

Associations & Support Groups

Information for this list has been provided by individuals and organizations involved in local, regional and national associations and support groups. For corrections, deletions or additions, contact Jim Anderson at the League of Human Dignity, 1701 P St, Lincoln, NE 68508; phone 402-441-7871 (V/TDD); or e-mail: janderson@leagueofhumandignity.com

The League of Human Dignity is a nonprofit, consumer based organization that promotes independent living for people with disabilities, in their own homes rather than in nursing homes. To that end, we advocate for their needs and rights, while providing services to assist them in attaining and maintaining an independent lifestyle.

Amyotrophic Lateral Sclerosis (ALS)

Keith Worthington Chapter, Nebraska Branch, Shaker Place, 10730 Pacific, Ste 103, Omaha, NE 68114. Call 402-991-8788 or 866-762-6361.

ALS in the Heartland, 1320 S. 119th St., Omaha, NE 68137. Phone 402-592-2374 or 402-592-2581; www.alsintheheartland.org. Sabrina Schalley, Patient Services Director, sabrina@alsintheheartland.org; Omaha area support group meets the second Thursday of the month at 7 p.m., at St. Pius X Parish Center, 6905 Blondo St.

Alzheimer's Disease (AD)

The Alzheimer's Association offers 60 support groups for people providing care to persons with Alzheimer's or a related dementia across Nebraska and Southwest Iowa. For more information about group locations and times, please call 402-502-4301, or visit www.alz.org/nebraska.

Atlantic, IA, meets the second Thursday of the month at 7 p.m., at Wesely Heritage House, 1200 Brookridge Cr; the third Thursday of month at 7 p.m., at Home Care & Hospice Building, 1500 E. 10th St.

Fremont, NE, meets the third Thursday of the month at 6:30 p.m., at Pathfinder House, 3010 N. Clarkson St.

Osceola, NE, meets the third Monday of the month at 7 p.m., at Osceola Good Sam., call Carmen, 402-747-2691.

Scottsbluff, meets the first Thursday of the month at Beverly Healthcare, 111 W. 36 St. Call Stacy Rotherham, 308-635-2019.

Shenandoah, IA, meets from 3-4 p.m. the last Thursday of the month in the Shenandoah Medi-

cal Center conference room, 300 Park Ave. Call facilitator Lisa Vetter, 712-623-3151, or social worker Linda Rost, 712-246-7399.

Amputees

Omaha, United Support for Amputees, meets third Tuesday of each month at Emmanuel Hospital Rehabilitation Center. Call Maxine, 712-644-2955, after 7 p.m.

Lincoln, Beyond Limbloss, call Kenny, 402-466-0268, cell 402-540-0748.

Lincoln, 5:30 p.m. 4th Wednesday of the month at Madonna Rehab Hospital

Arthritis

Arthritis Foundation, Nebraska Chapter: 402-330-6130 in Omaha, 800-642-5292 outside Omaha. FAX: 402-330-6167; www.arthritis.org.

Arthritis Foundation Iowa Chapter, Des Moines, meets monthly, 515-278-0636; Fax: 515-278-2636; e-mail: Info.ia@arthritis.org; www.arthritis.org.

Athletics

Cornhusker Wheelchair Athletics Association. Lincoln, call Ian, 402-486-8449, www.cwaane.org.

Eastern Nebraska Wheelchair Athletic Association, Omaha, call Greg 402-289-3521.

Junior Wheelchair Basketball Team, Omaha, Mike 402-554-2539; call Rita 402-551-4598.

Madonna Rehabilitation Hospital Adaptive Sports and Recreation Program, Lincoln, call Rick Haith, 402-413-3722

Autism

Autism Society of Nebraska, call Jean McDermott 402-431-0166.

Families for Early Autism Treatment (FEAT) of Nebraska, call Mark Hirschfeld, 402-955-1780.

Unlocking Autism, call Connie Shockley, 402-933-2565.

Blind/Visually Impaired

Nebraska Commission for the Blind & Visually Impaired, 877-809-2419, Serving Lincoln, Omaha, Kearney, North Platte, Norfolk and Scottsbluff.

