

South Peninsula Behavioral Health Services (The Center) Support Groups

These groups are facilitated by a therapist. There is a cost that can be billed to Medicaid, all forms of insurance or paid for on a sliding scale.

All those interested can call 235-7701 or inquire at the front desk.
3948 Ben Walters Ln., Homer

Anger Management & Addiction

A supportive process group to develop the skills to fight addiction and manage the issues of anger that surround it. **Tuesdays, 6pm - 7pm**

Women Struggling with PTSD & Addiction

A supportive process group focused on trauma, addiction and recovery.

For women only. **Tuesdays, 5:45pm - 7pm**

LGBTQ Support Group

Support and discussion in a safe environment for adults. **Thursdays, 5:30pm - 6:30pm**

Depression & Anxiety

A supportive process group devoted to developing the skills to overcome symptoms of depression and anxiety. **Thursdays, 3pm - 4:30pm**

South Peninsula Haven House

Emergency women's shelter for victims of domestic violence and sexual assault & their children. Services for men also available, please call for more information

24-hour Help Line: (907) 235-8943
3776 Lake St #100, Homer

Women's Support Group

Peer support group for all women. Meal and childcare provided. Taxi support available.

Tuesdays, 6:30pm - 8pm
(907) 235-7712

Opioid-Related Resources

The Exchange

A safe & confidential resource to obtain clean needles, safely dispose of used needles, get free naloxone kits & HIV/Hepatitis C testing.

Contact: (907) 235-3436

Email: homerexchange@gmail.com

1st & 3rd Tuesdays monthly 5pm - 7pm

South Peninsula Hospital Training Center
203 West Pioneer Ave., Homer

Alaska Region of Narcotics Anonymous

"NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem."

Statewide Help Line 1-866-258-6329

Kenai: (907) 335-9456

www.akna.org

Southern Kenai Peninsula Opioid Task Force

All are encouraged to participate. Please email skpopioidtaskforce@gmail.com to be added to the task force list serve and be alerted of upcoming meetings and work group opportunities.

More info: (907) 756-3780

Nar-Anon Family Groups

"For those who are affected by a friend or family member's drug abuse."

homerkbna@gmail.com

Wednesdays - 11:00am-12noon

Homer United Methodist Church - 770 E End Rd.

Parent-to-Parent Support Group

"For those affected by their child's or grandchild's addiction. A safe & confidential place to share information, resources, solace & hope with others."

Contact: (907) 299-0541

Saturdays - 3pm - 4pm

Homer United Methodist Church - 770 E End Rd.

The Addict's Mom (Online Community)

"A group focusing on the mothers of addicted children and sharing without shame."

www.theaddictsmom.com

Homer Area Support Group Resource Guide



Created and distributed for informational purposes only by South Peninsula Hospital Wellness Department.

To request a PDF or printed copies, and to add or change info contact: wellness@sphosp.org or (907) 235-0970

updated: 3/6/2018

12-Step Groups

12-step groups are free to attend. Many meetings are open to anyone but some are only for those affected. Please contact them for more information.

Alcoholics Anonymous:

Homer End of the Road Group

Contact: (907) 235-6822

Daily – Noon-1pm & 8pm-9pm
126 W. Pioneer Ave, Suite #1, Homer

Homer Unity Group

Contact: (907) 299-6226

Tues, Thurs & Fri – 6:30pm-7:30pm
Homer United Methodist Church - 770 E End Rd.

Anchor Point Alcoholics Anonymous

Contact: (907) 299-3317

Sundays – 2pm-3pm, Wed & Fri – 7pm-8pm
Anchor River Inn Store – upstairs
34358 Old Sterling Hwy., Anchor Point

Living in the Solution

Women's Closed AA Meeting

Contact: (907) 299-4073

Mondays – 5:30pm-6:30pm
Wednesdays – 6:30-7:30pm
Homer United Methodist Church - 770 E End Rd.

Al-Anon Family Groups

"An anonymous fellowship for friends & families of alcoholics." Contact: (907) 299-2028

Tues – Noon - 1pm & Thurs – 6:15pm - 7:15pm

Homer United Methodist Church - 770 E End Rd.

Nar-Anon Family Groups

"For those who are affected by a friend or family member's drug abuse."

Wednesdays – 11am - 12 noon

Homer United Methodist Church - 770 E End Rd.

Overeaters Anonymous

"For people with problems related to food."

Contact: (907) 235-5253

Fridays – Noon - 1pm

Homer United Methodist Church - 770 E End Rd.

Co-Dependents Anonymous

"An anonymous fellowship of people whose common purpose is to develop healthy relationships." Contact: (907) 756-3104

Wednesdays – Noon - 1pm

Homer United Methodist Church - 770 E End Rd.

Sex and Love Addicts Anonymous Closed Meeting

"A 12 step program designed to live life without acting out."

Please contact for location/information:

By phone: (907) 756-0010

or email: safehavenhomer@gmail.com

Thursdays – 7pm - 8pm

Support Groups

These groups are not 12-step related. Meetings are facilitated by fellow members. Some are open to anyone and others are only for those affected. Please contact them for more information.

Adoption Connection

"If your life has been touched by adoption in any way, join us for support & sharing."

Contact: (907) 435-7969

1st Monday of each month - 5pm - 7pm

Alice's - 195 E Pioneer Ave., Homer

Bereavement/Grief Support Group

"Open to those suffering loss and experiencing bereavement."

Contact: (907) 235-6899

Tuesdays – 3pm

Hospice of Homer - 265 E. Pioneer Avenue, #3

Brain Injury Support Group

Contact: (907) 235-6226

Tuesdays – Noon-1pm

Solstice Building - 1044 E End Rd., Homer

Caregiver Support Group

"For family members involved in giving care for loved ones."

Contact: (907) 235-4555

2nd & 4th Thursdays Monthly – 2pm - 3:30 pm

Homer Senior Center – 3935 Svedlund St.

LGBTQ Youth Support & Discussion Group

"A private support and discussion group for ages 12-18." Contact: (907) 235-3436

Tuesdays – 4pm

R.E.C. Room - 3957 Nielsen Circle, Homer

Parent-to-Parent Support Group

"A safe, confidential place for those affected by their child's or grandchild's addiction."

Contact: (907) 299-0541

Saturdays – 3pm - 4pm

Homer United Methodist Church – 770 E End Rd.

Parkinson's Support Group

Contact: 235-6349

1st Fridays monthly - 1:00pm

Homer Senior Citizens Center - 3935 Svedlund St.

Postpartum Mothershare

"A free support group for all postpartum mothers & babies." Contact: (907) 360-2344

1st Mondays monthly - 3:30pm - 5pm

Homer Birth & Wellness Center - 3902 Shelford St.

South Kenai Peninsula

Prostate Cancer Support Group

"Call us any time for help, support & hope."

Contact: Dan – (907) 399-6699, Mike – (907) 223-0966 or Dave – (253) 377-0835

2nd Monday monthly - Call for location

TOPS – Taking Off Pounds Sensibly

"A nonjudgmental help and support group."

Contact: (907) 235-3483

Tuesdays – 9am - 10am

Homer United Methodist Church - 770 E End Rd.