CAPS’ List of Support and Therapy Groups
- Indianapolis Area-

This list is created based on information available at this time. This is not an exhaustive list of group therapy options nor is it intended to endorse or recommend any listed provider.

ADHD

**ADD Support Group**
St. Luke’s United Methodist Church, Indianapolis
Meets in Rm E213 at St. Luke's United Methodist Church, Indianapolis
2nd and 4th Tuesdays, 7:00 pm
Contact Person: Mary Katherine Shnitz (contact ahead to verify room number and day)
schnitzm@stlukesumc.com

Addictions

**Alcoholics Anonymous**
See site for most current listing for meeting options:  http://www.aa.org

**Cocaine**
Call 317-920-4454 for current Cocaine Anonymous meetings in Indy
Some popular locations for meetings:
Blue Triangle, 725 N. Pennsylvania Street
Fairbanks Hospital, 8120 Clearvista Drive
Harbor Light Center, 2400 N. Tibbs Avenue
Lucille Raines Residence, 947 N. Pennsylvania
Pathway to recovery, 2135 N. Alabama Street
Talbot House, 1424 N. Central Avenue

Gambling

**Problem Gambling**
Methodist Hospital, 1701 N. Senate Blvd, Indianapolis
2nd Mondays at 7:30 pm
Free.
Contact: 317-929-1010 or 879-4100

**Gamblers Anonymous**
Mondays, 7:30 pm
St. Jude’s Church, 5353 South McFarland, Basement of rectory-SW story building
Indianapolis
(Last Monday of the month supportive individuals (partners, friends, family) are welcome to come as well).
Contact: 866-442-8621, http://www.gamblersanonymous.org/mtgdirIN.html

**North Side Indianapolis Gamblers Anonymous**
First Baptist Church, 8600 N. College Avenue, Room 208-2nd Floor-North Entrance #1
(North West corner of East 86th Street and College), Indianapolis
Wednesdays, 6:30 pm
Combined/Step/Comment Meeting. Open to family/supports as well.
Indianapolis Gamblers Anonymous
59 East Pleasant Run Parkway South Drive, Indianapolis, Basement-West meeting room
Thursdays, 7:00 pm
Closed Meeting (No family/supports)
Contact: 866-442-8621, http://www.gamblersanonymous.org/mtgdirlN.html

Indianapolis Gamblers Anonymous
Fairbanks Hospital, 8102A Clearvista Parkway, Room 139, Indianapolis
Saturdays, 9:00-10:00 am
Closed Meeting (No family or social supports)
Contact: 866-442-8621, http://www.gamblersanonymous.org/mtgdirlN.html

Indianapolis Gamblers Anonymous
Sundays, 5:00-6:30 pm
St. Luke’s Methodist Church, 100 W 86th Street, West Side Entrance #4, Indianapolis
Closed Meeting (No family or social supports)
Contact: 866-442-8621, http://www.gamblersanonymous.org/mtgdirlN.html

Gam-Anon (Gambling Support Group)
Sundays, 5:00 pm
St. Luke’s United Methodist Church, 100 West 86 St., Indianapolis
http://www.gam-anon.org/meeting.asp

Gam-Anon (Gambling Support Group)
Thursdays 7:00 pm
Pleasant Run United Church of Christ, 59 East Pleasant Run Pkwy S. Drive – basement, Indy
http://www.gam-anon.org/meeting.asp

Narcotics Anonymous (NA)
Site to find current Indianapolis meeting info and options:
http://portaltools.na.org/portaltools/MeetingLoc

Sexual
Sexual Addiction Group for Men
Meets at IU Physicians Health Behavioral Care Indianapolis
Ongoing sexual addictions group based on work of Patrick Carnes "Facing the Shadows." It is experiential and dyadic and homework is given every week. The leader is the only certified sexual addictions therapist in the Indianapolis area.
Thursdays, 6:00 pm
Contact: Carol Juergensen Sheets, LCSW at IUPHBC at 317 890-5710 -or-
csheets@clarian.org

Smoking
“Freedom From Smoking” (FFS) American Lung Association, Indianapolis
Designed to offer the group support and encouragement many need to quit smoking for good.
8 session program and uses an addiction-based model to help smokers understand their addiction and ways to break the habit. Participants are encouraged to use Nicotine Replacement Therapies and other medications as a component of the program. Cost includes comprehensive training manual, self-help guides, lunch and other ALA resource materials.
Contact: Indy American Lung Assoc  317-819-1181
Anxiety and Mood Disorders, Emotional Regulation

