# Support Groups

**Greater NY, Dutchess, Orange, Putnam, Richmond, Rockland, Sullivan, Ulster & Westchester Counties**

## General Arthritis

<table>
<thead>
<tr>
<th>Group</th>
<th>Contact</th>
<th>Phone</th>
<th>Email</th>
<th>Location</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>American Chronic Pain Association Support Group</strong></td>
<td><strong>Karen Ager</strong></td>
<td>1-800-533-3231</td>
<td><a href="mailto:kazzager@aol.com">kazzager@aol.com</a></td>
<td>NY, NY</td>
<td>NY</td>
</tr>
<tr>
<td><strong>Arthritis Support Group</strong></td>
<td><strong>David B. Younger</strong></td>
<td>646-872-9277</td>
<td><a href="mailto:david@dbyounger.com">david@dbyounger.com</a></td>
<td>1225 Park Avenue, Suite 1S NY, NY 10128</td>
<td>NY</td>
</tr>
<tr>
<td><strong>Juvenile Arthritis Support Group</strong></td>
<td><strong>Joyce Lemon</strong></td>
<td>646-754-1417</td>
<td><a href="mailto:battermana@hss.edu">battermana@hss.edu</a></td>
<td>324 East 23rd Street NY, NY 10010 Between 1st and 2nd Ave NY</td>
<td>NY</td>
</tr>
<tr>
<td><strong>People Living with Chronic Physical Illness</strong></td>
<td><strong>Joan Westreich</strong></td>
<td>212-774-7378</td>
<td><a href="mailto:westreichj@hss.edu">westreichj@hss.edu</a></td>
<td><strong>Chronic Pain Telephone Support Group</strong></td>
<td><strong>Adena Batterman</strong></td>
</tr>
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</table>

## Rheumatoid Arthritis

<table>
<thead>
<tr>
<th>Group</th>
<th>Contact</th>
<th>Phone</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td><strong>Early RA Patient Education and Support</strong></td>
<td><strong>Joan Westreich</strong></td>
<td>212-774-7378</td>
<td><a href="mailto:westreichj@hss.edu">westreichj@hss.edu</a></td>
</tr>
<tr>
<td><strong>Living with RA: Lecture, Lunch and Conversation</strong></td>
<td><strong>Adena Batterman</strong></td>
<td>212-774-2539</td>
<td><a href="mailto:battermana@hss.edu">battermana@hss.edu</a></td>
</tr>
</tbody>
</table>
Location: Hospital for Special Surgery
Richard L. Menschel Education Center
535 East 70th Street, 2nd Floor
NY, NY 10021
County: NY
Additional Info: Participants meet for a free, 4 session series which presents essential information about RA and RA treatment. Following each lecture, discussion with others also coping with a new RA diagnosis is facilitated by the social work coordinator and a rheumatology nurse. Registration is required.

Location: Hospital for Special Surgery
2nd Floor Conference Center
535 East 70th Street, 2nd Floor
NY, NY 10021
County: NY
Additional Info: This monthly group program provides education and support for people with moderate to severe rheumatoid arthritis and their family members and friends. Lectures by rheumatoid arthritis care experts are followed by discussion facilitated by a clinical social worker and rheumatology nurse.

### Osteoporosis

**Osteoporosis Support Group**
- **Contact:** Robyn Wiesel
- **Phone:** 212-774-7326
- **Location:** Hospital for Special Surgery
  535 East 70th Street
  NY, NY 10021
- **County:** NY
- **Additional Info:** Please call in advance to ensure entry into the support group. This program meets the first Thursday of each month.

**Osteoporosis Club**
- **Contact:** New York State Osteoporosis Prevention and Education Program
- **Phone:** 845-786-4771
- **Address:** Noyes Conference Center
  51-55 North Route 9W
  West Haverstraw, NY 10993
- **County:** Rockland
- **Additional Info:** Meetings are usually held on the fourth Tuesday of each month in the Noyes Conference Center from 10:00-11:00 am

**Osteoporosis Awareness Group**
- **Contact:** Susan
- **Phone:** 914-260-9339
- **Location:** Burke Rehabilitation Center
  Billings Building #4
  785 Mamaroneck Avenue
  White Plains, NY 10605
- **County:** Westchester
- **Additional Info:** First Monday of even months from 7-9pm. Free with guest speakers.

