

Local Support Groups

Free Support Groups- online and in-person

If you are looking for understanding from those who know what you are facing, then a support group may be just what you are looking for. There are several support groups to aid you in finding mutual help and building coping techniques that will guide you on your journey.

Depression

Depression Support Group (Educational & Support Group):

Every Wednesday, 7:00 PM – 8:30 PM

Held in-person at

Mental Health America

245 Butler Avenue, Suite 204, Lancaster PA 17601

Peer-led support group for adults struggling with depression and seeking community, support, and ideas for wellness: drop-in, confidential, and free.

Bipolar Disorder

Bipolar Support Group (Educational & Support Group):

Every Monday, 7:00 PM – 8:30 PM

Held at the *Church of the Apostles*

1850 Marietta Ave, Lancaster, PA 17603

Peer-led support group for adults and families of those with bipolar disorder: drop-in, confidential, and free.

Directions: *Please, park in the parking lot on the corner of Race Rd and Wheatland Avenue and enter the building's side entrance directly off of the parking lot.*

Anxiety, Panic, & OCD

Anxiety, Panic, and OCD Support Group:

Every 1st & 3rd Thursday from 7:00 PM – 8:30 PM

Held in-person at Mental Health America

245 Butler Ave, Suite 204, Lancaster, PA 17601

Peer-led support group for adults struggling with anxiety, OCD or panic attacks seeking community, support, and ideas for wellness. Support groups are drop-in, confidential, and free; no registration required.



Families of Suicide Loss Support Groups

Families of Suicide Loss Support Group:

Every 1st & 3rd Monday of each month, 7:00 PM – 8:30 PM

Held at Mental Health America

245 Butler Ave, Suite 204, Lancaster, PA 17601

Peer-led support group that welcomes those who have had someone close to them die by suicide. Support groups are drop-in, confidential, and free; no registration required.

Mental Health Family Support

NAMI Family Support & Educational Support Group

2nd Tuesdays, 7:00 PM – 8:30 PM

providing support and education for Families living with Mental Illness.

For more information or to inquire about the current meeting location contact

Barbara Navin at 717-475-3882 and info@namilancopa.org

“No Longer Alone” Family Support Group:

4th Sundays (except December), 3:00 PM – 5:00 PM

A program of Landis Communities: Christian support for those who have a loved one experiencing a mental illness

Educational program runs from 3:00 PM – 4:00 PM,

followed by “Share and Care” groups meeting from 4:10 PM – 5:00 PM.

Addiction Family Support

Al-Anon

Al-Anon Family Groups

Support for families and friends of Addicts. Although created to support those concerned about someone struggling with Alcohol, this group setting has been effective in supporting other addictions, Pornography, Drugs



scan me

Al-Anon local meetings

Al-Anon Meeting Search



scan me

Caregiver Support Groups

Helping Friends - Caregiver Support Group

Central Penn Fitness & Aquatic Center

450 Powers Ave

Harrisburg, PA 17109

2nd Monday of the Month - 2:00 PM - 3:30 PM

Bethany Village Mechanicsburg Caregiver Support Group

Bethany Village CCRC

325 Wesley Dr

Mechanicsburg, PA 17055

4th Wednesday of the Month - 3:30 PM - 4:30 PM

Contact John Bowen for Room location information (717-591-8081)

Masonic Village at Elizabethtown Caregiver Support Group

Masonic Village at Elizabethtown

1 Masonic Dr

Elizabethtown, PA 17022

3rd Tuesday of the Month - 10:30 AM - 11:30 AM

Courage To Caregivers

VIRTUAL GROUP COACHING (SUPPORT GROUPS) via ZOOM

Mondays at 7:00 p.m. EST

Tuesdays at 7:00 p.m. EST

Wednesdays at 7:00 p.m. EST

Wednesdays at 11:00 a.m. EST



You are not alone