

## Local Support Groups

**Autism Support Group**- Hanover area meets at the Hanover Chapter of the Red Cross. Call 717-487-7878 for details

**Bereaved Programs**- Call the Pathways Center for Grief and loss at 391-2413 or 800-924-7610 for a list of programs

**Breastfeeding Class**- Free breastfeeding class available for the first Thursday of the month at 1pm at Gettysburg SCCAP building. A free Spanish class is also available. Call 334-7634, ext.132 for more information.

**Celiac Disease Support Group**- Informal support group of those living with gluten-free diet. Gettysburg Hospital Community Room. Call 717-642-6053 or 717-337-1557

**Children's Aid Society Parent Support Groups**-The Lehman Center, 402 W. Market St.,

## Support Groups

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York, PA. meets weekly on Thursdays from 12:30 to 2:30 pm; The Nicarry Center, 343 Lincoln Way West, New Oxford meets the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday monthly from 6:00 to 7:30 pm; York County Prison Groups-open to all incarcerated parents at both York County Prisons (Men's and Women's); Teen Parent Support Group is open to teen parents at William Penn High School.

[www.cassd.org](http://www.cassd.org)

**Compassionate Friends**- York Chapter meets 2<sup>nd</sup> Monday of each month 7 to 9 pm at Zion United Methodist Church, 1030 Carlisle Road, York. A support group for bereaved parents. Call 717-292-6046 for info. The Gettysburg Chapter meets on the 4<sup>th</sup>

Monday of each month from 7 to 9 pm at the Trinity United Church of Christ, 60 East High St., Gettysburg. Call 717-642-9897 for info.

**Depression Support Group**-Meets Tuesdays at the Hanover Hospital Chapel 7 pm. For info call 646-6905.

**Easy Breathers Club**- Meets at the Hillside Medical Center, 250 Fame Ave., Hanover, Room 209. For those with lung disease and their families. For info call 633-2159.

**Epilepsy Support Group**- Meets at Wellspan Neurology Conference Room, 290 St. Charles Way, York. For info call 851-4585.

**Hanover Mothers' Center**- Holds weekly playgroups on Tuesdays and Wednesdays from 10:00am to noon. For information on joining email [hanovermothersc\\_ntr@yahoo.com](mailto:hanovermothersc_ntr@yahoo.com)

**Lyme Disease Support Group**- Meets the 1<sup>st</sup> Sunday of the month 1-4 pm Gettysburg Hospital Community Room. Call 717-334-6806 or 717-334-6339.

**MommyTalk**-New moms are welcomed the 3<sup>rd</sup> month from 7 to 8 pm at Wellspan Women's Center, 35 Monument Road, 2<sup>nd</sup> Floor Classroom, York. For info call 717-851-4305

**Multiple Madness Mom's Club**- For moms of twins and triplets and more meets the last Tuesday of every month at Redeemer's UCC, 107 E. king St., Littlestown. Call 717-334-8343 or visit [www.geocities.com/multiplemadnessmomsclub](http://www.geocities.com/multiplemadnessmomsclub) .

**Parent Support Group**- Meetings in New Oxford at Children's Aid Society, meets biweekly.

For info call 717-624-4461.

**Peer Support for Children-** 6:30 to 7:30 pm. Six (6) week support group for children, ages 4 to 18 grieving a loss or life altering change in their families. St. Paul's Lutheran Church, 127 York St., Hanover. Call 637-5941.

**Single Parent Support Group-** Children's Aid Society, The Niccary Center, 343 Lincoln Way West, New Oxford. 1<sup>st</sup> and 3<sup>rd</sup> Tuesday evenings from 6 to 7:30 pm. Free to single parents/caregivers, child care for children 6 weeks to 12 years, refreshments for children and adults. If interested call 717-845-5771 x105.

**Teen Depression Support Group-** Hanover Hospital. For info call 646-6905.

**Tourette Syndrome Support Group-** For children and adults with Tourette Syndrome and their families. Metts third Saturday of every month at the Gettysburg Hospital Community Room A from 2 to 4 pm. Call 334-4895 or email [meltex@adelphia.net](mailto:meltex@adelphia.net) for info.