United Blind of Omaha, call Gary, 402-455-4116.

Support Groups for the Visually Impaired Albion, Center, Columbus, Norfolk, Tekamah and West Point, call John/Glen 402-370-3436.

Support Groups for the Visually Impaired in Iowa, Iowa Department for the Blind 1-800-362-2587.

VIPS Support Groups for visually impaired, contact President Howard Simons, Islanders Group, 324 W 13 St, Grand Island, NE 68801; 308-381-8003.

Brain Injury

Council Bluffs, REM Iowa Community Services, 712-323-5459.

Grand Island, NE, Support Group meets the third Monday of the month at St. Francis Medical. Call Kris McElroy, 308-398-5396.

Hastings, NE, meets at 5:30 p.m., the second Thursday of the month at, Mary Lanning Memorial Hospital. Call Kathlene Smith, 402-460-5763.

Kearney TBI Group, meets at 2 p.m., the third Saturday of the month at Good Samaritan Hospital. Call Kathryn Feldman, 308-224-1080.

North Platte NE, TBI Group meets the second Monday of the month. Call Frank Aloï, 308-532-3555.

Lincoln, meets the second Tuesday of the month at 7 p.m., at the First United Methodist Church. Call Nita Sipple, 402-890-4521.

Lincoln, UNL's Bright Ideas TBI Support Group meets at 6:30 p.m. on the second Friday of the month. Call Gina, 402-472-5462.

Norfolk, meets the first Monday of the month at Faith Regional Health Services. Call Bonnie Suhr, 402-586-2679.

Omaha Head Injury Group meets at 7 p.m., the second Tuesday of the month at Quality Living Inc., Cabana Room. Call Gail Kerwin, 402-991-7717; e-mail GHK500@aol.com.

Omaha TBI Group, meets the first Tuesday of the month at Alegent Health, Immanuel Rehabilitation Center. Call Janell Badami, 402-572-2154.

Scottsbluff Support Group, meets the third Wednesday of the month at Region West Medical Center. Call Martha Douglas 308-635-3722.

York Support Group, Call Jedd Dunsmore, 402-725-3222 or 402-723-4461.

Cancer

Omaha, American Cancer Society, Heartland Division, Phone 402-393-5800 or 800-642-8116.

Lincoln, Breast Cancer Support Group, Look Good Feel Good, meets the first or second Wednesday of the month in the Corporate Bldg, 7441 O St., Ste. 301. Call Mary, 402-486-7258.

Montgomery County, IA, Breast Cancer Group meets the fourth Monday of the month at 6:30 p.m., at Montgomery County Memorial Hospital, Red

Oak. Call Carla, 712-623-7215.

Shelby County, IA, meets the third Monday of the month at 6:30 p.m., Myrtue Memorial Hospital, Harlan. Call Cheryl, 712-755-5161.

Caregivers/Support/Companions

Grief's Journey, support for those 19+, who are caring for someone with an acute, chronic or terminal illness or disability. Meets 6:30 to 8 p.m. CST online via zoom, the first Tuesday of every month. Register for link at www.thecollectiveforhope.org 402-502-2773

Omaha, Home Instead Senior Care, 402-498-3444; www.homeinstead.com.

Bellevue/Downtown Omaha & Surrounding Communities, Home Instead Senior Care, 402-292-6611; www.home-instead.com/110.

Council Bluffs, & Surrounding Communities, Home Instead Senior Care, 402-292-6611; www.homeinstead.com/110.

Omaha/Council Bluffs, Touching Hearts at Home; seniors, people with disabilities; 402-934-3303; www.touchingheart.com

Omaha/Council Bluffs Metro Area, HELP Adult Services. 402-341-6559 x106.

Southwest Iowa, Connections Area Agency on Aging, 300 W. Broadway, Ste. 240, Council Bluffs, IA 51503. 712-328-2540 ext. 1020 or 800-432-9209, fax 712-328-6899.

Charcot-Marie-Tooth Disease (CMT)

Lincoln branch of the CMT Association meets quarterly on the first Tuesday of the month, 7 p.m. at Bryan East, Classroom 1. Karri Hood facilitator, 402-641-0443; karrihood@gmail.com.

