

## SENIOR INFORMATION & ASSISTANCE

Northwest Regional Council  
600 Lakeway Drive  
Bellingham, WA 98225  
(360) 738-2500 (V/TDD) or (360) 380-8121

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### Support Groups

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This is a list of the most requested support groups and health associations from Senior Information and Assistance. For a more detailed list of support groups in our county visit the website [www.familyhealth.org](http://www.familyhealth.org) or contact **The Health Support Center** at 360-733-6714.

#### **Alzheimer's Disease**

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Alzheimer's Association of Puget Sound  
[www.alzwa.org](http://www.alzwa.org) 1-800-848-7097

Alzheimer Society of Washington  
[www.alzsociety.org](http://www.alzsociety.org) 671-3316

- Groups throughout Whatcom County and for various stages of the disease.

#### **Amputee**

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Amputee Support Group (Colleen) 647-2247

#### **Arthritis**

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National Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org) 1-800-283-7800

North Puget Sound Branch-  
Arthritis Foundation 733-2866

- Fibromyalgia Support Group

#### **Cancer**

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American Cancer Society Information  
[www.cancer.org](http://www.cancer.org) 1-800-227-2345

St. Joseph Hospital- Community Cancer  
Center 738-6701

- All Survivors Support Group
- Men's Prostate Cancer Support Group
- Women's Support Group

Blaine Cancer Support Group  
Call Toni at Senior Ctr 332-8040

#### **Caregiving**

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National Family Caregivers Association  
[www.nfacares.org](http://www.nfacares.org) 1-800-896-3650

St. Joseph Hospital-Adult Day Health  
Caregivers Support Group 715-6410

Alzheimer Society of Washington  
671-3316

Support group for Adult Children of People  
with Dementia (Julie Johnson) 676-6749

#### **Chronic Pain**

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American Chronic Pain Association  
[www.theacpa.org](http://www.theacpa.org) 1-800-533-3231

#### **Diabetes**

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American Diabetes Association  
1-800-950-8875  
Whatcom Diabetes Education & Support  
738-6300 ext. 4221

#### **Disabilities**

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Community Action for the Disabled  
ADA help & referrals 733-6714

#### **Displaced Homemakers**

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Turning Point  
Whatcom Community College 676-2170

#### **Domestic Violence**

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State Domestic Violence Hotline  
1-800-562-6025  
National Domestic Violence Hotline  
1-800-799-7233  
DV & Sexual Assault Services  
New Beginnings Support Group 715-1563

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**Parenting / Grandparenting**

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Catholic Community Services NW  
676-2164  
Parents of Teens, NW Youth Services  
734-9862  
Parents Helping Parents, Brigid Collins  
734-4616

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**Grief**

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Family & Friends of Violent Crime Victims:  
National Hotline 1-800-346-7555  
Whatcom County Chapter 734-4616

Whatcom Hospice Grief Support Groups  
733-5877

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**Head Injury**

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Brain Injury Association 1-800-444-6443  
Brain Injury Support Group 733-6714

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**Hearing**

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Hearing Loss Assn. Of Whatcom County  
Email: [bertlederer@hearingloss-wa.org](mailto:bertlederer@hearingloss-wa.org)  
319-4540  
Hearing Speech and Deafness Center  
[JBergsbaken@hsdc.org](mailto:JBergsbaken@hsdc.org) V 647-0910  
TTY 647-8508  
National Institute on Deafness  
1-800-241-1044  
TTY 1-800-241-1055  
National Association of the Deaf  
(301) 587-1788 or TTY (301) 587-1789

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**HIV / AIDS**

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Evergreen AIDS Foundation 671-0703  
A group for those infected with HIV/AIDS

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**Kidney Disease**

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Mt. Baker Kidney Center  
Kidney Disease Support Group 734-4243

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**Lung Disease**

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American Lung Association of Washington  
1-800-732-9339

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**Mental Health**

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National Alliance for the Mentally Ill of Whatcom County (NAMI)  
Family Support Group 671-4950

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**Multiple Sclerosis**

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National Multiple Sclerosis Society  
1-800-344-4867

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**Parkinson Disease**

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American Parkinson Association  
1-800-223-2732  
National Parkinson Foundation  
1-800-327-4545  
Parkinson Support Group  
733-6714

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**Stroke**

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American Stroke Assn. 1-888-478-7653  
National Stroke Assn. 1-800-787-6537  
St. Joseph Hospital-Rehabilitation  
Stroke Support Group 715-6420

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**Vision**

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Lighthouse Nat'l. Center for Vision  
1-800-829-0500  
Whatcom Low Vision Support Group  
739-7923

Please contact our office if the information in this handout is outdated. Senior Information and Assistance 360-738-2500.