

# SUPPORT GROUPS AT BELMONT

## 2018

Group	When	Where	Contact Info
<b>Alumni Group</b> <b>“Staying Connected”</b>	2 <sup>nd</sup> Thursday each month at 6pm  Jan. 11 - Film Night @ Belmont  Feb. 8 - “8 Dimensions of Wellness” presentation/discussion  March 8 - “The Rhythm of Recovery” discussion and music experience  April 12 - “Mental Health Advocacy” presentation/discussion  May 10 - “Looking Good/Feeling Good” –Self-care and beauty and its impact on wellness  June 14 - “What’s happening in Philadelphia?” community resources  July 12 - Film Night @ Belmont: popcorn will be served!  August 9 -“I feel better, now what?” -discussion  Sept. 13 - “Strengths, Values & the Spirit” presentation/discussion  Oct. 11 - “Creative Recovery” discussion and art experience  Nov. 8 - Recovery is Delicious! Presentation on Nutrition and Mental Health with cooking demonstration  Dec. 13 - “Healthy Holidays” presentation/discussion  <i>employment Stigma/social change</i>	Main Building - Silberman Auditorium	Angela Castro 484-350-7222  For more details, go to <a href="http://belmontbehavioral.com/stayingconnected">belmontbehavioral.com/stayingconnected</a> , call Belmont Behavioral Hospital at <b>215-877-2000</b> or email <a href="mailto:StayingConnected@BelmontBehavioral.com">StayingConnected@BelmontBehavioral.com</a> .
<b>Alcoholics Anonymous (AA)</b>	Every Mon from 7-8:15pm	Outpatient Building	Rodney Isaacs 215-581-3744
<b>Naranon</b>	Every Mon from 7:30- 8:30pm	Outpatient Building	Rodney Isaacs 215-581-3744
<b>Narcotics Anonymous (NA)</b>	Tuesday and Friday, 7-8:30pm	Outpatient Building	Rodney Isaacs 215-581-3744
<b>American Anorexia and Bulimia Assoc. of Phila. (AABA) Support Group</b>	2 <sup>nd</sup> Sundays of each month from 10-11:30	Main Building - Radbill 138 (Radbill 1)	Stephanie Lee 215-581-3868 Room Scheduled by Eve Barnett 215-581-3829
<b>Friends and Family of People with Hoarding Behaviors</b>	1 <sup>st</sup> Tuesdays of each month 7-9 pm	Main Building- Radbill 139 (CIS)	Group Facilitator – Mary Catherine Lowery, Mental Health Association of Southeastern PA, 267-507-3865, <a href="mailto:mlowery@mhasp.org">mlowery@mhasp.org</a>  Belmont Contact Eve Barnett 215-581-3829

<b>Monthly “Graduate Group” for Graduates of “Getting Off the Emotional Roller Coaster” Family Workshop</b>	2 <sup>nd</sup> Tuesdays of each month 7-9 pm	Main Building - M139 (CIS)	Edie Mannion Training and Education Center (TEC) Mental Health Association of Southeastern PA 267-507-3863  Belmont Contact Eve Barnett 215-581-3829
<b>Adult Daughters, Sons, &amp; Siblings Educational Monthly Support Group</b>	3 <sup>rd</sup> Tuesdays of each month 7-9pm	Main Building- Radbill 139 (CIS)	Edie Mannion Training and Education Center (TEC) Mental Health Association of Southeastern PA 267-507-3863  Belmont Contact Eve Barnett 215-581-3829
<b>Educational Support Group for Family Members &amp; Friends of People with Traits of Borderline Personality Disorder</b>	4 <sup>th</sup> Tuesday of each month 7-9 pm	Main Building- Radbill 139 (CIS)	Edie Mannion Training and Education Center (TEC) Mental Health Association of Southeastern PA 267-507-3863  Belmont Contact Eve Barnett 215-581-3829
<b>Family Support Workshop</b>	10 Week Workshop Scheduled in the Spring and Fall	Main Building - Radbill 139 (CIS)	Group Facilitator - Mary Catherine Lowery, Mental Health Association of Southeastern PA, 267-507-3865, <a href="mailto:mlowery@mhasp.org">mlowery@mhasp.org</a> Belmont Contact Eve Barnett 215-581-3829
<b>Family Workshops</b>	Date and Topics TBD	In Main Building – alternating rooms. Ask at front desk on arrival	Angela Castro 484-350-7222
<b>Philadelphia Society Clinical Psychologists (PSCP)</b>	1 <sup>st</sup> Friday of every month	Main Building- Radbill 139 (CIS)	Angela Castro 484-350-7222

Updated 1/3/2018 EB