 989-6476. Contacts for support groups and services are Robert George (810)765-7160 or Ronald Roof (810) 329-2775. Please contact any of the above numbers for current support group meetings.

Port of Hopes Inc – This is a drop in center that provides support for adults who have various mental illnesses. The drop in center in open from 8am-6pm and is located at 1002 Military St, Port Huron, MI. Individual interested is services through this service and stop in or contact them directly at (810) 982-3560.

Recovery Inc – This is a support group fro individual who have a mental illness. They meet every Tuesday at 7pm at the St. Mary’s Parish School Library at 415 6th Street, Port Huron. Those interested may contact Delores at (810) 329-3160 with any questions.

Multiple Sclerosis

MS Support Group – A support group developed to provide information about MS as well as support to MS patients, families and friends. This group meets the second Saturday of every month at 10 am. at Port Huron Hospital, 1221 Pine Grove, Port Huron. Please contact Deepa Nandamudi at (810) 966-6997

Narcotics

Narcotics Anonymous – A support group for individuals who are drug abusers. There are various meeting locations and times through St. Clair County. There is a NA Helpline for this area which can be reached to receive information about meeting times and locations at (810) 989-1627. Please look for information following support group listing as there is a list of Narcotics Anonymous meetings which are taking place within the county.

Parkinson’s

Michigan Parkinson’s Foundation – This is a monthly education/support group sponsored by 55 Plus and the Parkinson Foundation. Its meets the first Wednesday of each month from 2-4 pm and located at 1221 Pine Grove, Port Huron. For additional information please contact Luann Black at (810) 987-5000 ext 2530 or the Hospital at 810-989-3199.

Stroke

Stroke Survivors Support Group – Support Group for individuals that have survived a stroke. Meets the first and third Wednesday of each month from 10-11 am at Port Huron Hospital, 1221 Pine Grove, Port Huron. Any questions please call HealthAccess at 1-800-228-1484 or locally by 810-989-3199.



Click on a day of the week below to jump to meetings on that day.

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For Area Service Committee and Sub-Committee meeting times, please click on "EVENTS" above.

Sunday

7:00 PM "Courage In Action" (C, NS, BF, HA, CN, RF, OS 3rd Sunday)
Mercy Hospital (Basement Auditorium)
[2601 Electric Ave., Port Huron, MI 48060](#)

7:30 PM "Courage & Hope" (C, CN, NS)
St. Martin Lutheran Church (Soup Kitchen)
[805 Chestnut St., Port Huron, MI 48060](#)

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Monday

10:00 AM "Morning Reflection" (O, "Just for Today" focus)
Serenity Club of Port Huron
[1317 7th St., Port Huron, MI 48060](#)

11:00 AM "Marine City Miracles" (O, NS, BF, HA, no meetings on holidays)
St. Mark's Episcopal Church
[527 N. William St., Marine City, MI 48039](#)

7:30 PM "Bridge to Recovery" (C, NS, OS last Monday, no children)
St. Martin Lutheran Church (Soup Kitchen)
[805 Chestnut St., Port Huron, MI 48060](#)

7:30 PM "Recovery from the Heart" (C, HA, NS)
Sacred Heart Rehabilitation Center (Gym)
[400 Stoddard Rd., Richmond, MI 48062](#)

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Tuesday

10:00 AM "Morning Reflection" (O, "Just for Today" focus)

Serenity Club of Port Huron
1317 7th St., Port Huron, MI 48060

6:30 PM "Sandusky Stepping Up" (O, HA, NS)
Ehardt Center (Kids Connection Building / CMH)
217 E. Sanilac St., Sandusky, MI 48471

7:30 PM "Get Real NA" (C, NS, SS)
Trinity United Methodist Church
424 Smith St., Algonac, MI 48001

7:30 PM "Stairway To Recovery" (O, NS, OS 2nd Tuesday, child care available)
Our Savior Lutheran Church (Wall St. entrance / kitchen stairway)
1029 6th St., Port Huron, MI 48060

7:30 PM "Surrender On Sixth Street" (O, NS)
St. Paul's Episcopal Church (Adams St. entrance)
115 N. 6th St., St. Clair, MI 48079

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Wednesday

10:00 AM "Morning Reflection" (O, "Just for Today" focus)
Serenity Club of Port Huron
1317 7th St., Port Huron, MI 48060

7:00 PM "One of a Kind" (O, RF, BF, HA, NS)
Gratiot Park United Methodist Church (Susanne Wesley Hall)
811 Church St., Port Huron, MI 48060

7:00 PM St. Clair County Intervention Center (H&I)

7:30 PM "Give it Up" (O, NS)
Trinity United Methodist Church
424 Smith St., Algonac, MI 48001

7:30 PM "Grant Us the Serenity" (O, NS, BF)
Grant Township Hall
7942 Wildcat Rd., Jeddo, MI 48032

7:30 PM "Young in Recovery" (C, OS 2nd Wednesday)
Serenity Club of Port Huron
1317 7th St., Port Huron, MI 48060

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Thursday

10:00 AM "Morning Reflection" (O, "Just for Today" focus)
Serenity Club of Port Huron
1317 7th St., Port Huron, MI 48060

7:30 PM "New Horizons" (C, NS)
St. Martin Lutheran Church (Soup Kitchen)

805 Chestnut St. Port Huron, MI 48060

7:30 PM "Step to the Beach" (O, NS)

St. John's United Church of Christ (walk to beach - weather permitting)
227 West Blvd., Marine City, MI 48039

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Friday

10:00 AM "Morning Reflection" (O, "Just for Today" focus)

Serenity Club of Port Huron
1317 7th St., Port Huron, MI 48060

7:00 PM Huron House (H&I)

7:30 PM "Reach for the Beach" (O, NS)

St. Martin Lutheran Church (walk to beach - weather permitting)
156 S. William St., Marine City, MI 48039

7:30 PM "Steps To Freedom" (O, HA, NS) **NEW!!!**

Deckerville Community Hospital (South Hall Conference Room)
3559 Pine St., Deckerville, MI 48427

7:30 PM "Vision of Hope" (O, NS)

Grace Episcopal Church (rear entrance / courtyard stairway)
1213 6th St., Port Huron, MI 48060

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Saturday

2:00 PM "It's Never Over" (C, NS) **CLOSED**

6:30 PM "Standing on the Steps and Traditions" (O, BF, NS, SS)

St. John's United Church of Christ
710 Pine St., Port Huron, MI 48060

8:00 PM "Saturday Night Live" (O, NS, OS 4th Saturday) **NEW!!!**

Gratiot Park United Methodist Church (Susanne Wesley Hall)
811 Church St., Port Huron, MI 48060

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Legend

BF Barrier Free
 C Closed (addicts only) - for those who have a desire to stop using
 CN Common Needs (Men's, Women's, Gay etc.)
 HA Handicap Accessible
 H&I Hospitals & Institutions (residents/inmates only) - contact H&I to participate
 NS Non-Smoking
 O Open - for anyone interested in recovery
 OS Open Speaker
 RF Rotating Format
 SS Step Study