



Support Groups in the Lehigh Valley

■ Alzheimer's Disease

Julie Thomas 610-838-2552

Support and education for caregivers and people in early stages of Alzheimer's disease and other forms of dementia.

■ Amputees

Kim Bartman 610-402-7130

Karen Marzen 610-402-8760

Support and education for people coping with loss of a limb

■ Bereavement

Lehigh Valley Hospital and Health Network Programs

Call 610-402-CARE

Various groups meet afternoons and evenings at three LVH locations. Support for adults and teens who are grieving the death of a loved one.

■ Bereavement Workshop

Lorraine Gyauch 610-402-0573

Offered 8 weeks in spring and fall

Help for anyone in the community who has lost a loved one

■ Miscarriage and Stillbirth (SHARE)

Deanna Quay 610-285-4252

Katherine Ballinger 610-868-3394

Peer-led support for parents who have lost a baby

■ Death of a Child (Compassionate Friends)

Gene & Dawn DeLong 610-837-7924

Support for families who have lost a child—parents and siblings invited.

■ Brain Tumor

Brain Tumor Foundation of the Lehigh Valley

610-830-0659

Support and education for people coping with brain tumors



LEHIGH VALLEY
HOSPITAL
AND HEALTH NETWORK

LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
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Support Groups in the Lehigh Valley

■ Cancer

Adolescents (Camelot for Children)

Ted Brent 610-776-7266 (Leave a message, and someone will call you.)

Support for children ages 12-18 who have a parent with cancer.

Call 610-402-CARE for information about the following Lehigh Valley Hospital and Health Network cancer support groups:

■ Adolescents

Support for cancer patients ages 10-16; families welcome.

■ General

Exercise for Energy

Exercises designed to help manage fatigue and boost energy and mood.

Fatigue Management

Combating fatigue during and after cancer treatment.

First Steps: Cancer Services Orientation Program

To help you prepare as you begin cancer treatment. For patients, partners, families and friends.

■ Men (Men Facing Cancer)

Ulla Martz 484-884-5767

Discussion group for men with prostate, bladder or genitourinary cancer; partners and friends welcome.

■ Women

Preparing for Breast Cancer Surgery

Learn what to expect after surgery and how to better prepare through exercise.

Women's High Risk Support Group

A monthly support group for women at high risk for cancer.



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■ Women

GYN Support and Outreach Program

For women and their families dealing with ovarian, uterine and other gynecologic cancers.

Lymphedema Prevention and Management

Minimizing your risk for and coping with lymphedema.

Support of Survivors—SOS

24-hour telephone line staffed by breast cancer survivors to help women take an active role in their recovery. Call 610-402-4SOS (4767).

■ Caregivers (Well Spouse Group)

Dr. Rick Schall 610-776-3213 rschall@gsrh.org

Support and care for spouses and caregivers of people with chronic, disabling illnesses.

■ Chronic Fatigue Syndrome

Priscilla de Leon 610-868-8745

Nancy Kunzweiler 610-262-9009

Support, education, occasional speakers

■ Chronic Obstructive Pulmonary Disease (COPD)

(Better Breather's Club)

Call 610-402-CARE

Speakers, sharing, education and fun for people with COPD

■ Crohn's Disease, Ulcerative Colitis

Beverly Kinnard 610-435-5065

Sharon Mills 610 435-3375

Individual support and education for people with IBS, Crohn's Disease or colitis



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Support Groups in the Lehigh Valley

■ Depression

Depression and Bipolar Disorder Group

Call 610-402-CARE for information

Help and education for adults and adolescents with depression or bipolar disorder. Families are also welcome.

Depression After Delivery

Call 610-402-CARE

Support for women coping with postpartum depression

■ Diabetes

Children—Sugar-Free Kids

Ellen Cooper 610-402-4627

Meetings, field trips, activities and fun for children (ages 5-12) with diabetes and their families.

Insulin Pump group

Ellen Cooper 610-402-4627

Support and education for people using insulin pumps and their families

Adult Group

Call 610-402-CARE

Support, education, speakers for adult diabetics

■ Eating Disorders (Eating Disorders Anonymous)

Anna Herbold 610-317-2981

Individual support for people with eating disorders

■ Fibromyalgia

Beverly Roethlein 610-797-7606

Support and education

■ Gastric Bypass

610-402-CARE

Education for people having gastric bypass surgery and those considering it. Support and education for people who have had the surgery.

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Better Health for Life from
Lehigh Valley Hospital and Health Network



Support Groups in the Lehigh Valley

■ HIV/ AIDS

*AIDS Activites Office
Elena Blanco 610-969-4330*

Support for people living with HIV/AIDS

■ Heart Health (WomanHeart Support Group)

Irene Dvorscak 610-432-5978 or 610-402-CARE

Peer-led support for women with heart disease.

■ Lou Gehrig's Disease/ ALS

Wendy Barnes 610-282-5904

Education, support, occasional speakers for patients, caregivers, family members.

■ Lupus

Cathy Wilcox 570-945-5118 (Lupus Foundation of Pennsylvania)

Support, education, speakers for people who have Lupus.

■ Lyme Disease

*Michelle Raber Gass 610-767-7964
Susan McNamee 215-249-0202 or 215-249-0616*

Support, education, updates and occasional speakers for people with Lyme Disease

■ Multiple Sclerosis (Beth's Group)

Beth Stibrany 610-868-3857

Exercise, relaxation techniques, education and support for persons with MS

National Multiple Sclerosis Association Groups 610-782-9450

Peer-led self-help groups



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Support Groups in the Lehigh Valley

■ Obsessive Compulsive Disorder

(Obsessive Compulsives Anonymous)

Marilyn 610-821-8929

12-step program for people dealing with OCD

■ Parenting

Breastfeeding (Monday Morning Moms)

Call 610-402-CARE

Support and education for women who are breastfeeding

Mothers of Twins

610-402-CARE

Support, activities, speakers, equipment exchange for mothers of twins and multiples. Women pregnant with twins are encouraged to join.

Single Parents (Parents without Partners)

610-398-3875

Support, friendship and activities for single parents and their children

■ Parkinson's Disease

Gerry Haines 610-868-3510

Frank Sherman 610-691-4638

Support, education, occasional speakers for people with Parkinson's Disease—both newly diagnosed and longer-term patients. Families and caregivers are also welcome.

■ Stroke

Kathye Hammes 610-776-8322

Support, education, speakers for stroke survivors, caregivers, and families.

■ Transplants

Kimberly Bruns 610-402-7577

Education and support for pre- and post-transplant patients and those on dialysis awaiting transplants. Families are also welcome.



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