**Anxiety and Depression Support Group**
Fishers Public Library (East Room), 5 Municipal Dr., Fishers (317-579-0300 for directions to library)
The group is free and everyone is welcome. Call ahead to be sure there will be a facilitator.
2nd Saturday of the month, 9:30-11:30 am
Contact: Mental Health America at 317-776-3455 or email maryhalladay@msn.com

**Depression and Bipolar Support**
The Depression and Bipolar Support Alliance of Greater Indianapolis
Pleasant View Lutheran Church, 801 W 73rd St., Indianapolis, IN 46260
(located on the South/East corner of 73rd St. & Hoover).
Mondays, 7:30 to 9:00 pm
Meetings begin with announcements and brief introductions before friends and family split off to another room. Both groups have a member facilitate their discussion. The purpose of this meeting is to provide mutual support for consumers as well as friends and family.
Contact: 317.572-5009 -or- info@dbsaindy.org

**Cognitive Behavioral Emotion Regulation Group**
IU Physicians Health Behavioral Care Indianapolis
This is a 5 week group that teaches clients how to regulate their depression, anxiety and anger through cognitive behavioral approaches and skills like deep breathing with visualization and progressive relaxation and other self-soothing techniques.
Wednesdays, 6:00 pm
Contact: Carol Juergensen Sheets, LCSW at IUPHBC at csheets@clarian.org, 317-890-5710

**Women and Anger Group**
CTS, 1050 W. 42nd St., Indianapolis
Contact Deirdre Burton at 924-5205 ext. 5003 or prospectiveclientinfo@cts.edu

**Emotion Regulation Group**
IU Physicians Health Behavioral Care Indianapolis
Women’s Empowerment Group. 10 week series with a 2 week break to add new members. They customize the experience to fit the needs of the members and they might include conflict resolution, assertiveness, cognitive behavioral therapy, boundary setting.
Mondays, 5:00-6:30 pm
Contact Person: Carol Juergensen Sheets, LCSW at csheets@clarian.org, 317 890-5710

**Emotion Regulation Group**
921 E 86th St, Suite 210, Indianapolis
Every other Tuesday, 7:00-8:30 pm
$50 - $60 per session
Psychodynamic group with psychoeducational component designed to help clients develop greater capacities for experiencing, learning from, and regulating emotions. This group is for persons whose emotions tend to be either too loud or too soft, too intense or too hidden, inhibiting the ability to learn from experience.
Contact: Dr. K. Lyon at 317-300-5220
**Dialectical Behavioral Therapy**

*Dialectical Behavior Therapy (for college students)*
Woodview Psychology Group, 70 East 91st Street, Suite 210, Indianapolis
Tuesdays 6:00-7:15 pm
$70 per session
Dr. Byrd focuses on mindfulness, interpersonal skills, emotional regulation, and distress tolerance. The group is open ended - clients can join any time and terminate whenever they feel ready. It is required that the client be working with an individual therapist while in the group.
Contact: Dr. Kevin Byrd at 317-884-8639
http://www.woodviewgroup.com/Staff/Byrd.html

*Healing Hidden Hurts DBT Group*
600 East Carmel Drive, Suite 243, Carmel, Indiana
Mondays 4:00-5:00 pm
$20-$50 per session
Contact: Camishe Nunley, LMHC, CTS at 888-349-1116 before attending

*Dialectical Behavior Therapy*
Adult and Child Community Mental Health Center
Sliding fee scale, as low as $5/group
877-882-5122

**Autism Spectrum**

*Indianapolis Adults on the Spectrum*
A planned activity or gathering at Monon Coffee Co. each Saturday
Contact: dusksummers@gmail.com (Dusk) -or- ogberfellja@gmail.com (Joe)
Meetup info: http://www.meetup.com/indyadultaspergers/

Other opportunities at http://autismindiana.wikispaces.com/

**Dissociative Identity Disorder**

*“Complicated Women's Group” for DID*
Vanore Counseling, 931 E 86th St., Ste. 204, Indianapolis
Mondays, 4:00-6:00 pm
$70 - $80 per session
Women wishing to attend must be in individual therapy with the group therapist, and be approved for membership.
Contact: Joan Vanore, 317-427-6398

**Eating Issues**

*National Association of Anorexia and Associated Disorders Support Group*
2nd and 4th Monday of each month, excluding holidays, 6:00-7:30 pm
Free
Charis Center for Eating Disorders
6640 Intech Blvd., Ste 195, Indianapolis
317-295-0622 chariscenter@clarian.org
Eating Behavior Change Group Counseling
IU Health Bariatric & Medical Weight Loss Center, Indianapolis
1st and 3rd Tuesdays, 7-8 pm
317-275-7010

