



Community Support Groups

CanSurmount Support Group

A group for individuals and their families who are surmounting Cancer meets the second Thursday of each month from 6:30–7:30 PM in the Board Room. Cancer survivors, trained by the American Cancer Society, facilitate the group.

Caregiver's Support Group

The Alzheimer's Association and Garden Spot Village co-sponsors a meeting the second Monday of each month from 10-11 AM in the Concord Room to provide support, information, and education for persons providing caregiving to individuals with significant memory losses. Light refreshments and an informal gathering begin at 9:30 AM. Free respite care is available during this group upon request in Adult Day Services.

Healthcare Spouse Group

Individuals with a spouse in a healthcare setting are encouraged to attend this group. The focus of the group is support. The group has enjoyable lunches together at local restaurants.

Living with Loss Group

A group meets the first Wednesday of each month from 10 -11 AM in the Social Services Conference Room for persons who have experienced death of a spouse or family member. The group's focus is support and education on healthy grieving and living life after a loss.

Low Vision Support Group

The Low Vision Support Group meets the second Thursday from 3-4 PM in the Gardens West Conference Room. This group participates with the National Macular Degeneration Support Group and utilizes audiovisual conferences with national experts in the field of Low Vision. Persons who have visual losses will find their independence enhanced by the group support and education.

My Fellow Traveler

A support group for individuals in the first stage of Alzheimer's/Dementia meets the second Monday of each month from 10-11AM in the Social Service Conference Room. The group provides a time to learn and share perspectives, fears, empathy, and healing laughter. Information on various topics related to symptoms, diagnostic processes, and the impact of cognitive problems on everyday life are shared.

Parents with Special Cares

A group for individuals with special concerns for their adult children or grandchildren with mental, emotional, learning, and/or physical health conditions meets the first Tuesday of each month from 10:30-11:30 AM in the Board Room

Parkinson's Support Group

A group for individuals and their family members living with Parkinson's Disease meets the fourth Monday of each month from 2-3 PM in the Concord Room, with exercises starting at 1:45 PM. The group is co-facilitated by Ruth Johnson, Coordinator of the Lancaster County Parkinson's Support Group.

These public groups are a *free opportunity* to learn from each other, find supportive understanding, be encouraged, and learn new educational information and life skills. Call (717)355-6010 for more information.

433 South Kinzer Avenue ~ New Holland, PA 17557