SUPPORT GROUPS

Alateen
Tel: 1-888-425-2666
Al-Anon World Service Office
Website: www.al-anon.alateen.org
Alateen is a support group for young people whose lives have been affected by someone else's drinking.

Alcoholics Anonymous
#2, 4015 – 1 Street SE, Calgary, AB T2G
4X7 Tel: 403–777-1212
Email: aaoffice@telusplanet.net
Website: www.aa.org

B.I.G. Brain Injury Group
Tel: 403-673-3955 (please leave a message)
B.I.G .- Brain Injury Group: BIG hearts, BIG Miracles. A support group for those living with brain injury. We strive to maximize our potential while nurturing community values. Exact dates and locations of meetings are posted throughout the Bow Valley area.

Bow Valley Pre and Post Natal Therapeutic Support Group
Nicola Fortin, MCPsych.- Pre and Post Natal Mental Health Therapist
Alberta Health Services 403- 678-4696
This new program to the Bow Valley is created for women who are pre or post natal who are experiencing stress and/or difficulty adjusting to the challenges of motherhood. This is also an appropriate group for women who may have older children and continue to have these symptoms that arose after their children were born. The group is therapeutic as well as supportive in nature. Infants are welcome to attend with their mothers.

Cancer Support Group
#204, 200 Larch Place, Canmore, AB T1 W 1 R6
Tel: 403-678-6681
Call for encouragement and support.

Cancer Survivors Unlimited
Box 259, Banff, Alberta T1L 1A4
Tel: 1-403-851-0823
To help provide cancer patients in the Bow Valley with non-medical needs.
Number of volunteers: 2

Caregiver Support Group - Alzheimer Society of Calgary
Tel: 403-290-0 1 10 or 1-877-569-4357
Email: familysupportcoordinator@alzheimercalgary.com
For those involved with caring for those with Alzheimer Disease & related dementias. The Alzheimer Society of Calgary is sponsoring a monthly Caregiver Support Group in the Bow Valley beginning in October 2008. This group is facilitated by volunteers of the Alzheimer Society of Calgary, who are also staff with Alberta Health Services (Calgary Health Region).

Grief Support Group
Tel: 403-760-7348
Email: gretajoy@telus.net
Meeting Place: Meetings are the 3rd Thursday of the month 7:00 p.m. at the Banff Mineral Springs Hospital Board Room.
Information provided for people who have experienced the loss of a baby or child under ANY circumstances – we're here to help. Resource library, free pamphlets, connection with others and referral services.

Mindfulness Meditation Sangha
518 – 2 Street, Canmore, AB T1 W 2K5
Tel: 403-678-2034 (Mary Dumka)
The Buddhist mediation group of Theravadin tradition meets every Tuesday from 7:30 – 9:00 p.m. Beginners are invited to come at 7:00 p.m. for initial instructions. Anyone interested in serenity and insight mediation is welcome to attend. No charge and drop ins are welcome!

Mountain Pride
Tel: 1-800-958-9632
Email: members@gaybanff.com
Website: www.gaybanff.com
Mountain Pride is an alternative social/networking group for Bow Valley residents and visitors. Whether you identify as gay, lesbian, bisexual, transgendered, transsexual, two-spirited, queer, questioning, or one of the many other words we use to describe sexual identity these days, we are your contact point to make friends and have fun.
Volunteer opportunities: Planning Pride festivities or social nights, or putting up posters/displays.

Narcotics Anonymous
Tel: 1-877-463-3537
Website: www.chinookna.org
The Chinook Area of Narcotics Anonymous is a non profit, self-supporting fellowship of recovering addicts who meet regularly to help each other stay clean by following the 12 Steps and 12 Traditions of Narcotics Anonymous.

Open Doors
Box 184, Banff, Alberta T1L 1A3
Tel: 762-2846 Alanna Pettigrew
Wellness, quality of life enhancement for persons with disabilities, community and social integration, self-improvement and confidence building
Volunteer opportunities: Both in home and vocational/recreation programs

Schizophrenia Society of Southern Alberta
Bow Valley Support Group
Tel: 403.678.6102 Marion Barker
Tel: 403.678.0740 Wendy Wood
Our support group meets every 2nd week. Please call for information regarding our meeting times, dates, location and activities.

Women's' Social Support Group – for Seniors
Tel: 403-679-8046
Sponsored by Bow Valley Mental Health Services, Alberta Health Services
A weekly meeting of women who are interested in socializing, sharing stories and discussing topics of interest; followed by going out to a local coffee shop. This is a great way to network and meet other women in the community. This group is ideal for women who are feeling isolated and wish to expand their connections with other women in a small group. Age range varies, but is typically over 65. (This is not a therapy group.)