

# Support Group Meetings at The Center

*We are pleased to host several support groups that offer additional opportunities to individuals working to overcome a life changing illness or accident. Each group provides education, discussion and a social network for individuals and their families. Share this information with your friends, neighbors, colleagues and church members who might be in need of these services . . . it is also a great way to introduce them to The Center!*



## **ALS - Amyotrophic Lateral Sclerosis or Lou Gehrig's Disease:**

Led by the Muscular Dystrophy Association of Tulsa, this group meets the first Thursday of each month at 6:30p in Classroom One. More info: [tulsa@mdausa.org](mailto:tulsa@mdausa.org) or 918-749-7997.

## **Aphasia Support Group:**

Meets the second Wednesday of each month at 9:30a in Classroom Three. Led by The University of Tulsa Speech Pathology Program. More info: 918-794-4508.

## **Caregiving, Coffee & Conversation:**

Support and education for caregivers, led by Morton Health Services. Meets the second Wednesday of each month at 1:00p in Classroom Three. More info: 918-295-6154.

## **Road Crew Support Group:**

For people with any disability at any point in their life's journey to discuss ways of living and coping to move forward positively. Meets the first and third Thursday of each month at 1:00p

## **Spinal Cord Injury Support Group:**

This is an informal group of SCI survivors who meet monthly for discussions, education, and socialization. Family members and caregivers are also welcome to join! Meets the second Wednesday of each month at 3:00p in Classroom One.

## **Stroke Support Group:**

Variety of topics and speakers. Family members and caregivers are also welcome to join! Facilitated by The Stroke Center. Meets the fourth Thursday of each month at 3:30p in Classroom One.

## **TAGS – Tulsa Amputee Support Group:**

The goal of this group is to discuss various topics of interests, provide support, education and socialization. Meets the first Monday of each month at 6:30p in Classroom One (If first Monday is a holiday, the group will meet the following week) More info: Facebook.com and search "TAGS Tulsa Amputee Support Group"

## **VISTA – Visually Impaired Seeking Technique Alternatives:**

Meetings feature dialogue concerning community resources, adaptive equipment, social activities and supportive interactions. Meets each Wednesday at 1:00p in Classroom Two.

If there is a group you would like to see us offer, please contact Member Services at 918-794-4508 and we will do our best to accommodate.