

Support Groups

Intermountain Healthcare

Urban South Region

Adapting - Self Help Support Group

To help teach positive techniques to those who are dealing with symptoms of anxiety, depression, anger, fear and panic in a non-threatening and non-judgmental environment, and to help replace insecure thoughts with secure ones. This group is not run by mental health professionals and is a support group only.

Contact: Please call 801.225.3502 or 801.465.9866 for more information

No cost

Bereavement Support Group

For those who are dealing with the grief of a loved one's death

8 week program

Contact: Rebecca Loper at 801.857.4624 for more information

Cost: \$30 for books

Registration is required

Brain Injury for Young Adults

For young adults between the ages of 18 to 35 who have had a brain injury or stroke

Utah Valley Regional Medical Center

Rehabilitation Department — Conference Room

1034 North 500 West • Provo

Contact: Angela Moses at 801.357.3730 for more information

No cost

Co-Dependents Anonymous

Every Tuesday

7 to 9 p.m.

American Fork Hospital — Education Center (behind hospital)

170 North 1100 East • American Fork

Contact: Jeri at 801.787.7413 or jumpstation@gmail.com

Common Bonds Support Group

For those who are dealing with the death of an infant or child or who have had a miscarriage.

Fourth Thursday of each month

7 to 9 p.m.

Classroom 2

Contact: Heather Walker at 801.768.1873

No cost

Diabetes Adult Support Group

For adults who have been diagnosed with diabetes. A certified diabetes educator provided the education.

Lots of class participation

First Friday of each month 11 a.m., or...

Third Wednesday of the month @ 7 p.m.

American Fork Hospital

Education Center (located in a trailer at the back of the hospital)

170 North 1100 East • American Fork

Contact: 801.855.3463

No cost

Diabetes Weight Loss Program

An American Diabetes Association program for weight loss taught over a 10-week period. The course is repeated throughout the year.

Friday

10 to 10:30 a.m.

American Fork Hospital

Diabetes Clinic — Consult Room

170 North 1100 East • American Fork

Cost of class is covered by most insurance companies

Contact: 801.855.3463 for more information

Road to Recovery

This is a program in which volunteer drivers transport patients without adequate transportation to and from their cancer treatments.

No Cost.

Contact: American Cancer Society at 1.800.234.0533

S-anon

S-anon is a support group for family and friends of sex addicts. We work the 12-step program to recover from the affects upon us of another's sexaholic behavior.

Every Tuesday

6:30 to 8 p.m.

Utah Valley Regional Medical Center

Northwest Plaza — Classroom 6

1134 North 500 West • Provo

Contact: Susan Quebbeman at susan.quebbeman@gmail.com

Stroke and Brain Injury

For those who are caring for someone who has had a brain injury or stroke.

First Thursday of each month

7 to 8 p.m.

BYU—Dept. of Communications Disorders

Rehabilitation Department — Conference Room

136 Taylor Bldg (1190 North 900 East) • Provo

Contact: Carol Moody at 801.422.6462

No cost

Suicide Support Group

This group is for anyone whose lives have been affected by suicide - immediate and extended family, friends, neighbors, etc.

Second Thursday of each month

7 to 9 p.m.

Utah Valley Regional Medical Center

Northwest Plaza — Classroom 6

1134 North 500 West • Provo

Contact: Dave Jenkins at 801.223.9954

No cost

Weigh to Fitness

This program is a long-term solution to weight loss. It is taught to individuals who would like to change their dietary, exercise and behavior modifications. The cost for the class is \$75.00. However, there is a reduced price of \$50.00 for class members who have taken the class previously. The cost for the class and the MedGem Test is \$115

Every Tuesday for eight weeks

5 to 6 p.m.

Utah Valley Regional Medical Center

Northwest Plaza — Classroom 1

1134 North 500 West • Provo

Contact: Dietician office at Utah Valley Regional at 801.357.8143

Woman's Cancer Support Group

This support group is for women cancer patients and survivors.

All female cancer patients

First Tuesday of each month

6:30 to 8 p.m.

Radiation and Oncology Lobby

Utah Valley Regional Medical Center

or

Third Thursday of each month

10:30 to noon

Physician Plaza

1034 North 300 West • Suite 102 • Provo

Contact: Heidi Fox, LCSW at 801.357.7575

Jodi Trost, RN at 801.357.8767

Vicky Rex, RN at 801.357.7575

***To add a support group to this list or make changes to the current listings,
please contact Lisa Bullock at lisa.bullock@imail.org***