Deaf, Hard of Hearing

Nebraska Commission for the Deaf and Hard of Hearing, 4600 Valley Rd, Ste 420; phone 402-471-3593 or 800-545-6244. E-mail ncdh@nebraska.gov.

Gothenburg, Hearing Loss Support Group, meets at 1:30 p.m. the last Friday of the month at Stone Hearth Estates, 110 20th St.; call Donita Mains, 800-545-6244.

Grand Island, Hearing Loss Support Group, meets at 10 a.m. the third Tuesday of the month at Primrose Retirement Community of Grand Island, 3990 West Capitol Ave.; call Beth Ellsworth, 800-545-6244.

Kearney, Hearing Loss Support Group, meets at 2 p.m. the third Tuesday of the month at Northridge Senior Living Community, 5410 17th Ave.; call Donita Mains, 800-545-6244.

North Platte, Hearing Loss Support Group, meets the fourth Tuesday of the month at First Lutheran Church, 5th & Willow; call Donita Mains, 800-545-6244.

Omaha, Hearing Loss Support Group, meets the fourth Friday of each month at Dora Bingel Senior Center, the Salvation Army, 923 N 38th St.; call Cindy, 402-898-5854.

Scottsbluff, Hearing Loss Support Group, meets at 2 p.m. the first Tuesday of every month at Scottsbluff State Office Complex Conference Room, 4500 Ave. I; call Donita Mains, 800-545-6244.

Communication Service for Deaf of Iowa, employment services, 712-322-1489.

Deaf Missions, 21199 Greenview Road, Council Bluffs, IA, 51503: 712-322-5493 (TTY/V); www.deafmissions.com

Hearing Loss Association of Omaha Area, meets 6:30 to 8 p.m. second Tuesday of the month at Dundee Presbyterian Church, 5312 Underwood Ave. Contact Beth, ellsworth.beth@cox.net or Warren, 402-981-1563, cardpop1958@msn.com.

Depression, Bipolar

Omaha, Depression & Bipolar Support Alliance: New Hope Chapter, call 402-502-4673. www.omahanewhope.com. Old Mill Peer Club meets from 7-9 p.m. Tuesdays at Christ Community Church, 405 S. 108th St.; child care available (age 0-6); call Cindy, 402-677-5989. Old Mill Family & Friends Club meets from 7-9 p.m. Tuesdays at Christ Community Church, 405 S. 108th St.; child care available (age 0-6). Indian Hills Peer Club meets from 7-9 p.m. Thursdays at Morning Star Lutheran Church, 405 S. 108th St.; call Randy, 402-990-8012.

SOS Omaha: for people who have lost a friend or loved one to suicide. Meets third Tuesday of the month. For info, call 402-558-4616.

Greater Omaha Depression & Manic Depression Association, call Kate, 402-551-3275.

Lincoln, Manic Depressive and Depressive Association, 402-483-8886.

Lincoln, peer-led support group meets 7 to 8 p.m., first and third Thursday of the month at St. James UMC. Call Richard Haden, 402-476-7353.

Council Bluffs DBSA group, focusing on advocacy, at Peer Connection, 622 S. 4th St. Call Jimmy, 712-242-2500.

Developmental Disabilities

The ARC of Lincoln/Lancaster County, 5609 S. 49th St., Suite 5, 402-421-8866; www.arclincoln.org.

The ARC of Omaha, 1941 S. 42nd St., 402-346-

5220; www.olliewebbing.org.

Easter Seals, 402-930-4166; 800-650-9880, www.ne.easterseals.com.

Mosaic: Bethpage Village, 1044 23rd Rd, PO Box 67, Axtell, NE 68924, 308-743-2401; 722 S. 12th; Box 607; Beatrice, NE 68310; 402-223-4066.

Diabetes

American Diabetes Association, 1-800-342-2383.

Cass County, IA, meets the second Wednesday every other month at 6:30 p.m., call Marcia, 712-243-3250.

Lincoln Diabetes Center: 402-481-3055.

Page County, IA, meets the fourth Monday of the month at 6:30 p.m., call Elaine, 712-542-2176.