### Lupus

**Lupus Chat Group for Teens and Parents**
- **Contact:** Lilian Mendez
- **Phone:** 212-606-1958
- **Location:** Hospital for Special Surgery
  535 East 79th Street
  NY, NY 10065
- **County:** NY

**Lupus Cooperative of New York, Day and Evening Groups- Bronx**
- **Contact:** Yasmin Santiago
- **Phone:** 718-620-2555
- **Email:** BxLupusCoop@lupusny.org
- **Location:** Urban Health Plan, Inc.
  1070 Southern Boulevard, 1st Floor
**Additional Info:** This is a monthly in-person chat group for teens (14 to 18) who have lupus and their parents. Both groups meet the third Thursday of each month from 6pm to 8pm at alternating hospital sites in New York City.

**Lupus Cooperative of New York Group, Day and Evening Groups - Brooklyn**
*Contact:* Tayumika Zurita  
*Phone:* 718-780-6528  
*Email:* BklynLupusCoop@lupusny.org  
*Location:* (Day groups)  
    - Long Island University  
      - 9 Hanover Place, 2nd Floor  
      - Brooklyn, NY 11201  
*Location:* (Evening Groups)  
    - LIU Wellness & Recreation Center  
      - 161 Ashland Place  
      - Lower Level Conference Room  
      - Brooklyn, NY 11201  
*County:* Brooklyn  
*Additional Info:* Day- Tuesdays once a month.  
Evening- Tuesdays once a month.

**S.L.E Lupus Foundation, Day and Evening Groups - Manhattan**
*Contact:* Jessica Rowshandel  
*Phone:* 212-685-4118 ext. 32  
*Email:* jrowshandel@lupusny.org  
*Location:* 330 Seventh Avenue, Suite 1701  
    - New York, NY 10001  
    - Between West 28th and West 29th Street  
*County:* NY  
*Additional Info:* Required RSVP. Days vary.

**Lupus Alliance**
*Contact:* Paula Goldstein  
*Phone:* 516-802-3142  
*Location:* Queens and Long Island (East Meadow and Hauppauge)  
*County:* Queens, Suffolk and Nassau  
*Additional Info:* Need to belong to Lupus Alliance. Held once a month on Tuesday evenings from 7:30pm – 9:00pm.

**S.L.E. Workshop**
*Contact:* Roberta Horton  
*Phone:* 212-606-1033  
*Email:* hortonr@hss.edu  
*Location:* Hospital for Special Surgery  
    - Richard Menschel Conference Center  
      - 535 East 70th Street  
      - NY, NY  
*County:* NY  
*Additional Info:* Meets from September to April on the fourth Thursday of every month from 12-2pm.

**Charla de Lupus (Lupus Chat)**
*Contact:* Lillian Mendez  
*Phone:* 212-606-1958  
*Email:* mendezl@hss.edu  
*Location:* Hospital for Special Surgery  
    - Richard Menschel Conference Center  
      - 535 East 70th Street  
      - NY, NY  
*Helpline:* 866-812-4494  
*County:* NY  
*Additional Info:* National peer health education program staffed by trained volunteers who are

**LupusLine**
*Contact:* Jillian Rose  
*Phone:* 212-606-1952  
*Email:* rosej@hss.edu  
*Helpline:* 866-375-1427, outside NYC (toll-free)  
*Additional Info:* A national telephone peer counseling service staffed by trained volunteers who are lupus veterans, or family members. Callers are screened and matched by the program coordinator for the convenience of those wanting one-to-one support by telephone appointment from home.
lupus veterans. Services are provided in person at area hospitals or via helpline which is open 9-am-5pm, EST weekdays.

