Behavioral Health Groups & Programs

**AA Meetings**
Tuesdays from 7:30 - 8:30 pm
Community Education Room at Heywood Hospital

**Caregiver Support Group**
Dates subject to change, 2 - 3 pm
Community Education Room at Heywood Hospital
This group is for family and caregivers of a person with Alzheimer’s Disease or Dementia.
*For more information, call (978) 630-6325.*

**Learn to Cope**
Tuesdays from 7 - 8:30 pm
Pierce Board Room at Heywood Hospital
This support network for families dealing with addiction and recovery offers compassionate and experienced facilitators, resources, education and guest speakers.
*For more information, call (508) 738-5148 or visit www.learn2cope.org.*

**Suicide Survivor Support Group**
Second Wednesday of the month at 6:30 pm
Community Education Room at Heywood Hospital
This group is intended for individuals who lost someone they know to suicide.
*For more information, call (978) 630-6166.*

**Military Family Support Group**
First Wednesday of the month at 6 pm
Dining Room B at Heywood Hospital
This group offers a safe place for family members of active and former military members to share their experiences, struggles and hope in overcoming the invisible wounds of war that affect the entire family.
*For more information, call (978) 320-9804.*

**NAMI Connection Support Group**
Tuesdays from 7 - 8 pm
Dining Room B at Heywood Hospital
This free, peer-led support group is for adults who are concerned about their mental health.
*For more information, call (508) 331-2921.*

**MENder’s Support Group**
Offered in Athol, Fitchburg, Gardner & Leominster.
MENder’s brings together guys facing similar issues including illness, anger, stress, substance abuse, relationship problems or major life changes. By using multiple techniques, participants can develop the skills to deal with stressors. Members often share experiences and advice.
*For times and locations, please visit www.suicidepreventiontaskforce.org*