Pottawattamie County, IA, meets 5:30 p.m. the third Tuesday of the month, Edwards Building Suite 102, 715 Harmony St., Council Bluffs. Call Jill, 712-325-2543.

Shelby County, IA, meets the third Monday of the month at 1:30 p.m., March - November call Jan, 712-755-4316.

Down Syndrome

National Down Syndrome Society, 666 Broadway, New York, NY 10012, 1-800-221-4602; info@ndss.org.

Omaha, National Down Syndrome Society, 402-553-5335; e-mail nebuddywalk@cox.net.

Lincoln Early Development Services Coordination, 402-441-6710; www.lincoln.ne.gov/city/health/educat/early.htm.

Council Bluffs Down Syndrome Parent Group, Kyla Alba, 712-366-0503 x257 or 712-322-9391.

Down Syndrome Association for Families of Nebraska, phone 402-421-1338; or go online to www.dsafnebraska.org

Dyslexia

Nebraska Branch of the International Dyslexia Association, "Smart Kids: School Problems" Grand Island, call Brenda, 308-381-8943.

Epilepsy

Omaha Epilepsy Support Group, meets 7 - 8:30 p.m. the third Tuesday of the month at Wittson Hall, UNMC campus, Room 3010, Omaha. In Omaha, contact Mary Overton, 402-680-8026, epilepsy1983@yahoo.com or Laura Neece-Baltaro, 402-827-7080, QKRLaura@aol.com.

Lincoln Support Group meets at 7:30 p.m. the second Tuesday of the month at Bryan LGH East Medical Plaza, Classroom 3. Contact Michele Johannes, 402-490-9027, michele170@hotmail.com.

Myalgic Encephalomyelitis /Chronic Fatigue Syndrome

Online, www.wicfs-me.org.
Wisconsin CFS/FM/ME: Pat Fero, 747 Lois Dr.,
Sun Prairie, WI; 1-608-837-9540

Fibromyalgia

Omaha, Arthritis Foundation 402-572-3040.
South Omaha Fibromyalgia Support Group meets
weekly, call Gail 402-871-4835.
Humbolt, IA, call Judy 515-332-3376; [bjmerris@
goldfieldaccess.net](mailto:bjmerris@goldfieldaccess.net).
New Hampton, IA, meets monthly at Mercy Medi-
cal Center, call Judy, 641-394-3106 x189.

Shenandoah, IA, meets four times a year or when
requested. Call Della, 712-246-3244; [delsta@ne-
tins.net](mailto:delsta@ne-
tins.net).

Grief Resolution

Lincoln, Horizon Hospice, meets Monday nights;
402-474-3600.

Shenandoah, IA, Shenandoah Medical Center
Home Health and Hospice H.U.S.H. (helping you
see hope) grief support group. Meets 7:30-8:30 p.m.
the second and fourth Tuesdays of the month, in the
SMC conference room, at 300 Park Ave. For info or
to enroll prior to attending, call 712-246-7399.

Hydranencephaly

Omaha contact: call Lynne, 402-485-2229 or
rtrease@nntc.net. Internet support also available.

Intellectual Disabilities

Mosaic - Northeast Nebraska: 105 E. Norfolk
Ave, Suite 200, Norfolk, NE 68701, 402-379-3888;
210 8th St., Suite B, Fremont, NE 68025, 402-753-
0671; 1615 23rd St., Columbus, NE 68601, 402-
564-8212; www.mosaicinnortheastne.org.

Learning Disabilities

Omaha contact, Learning Disabilities Association
of Nebraska: call Sharon, 402-571-7771.

Leukemia & Lymphoma

Lincoln, Omaha Support group for adult patients
and family with Leukemia, Lymphoma, Hodgkin's
Disease, Myeloma or Myelodysplastic Syndromes.
Call 402-344-2242 in Omaha; 402-438-2242 in Lin-
coln. Omaha group meets the second Tuesday of
the month; Lincoln group meets the second Mon-
day.

Lincoln Telephone Support Group for adult My-
eloma, Lymphoma and Leukemia patients, family,
meets Mondays from 10-11 a.m. Call Tonya, 402-

344-2242 or 888-847-4974.

