



Behavioral Health Support Groups and Programs

AA Meetings

Tuesdays from 7:30-8:30 pm, Medical Arts Building Conference Room

Learn to Cope

Tuesdays from 7:00-8:30 pm, Dining Room A

This support network for families dealing with addiction and recovery offers compassionate and experienced facilitators, resources, education and guest speakers. Meetings are confidential and open those who have a loved one struggling with addiction. For more information call (508) 738-5148 or visit www.learn2cope.org.

MENder's

First and third Wednesday of the month from 7:00-9:00 pm, Heywood Hospital Med. Arts Building Conference Room – First and third Monday of the month from 7:30-9:00 pm, Athol Hospital Hillis Board Room

MENder's brings together guys facing issues such as illness, anger, stress, substance abuse, relationship problems or major life changes. By using various techniques, participants can develop the skills to deal with stressors. For more information call (978) 630-6455.

Suicide Survivor Support Group

Second Wednesday of the month at 6:30 pm, Community Education Room

This group is intended for individuals who lost someone they know to suicide. For more information, contact Lynn at (978) 632-3240 or Ichaves@comcast.net.

Suicide Attempt Survivor Support Group

Fourth Wednesday of the month at 6:30 pm, Med. Arts Building Conference Room

Are you or a loved one a suicide attempt survivor? This group provides a safe environment that promotes resiliency, increased self-awareness of risk, encourages help-seeking and support. For more information please call (978) 630-6166.

Partial Hospitalization Program

Monday-Friday, 9:00 am-3:00 pm

This program acts as a step down for individuals leaving an inpatient setting or as an early intervention to avoid hospitalization. It provides daily assessments by clinical staff, psychotherapy, life coaching, and therapeutic milieu. For details call (978) 630-6826.



For more information about our behavioral health services,
visit www.heywood.org or www.atholhospital.org.