



ST. PATRICK CATHOLIC COMMUNITY

MENTAL HEALTH SUPPORT GROUPS & RESOURCES

ST. PATRICK SUPPORT GROUPS

AID TO WOMEN CENTER

Grief Support is an ongoing, Christ-centered faith sharing group for those who need consolation and support after losing a loved one

//days and times vary

smeyers@stpatcc.org or griefsupport@stpatcc.org

NEXT CHAPTER

Next Chapter is for men and women further along on their grief journey. The ongoing needs of losing a loved one are supported through spiritual, educational and social activities.

//second Tuesday of the month, 1:00-2:30 pm, September-June

thenextchapter@stpatcc.org

CANCER SUPPORT GROUP

Cancer support assists cancer patients, their families and their friends. Ministry members serve as companions during this difficult time to strengthen spiritual growth.

//first Wednesday of the month, 7:00 pm

cancersupport@stpatcc.org or 602-370-7042

CANCER SUPPORT COMMUNITY ARIZONA

Cancer Support Community Arizona provides free, professional, emotional, social support for anyone impacted by cancer. Any cancer, any age, any stage - no one should face cancer alone.

//coming soon to campus

ddicarilo@cscaz.org or 602-293-6898



nami

National Alliance on Mental Illness

Find Help. Find Hope.

NAMI FAMILY SUPPORT GROUP

NAMI Family Support Group is a free, confidential and safe place open to any family members, partners and friends of individuals living with a mental illness to support each other

//first & third Tuesdays 6:00 - 7:30 pm

namimaricopaedu@gmail.com

PARENTS OF ADDICTED LOVED ONES

PAL groups meet weekly to educate, support and help each other with issues arising from loving someone with an addiction.

//Saturdays 10:00 - 11:30 am

mpermoda@stpatcc.org



**PARENTS OF
ADDICTED
LOVED ONES**

YOU ARE NOT ALONE



WOMEN'S AA

AA, or Alcoholics Anonymous, is an international support group for individuals with a drinking or substance abuse problem.

//Thursdays 6:00 pm
602-264-1341



AL-ANON

Al-Anon is a group meeting designed to support spouses, parents, siblings, and other family members of people who have an alcohol or other substance dependence.

//Fridays 7:00 pm
602-264-1341

COUNSELING

CATHOLIC CHARITIES COUNSELING

A Catholic charities counselor is available every Monday in the parish office. Fees are based on a sliding scale and financial assistance is available.

//Mondays 8:30 am - 4:30 pm, *by appointment only*
602-749-4405

EDUCATION



NAMI

National Alliance on Mental Illness

Family-to-Family

NAMI FAMILY TO FAMILY EDUCATIONAL PROGRAM

NAMI Family to Family is a free, 8 session educational program for family, significant others, friends and caretakers of people living with mental health conditions. The program assists in understanding and supporting loved ones, while maintaining ones own wellbeing.

//first & third Tuesdays 6:00 - 7:30 pm
namimaricopaedu@gmail.com

SUICIDE & CRISIS HOTLINES

CALL 911 IF YOU HAVE AN EMERGENCY



24-hour Crisis Hotline

480-784-1500 or 800-SUICIDE (1-800-784-2433)

Text the word "HOME" to 741741

National Suicide Prevention Lifeline

800-273-8255 or 800-784-2433

Substance Abuse & Mental Health Services

1-800-662-4357 (HELP)

Teen Lifeline (call or text)

602-248-8336 teenlifeline.org

WWW.STPATCC.ORG/MENTALHEALTH