Muscular Dystrophy Association

Groups meet the first Saturday of every other
month, Parents 10-11:30 a.m.; Young Adults 11:30
a.m.-1 p.m.; Adults 1-2:30 p.m. In Lincoln at Sheri-
dan Lutheran Church, Omaha at the Millard Library.
Call Kelli Donner, 402-390-2914.

Medical Equipment Loan

SW Iowa and Eastern Nebraska, HELP Adult
Services, 402-341-6559 x101.

League of Human Dignity: Contact the League of
fice near you.

Mental Health & Recovery

Page, Fremont & Montgomery counties, IA, sev-
eral mental health recovery groups meet as sched-
uled. For details call Jennifer, 712-542-2388.

Nebraska Family Support Network, an advocacy
organization supporting Cass, Dodge, Douglas,
Sarpy & Washington counties; 3568 Dodge St,
Omaha, NE 68131, 402-345-0791.

Omaha, National Alliance for the Mentally Ill,
www.nami.org/sites/ne.NAMI Nebraska, 415 S.
25th Ave., Bldg H, call 402-345-8101/877-463-
6264.

Mental Health Assn. of Nebraska 1-800-422-6691
or www.MHA-NE.org.

Council Bluffs, NAMI Connection group meets
from 12:30 to 2 p.m. Fridays at Peer Connection,
622 S. 4th St. Call Barb, 712-242-2500.

Grand Island, meets 12:40 p.m. Fridays, call Sha-
ron, 308-384-7896.

Hastings, NE, meets 7 p.m. Thursdays, call Mi-
chelle, 402-469-6391.

Kearney, meets 6 p.m. Mondays, call Dick, 308-
236-6327.

North Platte, meets the first Monday of the month
at 1 p.m., call Rachel, 308- 530-2688.

Lincoln, meets the second Thursday of the month
at 7 p.m., call Kent, 402-474-0470.

Lincoln, Recovery International, call 402-449-
0301 for meeting info visit [www.lowselfhelp sys-
tems.org](http://www.lowselfhelp sys-
tems.org)., call Kathy 402-455-9616.

Lincoln, Connection Recovery Support Group
meets Wednesdays 6:30 to 8 p.m. and Sundays 2
to 3:30 p.m. at Bryan LGH West Education Dept..
Call Dave Skomer, 402-471-3536 or Morris Motes,
402-441-5593

Norfolk, meets the second Thursday of the month
at 7 p.m., call Bryan, 402-371-0152.

Scottsbluff, meets at 6 p.m. Tuesdays, call John,
970-222-5759.

Multiple Chemical Sensitivity

MCS Information Exchange, 3 Larrabee Farm Road, Brunswick, ME, 04011, www.conceptmed.com.

Chemical Injury Information Network, www.ciin.org; 406-547-2255

Human Ecology Action League, e-mail HEAL-Natnl@aol.com; www.healnatl.org.

Multiple Sclerosis (MS)

Beatrice, NE, National MS Society, meets the fourth Thursday of the month at 7p.m., at First Baptist Church, 1025 N. 16th St., call Emmett James 402-228-3585.

Omaha, 402-572-3190 or 1-800-755-3959.

Lincoln, National MS Society, meets the second Tuesday of the month at 7 p.m., 1st Lutheran Church, 1551 S. 70th; call Karen Lind-Olson, 402-486-1885.

Lincoln, MSA, meets at 10 a.m. the first Saturday of the month at Bryan LGH East-Classroom 2. call Alan W., 402-489-2787.

NW Lincoln MS Support Group, meets 10 a.m. - 12 p.m. the third Wednesday of the month at Tabitha Walter Apts. Community Room, 5501 Sea Mountain Rd; call Ruth 402-261-8050.

Council Bluffs, meets at 7 p.m. the third Thursday of month, call Jerry, 712-366-9569.

Norfolk, 402-648-7906.

Myositis

Bennington, NE, call Laura, 402-238-3261, www.myositis.org.