Eating Disorder Support Group
3925 Hagan Street, Suite #203, Bloomington
http://www.jantaylor.org/index.php?pageId=34
1st Tuesday of each month, 5-6 pm
Contact: Jan Taylor Schultz, LCSW at jan@jantaylor.org -or- 812-334-0001

Eating Disorder Group
Affinity Therapy, Indianapolis
Wednesdays evenings for 90 minutes
Contact Person: Diana L. EtsHokin, LCSW at Affinity Therapy
317-577-9208

Emotional Eating Support Group
St. Francis Weight Loss Center, 5230A E. Stop 11 Road, Indianapolis
Registration required.
Tuesdays, 7:00-8:00 pm
Contact: St. Francis Weight Loss Center at 317-782-7525

Bariatric & Medical Weight Loss Support Group
IU Health Bariatric & Medical Weight Loss, Indianapolis
Large group, educational, topic driven. Leader differs by topic.
First Tuesdays, 6:00-7:00 pm
Contact: IU Health Bariatric & Medical Weight Loss Center at 317-275-7010

General

National Alliance on Mental Illness (NAMI) Family and Friends Support Groups
A program in which families of persons with mental illness learn from each other's' experiences, share concerns and daily struggles, and offer each other encouragement, understanding and support.

Northside Support Site
2nd Tuesday at 7:00 pm
Pleasant View Lutheran Church, 801 W. 73rd St, Indianapolis (73rd & Hoover Rd)
Facilitator: Sara Walker

Hamilton County Support Site
3rd Thursday at 7:00 pm
Fishers Public Library, 5 Municipal Drive, Fishers 46038
Facilitators: Chris Sommer and Carol Joyce

Westside Support Site
4th Wednesday at 7:00 pm
Avon Town Hall, 6570 E. US 36, Avon
Facilitators: Joann Abbott and Amanda Morey
Central Support Site
3rd Saturday at 2:00 pm
Holy Angels Catholic Parish Center, 2822 Dr. Martin Luther King, Jr. Street, Indianapolis
Facilitators: Francita Spann, Bill & Betty Span

Eastside Support Site
4th Thursday at 7:00 pm
Gallahue Community Support Center, 1640 N. Ritter Avenue, Indianapolis
Facilitators: Mike & Mary Kempf, Donna Yancey, Linda Slinger

Southside Support Site
2nd & 4th Thursdays at 7:00 pm
Adult & Child Mental Health Center, 8320 Madison Avenue, Indianapolis

NAMI C.A.R.E. (Consumers Advocating Recovery Through Empowerment)
A program in which persons with mental illness learn from each other’s’ experiences, share coping strategies and offer each other encouragement, understanding and support.

Northside (Butler-Tarkington Area) Consumer Support Site
CTS Counseling Center, 1050 W. 42nd Street, Indianapolis
Contact NAMI Indianapolis office at 247-7517 for schedule and information

Southside Consumer Support Site
Meets 2nd & 4th Thursdays at 7:00 p.m.
Adult & Child Mental Health Center, 8320 Madison Avenue, Indianapolis
Facilitator: Kathy Neilson

Grief/Bereavement

Adult Grief Therapy Group
St. Francis Behavioral Health, Indianapolis
Every other Thursday, 5:30-7:00 pm
Contact: Steven Rumble, PhD, HSPP at steve.rumble@franciscanalliance.org -or- 317-782-6015

Dad's Grief Group for Young Adult Loss
Two locations (north and south)
Meets Tuesday mornings for breakfast at the Hilton North Hotel, 8181 N. Shadeland.
Second location/day: Thursdays, 7 am at Bob Evans at Rt. 135 and Main Street, Greenwood
Contact Person: Dr. Adolf Hansen at 317-846-3404 (ext: 450)

Grieving Daughters
6524 N Carrollton Ave, Indianapolis
$40 per session.
6 week support group for adult women who have lost their mothers to death. Among the topics covered are dealing with difficult emotions, memories, coping with special days, looking ahead, forgiveness. This is a very popular group and frequently has a waiting list. Clients must complete an intake with Kay prior to the beginning of the group. All fees are to be paid the first week of the 6 week session.
Contact Kay Whitehead, LCSW at 317-251-6251 (ext 5)