<table>
<thead>
<tr>
<th>S.L.E. Lupus Foundation, Evening group- Harlem</th>
<th>Pediatric Lupus Support Group</th>
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<tbody>
<tr>
<td>Contact: Jessica Rowshandel</td>
<td>Contact: Corinna Bowser or Jack Moallem</td>
</tr>
<tr>
<td>Phone: 212-685-4118 ext. 32</td>
<td>Phone: 917-760-1078 or 718-270-4178</td>
</tr>
<tr>
<td>Email: <a href="mailto:jrowshandel@lupusny.org">jrowshandel@lupusny.org</a></td>
<td>Location: SUNY Downstate Medical Center</td>
</tr>
<tr>
<td>Location: Minisink Townhouse</td>
<td>450 Clarkson Avenue, Room B4-462</td>
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<tr>
<td></td>
<td>(Pediatric Library, 4th floor)</td>
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<tr>
<td></td>
<td>Brooklyn, NY</td>
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<td>County: NY</td>
<td>County:</td>
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<tr>
<td>Location: Minisink Townhouse 646 Malcolm X Blvd</td>
<td>Manhattan</td>
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<tr>
<td>Harlem, NY</td>
<td>Additional Info: This support group for patients 11 to 21 years old (adults welcome as well) meets the 4th Wednesday of every month, from 5 p.m. to 6 p.m.</td>
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<tr>
<td>County: NY</td>
<td>Additional Info:</td>
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<tr>
<th>LANtern (Lupus Asian Network)</th>
<th>New York City Living &amp; Coping with Lupus Support Group</th>
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<tbody>
<tr>
<td>Contact: My-Lan Tran</td>
<td>Email: <a href="mailto:17thstgroup@gmail.com">17thstgroup@gmail.com</a></td>
</tr>
<tr>
<td>Phone: (212)774-2508 or (866)505-2253</td>
<td>Location: NYU Hospital for Joint Diseases</td>
</tr>
<tr>
<td>Email: <a href="mailto:tranm@hss.edu">tranm@hss.edu</a></td>
<td>301 East 17th Street at 2nd Avenue</td>
</tr>
<tr>
<td>Location: County: Manhattan</td>
<td>14th Floor Board Room</td>
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<tr>
<td>County: Manhattan</td>
<td>NY, NY</td>
</tr>
<tr>
<td>Additional Info: Provide lupus peer support</td>
<td>County: Manhattan</td>
</tr>
<tr>
<td>and education for the Asian American Community.</td>
<td>Additional Info: Meets monthly on Wednesdays at</td>
</tr>
<tr>
<td>Offers culturally relevant bilingual resources</td>
<td>7:00 - 8:30 PM</td>
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<td>developed by the program.</td>
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Fibromyalgia

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<thead>
<tr>
<th>Living A Healthier Lifestyle  Fibromyalgia/Chronic Pain Physical Therapy at Briarcliff</th>
<th>Autoimmune Support Group</th>
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</thead>
<tbody>
<tr>
<td>Contact: Meryle Richman</td>
<td>Contact: Mary McQuillan</td>
</tr>
<tr>
<td>Phone: (914) 762 - 2222 x2157</td>
<td>Phone: 845-222-9781</td>
</tr>
<tr>
<td>Email: <a href="mailto:meryle@ptrehab.com">meryle@ptrehab.com</a></td>
<td>Email: <a href="mailto:mzalga@aol.com">mzalga@aol.com</a></td>
</tr>
<tr>
<td>Location: 584 North State Road</td>
<td>Location: Goshen Acupuncture &amp; Massage</td>
</tr>
<tr>
<td>Briarcliff Manor, New York 10510</td>
<td>26 Scotchtown Avenue</td>
</tr>
<tr>
<td>Upper Conference Room</td>
<td>Goshen, NY 10924</td>
</tr>
<tr>
<td>County: Westchester</td>
<td>County: Orange</td>
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<tr>
<td>Additional Info: Meets the 1st Tuesday of each month 5:30 – 6:30 PM</td>
<td>Additional Info: First Tues of Month.  1-2pm</td>
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Scleroderma

<table>
<thead>
<tr>
<th>Scleroderma Support Group</th>
<th>Autoimmune Support Group</th>
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</thead>
<tbody>
<tr>
<td>Contact: Scleroderma Foundation</td>
<td>Contact: Mary McQuillan</td>
</tr>
<tr>
<td>Phone: 1-800-867-0885</td>
<td>Phone: 845-222-9781</td>
</tr>
</tbody>
</table>
### Myositis Support Group

**Contact:** Suzan Fischbein  
**Phone:** 212-774-7623  
**Email:** fischbeins@hss.edu  
**Location:** Hospital for Special Surgery  
2nd Floor Conference Center, Room A  
535 East 70th Street  
NY, NY  
**County:** NY  
**Additional Info:** This group's mission is to enhance coping, reduce isolation, and increase understanding of the inflammatory myopathies by creating a community for mutual support and education. Meetings are held on the 2nd Wednesday of every month, 6-8 pm.

### Español

### Lupus

<table>
<thead>
<tr>
<th>Area</th>
<th>Contact</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Brooklyn</td>
<td>Taimaka Zurita</td>
<td>(718) 928-2002</td>
<td></td>
</tr>
<tr>
<td>Manhattan</td>
<td>Jessica Rowshandel</td>
<td>(212) 685-4118 ext. 32</td>
<td><a href="mailto:jrowshandel@lupusny.org">jrowshandel@lupusny.org</a>.</td>
</tr>
<tr>
<td>(Upper East Side)</td>
<td>Robert Horton (212) 606-1958</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bronx</td>
<td>Yasmin Santiago</td>
<td>(718) 620-2555</td>
<td><a href="mailto:ehlupuscoop@aol.com">ehlupuscoop@aol.com</a></td>
</tr>
<tr>
<td></td>
<td>Lillian Mendez</td>
<td>(212) 606-1958</td>
<td></td>
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