Parent Support Group

Omaha, Parent Training and Information for Families of Children with Disabilities, 3135 N 93 St.; phone & fax: 402-346-0525; 1-800-284-8520; kheinen@pti-nebraska.org.

Parkinson's Disease

Atlantic, IA, meets the third Monday of the month at 1 p.m., at Wesley Heritage House, 1200 Brookridge, Cr.

Clarinda, IA, meets the third Thursday of the month at 2 p.m. at IHS, 600 Manor Dr., Call Connie, 712-542-5161.

Lincoln, meets the fourth Sunday of the month, except December, at 2 p.m., at Madonna Rehabilitation Hospital, 5401 South St (52nd St entrance); Call Delene, 402-486-4810 or David, 402-217-3833.

Fremont, NE, 402-478-4853.

Omaha, APDA Young Onset Parkinson's sup-

port group meets every other month, on a weekend evening. Call Colleen, 402-397-0327.

Panhandle, meets the fourth Wednesday of the month at Northfield Villa. Call Jack Johnson, 308-235-2513.

Polio

Nebraska Polio Survivors Association, PO Box 6076, Omaha, NE 68106; call 402-932-5426 or e-mail npsa.org@hotmail.com.

Lincoln/Lancaster County, call Vera, 402-467-5650.

Respiratory

Council Bluffs, Better Breathers, meets the fourth Monday of the month at 4 p.m., at Mercy Hospital. Call Sharon, 712-328-5479.

American Lung Association of Nebraska offers programs, services and education. Call 800-586-4872.

Respite

Statewide, Nebraska Respite Network, 1-866-RESPIRE (free).

Bellevue, Council Bluffs, Downtown Omaha/surrounding communities, Home Instead Senior Care, Companion Home Services, Inc., 1311 Harlan Dr., Bellevue, NE. 402-292-6611.

Omaha/Council Bluffs Metro HELP Adult Services, 402-341-6559.

Omaha, Home Instead Senior Care, 402-498-3444; www.caregiverstress.com.

Southwest Iowa, Connections Area Agency on Aging, 300 W. Broadway, Ste. 240, Council Bluffs, IA 51503. 712-328-2540 ext. 1020 or 800-432-9209, fax 712-328-6899.

Scleroderma

Lincoln, meets at Roper & Son Resource Center, 4400 S 70th. Call Terry Christensen, 308-384-4017; e-mail terry058@webtv.net.

Omaha, meets the second Tuesday of the month from 7-9 p.m., at Methodist Cancer Center; 8303 Dodge St; lower lobby; call Barb Heenan, 402-291-7670; omahassg@aol.com.

Grand Island, NE, meets at St. Francis Hospital, 2620 Faidley Ave., Conference Room 3A; call Terry Christensen, 308-384-4017; terry058@webtv.net.

Senior Resources/Services

Bellevue/Downtown Omaha & Surrounding Communities, Home Instead Senior Care, 402-292-6611. www.home-instead.com/110.

Council Bluffs, IA, & surrounding communities, Home Instead Senior Care. 402-292-6611. www.homeinstead.com/110.

Spina Bifida

Lincoln, Spina Bifida Assn of the Star City, call Jerry, 402-434-3000.

Omaha, meets the first Wednesday of the month at 7 p.m., at Quality Living East Campus, Cabana Room; Call Jolene, 402-894-2070.

Spinal Cord Injury/Disease

ENWISCIA, call Brian Richardson, 402-573-6904; ENWISCIA@cox.net.

Omaha, Great Plains Paralyzed Veterans of America Adaptive Health and Fitness Center, 7612

Maple, 402-398-1422. E-mail reynolds@great-plainspva.org.

Scottsbluff, Spinal Cord Injury Peers meets monthly at Regional West Medical Center. Call 308-635-7901.

Central NE Group, Hastings, Call Darla 402-461-5124.

Stroke

Lincoln, meets the fourth Thursday of the month at 1 p.m., at Madonna, 5401 South St., Lincoln, 402-483-9590. Also, "Come Back Club," Lincoln 1-888-808-5678.

Tourette Syndrome

Lincoln, Nebraska Association for Tourette Syndrome 402-467-9077.

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