HOPE Grief Support Group (for loss of pregnancy or infant)
Group meets in the Spiritual Life Center at St. Luke’s United Methodist Church.
2nd Tuesday of each month at 7PM
Contact Person: Rev. Marsha Hutchinson at 317-705-0771
Open Arms Grief Support (for loss of pregnancy or infant)
3rd Thursday, 7:00 to 9:00 pm
Community Hospital North professional building located at 7250 Clearvista Dr, Indianapolis
Contact: Joni Cutshaw at 317-621-5275

Mom's Grief Support Group for Young Adult Loss
St. Luke's United Methodist Church, Indianapolis
This mom’s Grief Support Group for the loss of a young adult son or daughter meets two evenings each month at St. Luke's.
Contact: Rev. Marsha Hutchinson at hutchinsonm@stlukesumc.com at 317-846-3404 (ext: 315)

Pet Loss Grief Support Group
Location of meeting varies but is in Indianapolis. Call for more info.
Second Saturday 2:00-4:00 pm
(317) 251-4028

Bereavement Group
Community Health Network, North campus, 7250 Clearvista Pkwy,
In Professional Building Conference Room A
3rd Thursdays, 7:00–9:00 pm
Contact: Susan Meskis at 317-621-5275

Bereavement Group
St. Vincent Hospital, Northwest campus, New Hope, 8450 N. Payne Road (west of 86th and Michigan)
1st Thursdays, 7:00-9:00 pm
Contact: Sharon Mason or Cathy Carroll at 317-415-7494

Bereavement Group
St. Francis Hospital, South campus, 3145 E. Thompson Road, Indianapolis
2nd Tuesdays, 7:00-9:00
Contact: Marcia Jenkins at 317-865-5199

Chronic Pain Support Group
St. Luke's United Methodist Church, Indianapolis
Group meets in N101. This is a support group for patients with all types of neuropathic pain and for their families and friends. No registration required.
3rd Mondays, 6:00-8:00 pm
Contact: Dr. Meg Frazer at margaret.L.frazer@pfizer.com -or- 317-844-2903

Health/Injury/Illness

Brain Injury Support Group
Neuro Rehab Center, Indianapolis
Group meets at Neuro Rehab Center, 9531 Valparaiso Ct., Indianapolis. For adults (age 16 +) who have experienced a brain injury within the last year (or completed formal rehabilitation in the last year) and family members, friends, or caregivers.
4th Monday of the month, 7 pm to 9 pm
Contact Person: Samantha Backhaus at samantha.backhaus@rhin.com, 317-879-8940
Down Syndrome Support Group
St. Luke's United Methodist Church, Indianapolis
Group meets in Fellowship Hall. Childcare can be arranged by contacting Kristi Chamberlain at chamberlaink@stlukesumc.com
4th Tuesday, 6:00 pm
Contact Person: Mehida Perez at 317-925-7617

Chronic Pain Support Group
St. Luke's United Methodist Church, Indianapolis
Group meets in N101. This is a support group for patients with all types of neuropathic pain and for their families and friends. No registration required.
3rd Mondays, 6:00-8:00 pm
Contact: Dr. Meg Frazer at margaret.L.frazer@pfizer.com -or- 317-844-2903

Cancer Support Groups

Carcinoid Cancer Networking Group
5150 W 71st St, Indianapolis
3rd Saturdays, 10:00-12:00 (noon)
Free
Contact: 317-257-1505, www.twc-indy.org

Cancer Support Community
5150 W 71st St, Indianapolis
2nd Mondays, 6:00-7:30 pm (reservations required)
Free. Offers a support group for people with Leukemia, Lymphoma, Hodgkin's disease or Multiple Myeloma and their family members. Leukemia & Lymphoma Networking Group is a monthly drop-in group that gives participants an opportunity to connect with others, exchange information and share their experiences of dealing with a specific diagnosis.
Contact: 317-726-2270 (must register before attending)

Breast Cancer Support Group
5150 W 71st St, Indianapolis
2nd Wednesdays, 7:00-8:30 pm
Free. This group is for breast cancer patients, survivors, their families and caregivers. Light dinner is provided.
Contact: 317-257-1505 (advance notice of attendance is requested)

All Ages, All Stages (Breast Cancer Support Group)
5150 W 71st St, Indianapolis
4th Tuesdays, 6:30-8:30 pm
Free. A peer-led support group for breast cancer patients of all stages.
Contact: 317-257-1505 (advance notice of attendance requested)

