

Support Group Directory

Provided by the
Mental Health Association of Reading and Berks
County



122 W. Lancaster Avenue
Mifflin Plaza - Suite 207
Shillington, PA 19607

ph: 610-775-3000
fax: 610-775-4000

Office Hours:
Monday - Friday
9:00 am to 5:00pm
or by appointment

Please note: use the bookmarks on the left or use the browser search tool to find a word or words that might help your search!

Addictions (Please call 610-775-3000 for updated information)

[A.C.T.S \(Alcohol and Chemical Treatment Series\)](#)

[Alcoholics Anonymous \(AA\)](#) www.readingberksintergroup.org

[Alcoholics Anonymous](#)

[Celebrate Recovery](#)

[Gambler's Anonymous](#)

[Narcotics Anonymous](#) www.na.org

[Smoking Cessation](#) www.nicotine-anonymous.org/

[Overeaters Anonymous](#) www.oa.org

[Pill Addicts Anonymous](#)

[Stay Quit](#)

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Bereavement (Please call 610-775-3000 for updated information)

[Bereavement Support Group](http://www.immanuel-ucc.org/support_groups.php) http://www.immanuel-ucc.org/support_groups.php

[Bereavement Support Group](#) [St. Joseph's Medical Center](#)

[Bereaved Child Support Group](#)

[Healing For Damaged Emotions](#)

["Journeys"](#)

[Living With Loss](#)

[Living With Loss \(Mid-Day Douglasville\)](#)

[Miscarriage, Stillbirth and Infant Death Support Group](http://www.immanuel-ucc.org) <http://www.immanuel-ucc.org>

[Parents of Murdered Children](http://www.pomc.com) www.pomc.com

[Sudden Unexpected Death of a Spouse](#)

[Survivors of Suicide \(Reading\)](#)

[Survivors of Suicide \(Lancaster\)](#)

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Cancer Related Issues (Please call 610-775-3000 for updated information)

[After Breast Cancer \(ABC\)](#)

[Kids Care... When a Parent has Cancer](#)

[Breast Cancer Education & Support Group](#)

[Look Good... Feel Better](#)

[Cancer Support Group](#)

[Man-to-Man Prostate Cancer Support Group](#)

[Cancer Support Group-2](#)

[Pink Power Night](#)

["Circle Of Hope" Ovarian Cancer Support Group](#)

[Practical Matters](#) *ONLY for patients of The Reading
Hospital Regional Cancer Center*

[Colon Rectal Cancer Support Group](#)

www.readinghospital.org 610-988-9712

[General Cancer Support Group](#)

[Stepping Stones to Wellness](#)

[I Can Cope Cancer Support Group](#)

[Support & Encouragement Exceptional Kinship](#)

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Care Givers (Please call 610-775-3000 for updated information)

[Alzheimer's Association Family Caregiver Support Groups](#) www.alz-delawarevalley.org

[Caregivers Support Group](#) help@readinghospital.org

[Family and Friends Coping with Incarceration](#)

[Multiple Sclerosis Caregivers Support Group](#)

[NAMI Programs](#)

[CLICK HERE FOR REGISTRATION FORM](#)

[Parolee Support Group](#)

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Mental Health Issues (Please call 610-775-3000 for updated information)

[AD/HD Parent Support Group](#)

[Adult ADD/ADHD](#)

[Autism Support Group](#) www.autismsocietyofberks.org

[Autism Society of Berks County](#)

[CHADD Reading](#) www.chadd.org

[Eating Disorder Support Group](#)

[Friends Recovery Group](#)

[Lean On Me](#)

[Obsessive-Compulsive Disorder](#)

[Overcoming Anxiety and Panic](#)

[Postpartum Depression Support Group](#)

[Greater Reading Mental Health Alliance sponsors](#)
[NAMI of Berks County's](#)
[Recovery Group - NAMI](#)

[ReunionPsico/Educativa](#)

[SPELL](#)

[Survivors of Suicide - Reading](#)

[Women With Voices](#)

[Wellness Action Recovery Plan \(WRAP\)](#)

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Parents and Expectant Parents

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[Friend, Inc.](http://www.friendinc.org) www.friendinc.org

[LaLeche League](#)

[MOMS Club](http://www.momsclub.org) www.momsclub.org

[Parents without Partners](#)

[Single Mothers Support Group](#) *Meets the 2nd Friday of each month from 7:00-8:30pm*

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Physical Conditions (Please call 610-775-3000 for updated information)

[After Breast Cancer \(ABC\)](#)

[American Diabetes Association](#)

[American Heart Association](#)

[American Lung Association](#)

[Amputee Support Group](#)

[Amyotrophic Lateral Sclerosis Association](#)

<http://www.alsphiladelphia.org/>

[Arnold Chiari Brain Malformation](#)

[Aphasia Support Group](#)

[Better Breathers](#)

[Blind Association of Berks County](#)

[Brain Injury Support Group](#)

[Celiac Disease Support Group](#)

[Charipeople of PA Support Group](#)

[Children's Alopecia Project](#)

www.childrensalopeciaproject.org

[Fibromyalgia Support Group](#)

[FLOW – Friendship, Laughter, Openness, and Workout](#)

[Healing Yoga Classes](#)

[Heart Failure Support Group](#)

www.readinghospital.org

[Hepatitis Support Group](#) www.readinghospital.org

[Infertility Support Group](#)

[Life After Brain Injury](#)

[Life After Stroke](#)

[Multiple Sclerosis Support Group](#)

[Parkinson's Disease Support Group](#)

[Penny & Friends MS Support Group](#)

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Physical Conditions (continued) (Please call 610-775-3000 for updated information)

[Sleep Apnea Support Group](#)

[Tai Chi Group](#)

[Take Off Pounds Sensibly \(TOPS Club\)](#)

www.tops.org

[Weight Management Support Group](#)

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Relationship Issues (Please call 610-775-3000 for updated information)

[Divorce Care](#)

[Glad Tidings Assembly of God](#)

[Later Life Span Group](#)

[Marriage Enrichment Classes](#)

[Parents, Family and Friends of Lesbian and Gays - \(PFLAG\)](#)

[Reading Berks Gay-Straight Student Alliance](#)

rbgossa@hotmail.com or skigreens@aol.com

[Surviving & Thriving Through Separation Or Divorce](#)

[The Spectrum](#)

amber.brown@ppfa.org

[Berks TALKLINE](#)

[Teens Taking Flight](#)

[Workshops](#)

For anyone trying to live a life of integrity and moral purity. **Classes are separated by age and gender.**

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Services Improvement Groups

[Community Support Program – Advisory Committee Meetings](#)

[Community Support Program – Community Resource Committee Meetings](#)

[Community Support Program - Quality Improvement/Recovery Committee](#)