**Support Groups at the Greater Reading Mental Health Alliance**

**Visit** [**www.grmha.org**](http://www.grmha.org) **for more information OR call 610-775-3000**

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| **Name of Group** | **Facilitator** | **Meeting time** |
| **WRAP IT UP** | **Anita Coringrato**  610-775-3000 | **Monday 1:00-2:30 p.m.** |
| **The Survivors Network of those Abused by Priests** | **Mary Mchale**  610-775-3000 | **First Monday of every month**  **6:30 pm- 8:00 pm**  **STARTING OCTOBER 7, 2019** |
| **PEER to PEER**  **Support Group** | **Deb Zerbe**  **610-775-3000** | **Last Monday of the month**  **2:30-4:00 p.m.** |
| **Creative Expressions** | **Cheri Burkert**  610-775-3000 | **Tuesday 1:00-2:30pm** |
| **Anxiety Tool Box**  **Support Group** | **Cheri Burkert**  610-775-3000 | **Tuesday 2:30- 4:00 p.m.** |
| **Survivors of Suicide** | **Brian Richardson**  **Renee R Stoudt, LSW**  610-775-3000 | **2nd and 4th Tuesday of each month 7:00-8:30 p.m.** |
| **SPELL Support Group** | **Liz Hemmings &**  **Michele Ford**  610-775-3000 | **3rd Tuesday of each month**  **12:00-1:30p.m.** |
| **Mental Health Challenges Out in the Community** | **Sherre Yost**  610-775-3000 | **4th Tuesday of each month 10:00 am-11:00am**  **(Hosted at Circle of Friends)** |
| **Women’s Wellness Support Group** | **Robin Wagar**  610-775-3000 | **Every Wednesday @11:30 am to 1:00** |
| **Stress Relief Support Group** | **Deb Zerbe & Cassie Kinter**  610-775-3000 | **Wednesday 1:00-2:30 p.m.** |
| **Youth & Young Adult Support Group** | **Cassie Kinter**  610-775-3000 | **Every other Wednesday**  **3:00- 4:00 pm**  **STARTING OCTOBER 2, 2019** |
| **Mental Health Wellness in Action** | **Lory Leonti & Alisha Hickey**  610-775-3000 | **Thursday 10:00-12:00 p.m.** |
| **Family & Friends Coping with Incarceration** | **Michelle-Berks Connections/Pretrial**  484-260-3860 | **1st Thursday 7:00-9:00 p.m.** |
| **Out of the Blue**  **Pregnancy and Postpartum Support Group** | **Amanda Hunter, LCSW**  484-706-9465 | **4th Thursday of each month @ 6:30-7:30 pm** |

**REVISED: 9/29/2019**