Sisters Network (Breast Cancer Support, African American Women)
5150 W 71st St, Indianapolis
4th Tuesdays, 6:30-8:30 pm
Free. All breast cancer survivors and their loved ones are welcome to attend. Sisters Network is the only African American breast cancer survivorship organization nationwide with a commitment to increasing local and national attention to the devastating impact that breast cancer has in the African-American population. Light refreshments will be served.
Contact: 317-257-1505 (advance notice of attendance is requested)
Infertility

RESOLVE Peer-led Support Group
2nd Mondays, 6:30-8:30 pm
St. Luke's United Methodist Church, 100 West 86th Street, Indianapolis, IN 46260
Contact: indyresolve@yahoo.com

Indiana Collaboration for Families with Infertility (ICFI)
Beverages and snacks are provided. Welcoming to all ages, men and women, family and friends. Free. RSVP not required but strongly appreciated. E-mail maloi@MyICFI.org to RSVP.
http://myicfi.org/
South side meeting: University of Indianapolis Schwitzer Student Center, Rm 005
   3rd Wednesday, 7:00-8:30 pm
North side meeting: 10613 Winterwood Drive, Carmel, IN
   Last Tuesday of the month, 6:00-7:00 pm
   DIRECTIONS: Located off 106th between Springmill and Ditch. You will turn into Winterwood and will need to enter a code to get through the gate. The gate is #6228 – you must hit the pound sign first. Once you enter, it’s the 4th home on the right. Feel free to come through the front door as the group meets in the room directly to the right.

Mindfulness Based Stress Reduction (MBSR) Groups

Mindfulness Based Stress Reduction
Locations vary across Indianapolis (including one at IUPUI), multiple offered simultaneously
www.mindfulnessatthecenter.com
Tuition for the 8 week class is based on sliding scale
Contact: Kathleen Beck-Coon, M.D. at 317-460-1691, contact@mindfulnessatthecenter.com

Parenting/For Parents

Jesse’s Street Support Group for Parents With a Child With a Disability
St. Luke's United Methodist Church, Indianapolis
Group meets in the Main Office Conference Room of St. Luke's. Childcare can be arranged by contacting Sylvia Forbes at forbess@stlukesumc.com
3rd Monday, 6:30 pm
Contact: Kevin & Hillary McCarley at 317-850-1637

Active Parenting Group
2350 The Springs Dr., Indianapolis
$20 - $30 per session, 90 minutes each
Whether clients are looking to prevent problems, or the problems are there now, this class will help. Learn tools to communicate with their child, set clear boundaries, discipline effectively, gain confidence in addressing the often overwhelming issue of sex, drugs, and alcohol with teens, and help bring order and peace to the home. Parents of toddlers, children, or teens.
Contact: Dawn Kozarian, LMHC at 317-855-0829 to be placed on a wait list for the group.

Relationships

“Marriage Preparation-Starting Strong”
Group designed to help couples enhance their communication skills.
CTS, 1050 W. 42nd St., Indianapolis, IN 46208
317-924-5205, prospectiveclientinfo@cts.edu
End of Relationships
“Managing Yourself During Difficult Times”
Counseling & Solutions, 8713 South Street, Fishers, Indiana
Every other Monday, 6:00-7:00 pm
This therapy group is meant to help people recover after relationship ends. The group will involve common topics & interaction.
Contact: Melissa Newman, LMHC at counselingsol@gmail.com or 317-891-5793

“Circling Mars: Men Achieving Relational Success”
7700 North Meridian Street, Indianapolis
Group will offer tools and practices to access empathy and compassion for self and others. The group is designed to support men’s awareness of the split between their emotional and intellectual realities. Science is proving that lack of integration of one’s emotional mind leads to decreased wellness and diminished sense of wholeness. Circling MARS offers hope to end the cycle of isolation and assist men in revealing themselves to the world. In this group, men can expect greater connection within themselves and in personal relationships, increased self-awareness and life satisfaction, increased sense of balance and contentment, examination of how one’s thoughts, feelings, and perceptions influence connections.
Contact: Scott Sweet, LCSW, LCAC at 317-252-5518 or SSweet@CenterPointCounseling.org

Self-Esteem

Self Esteem Group
IU Physicians Health Behavioral Care Indianapolis
This is a 5 week group that focuses on personality strengths, family of origin issues, skills like assertiveness and conflict resolution and CBT to build confidence
Wednesdays 6:00-7:00 pm
Contact Person: Carol Juergensen Sheets, LCSW at IUPHBC at csheets@clarian.org, 317 890-5710