

# Support Groups

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



<b>General Arthritis</b>	
<p><b>American Chronic Pain Association Support Group</b>  <u>Phone:</u> 1-800-533-3231  <u>Contact:</u> American Chronic Pain Association  <u>Location:</u> Bronx  <u>County:</u> Bronx</p>	<p><b>Chronic Pain Telephone Support Group</b>  <u>Contact:</u> Chronic Pain Outreach Center  <u>Phone:</u> 301-231-0008  <u>Additional Info:</u> Can register via phone for Afternoon or Evening calls that are led by a Licensed Social Worker. There is no charge for participating, but standard long distance rates apply to the call.</p>
<p><b>Arthritis Support Group</b>  <u>Contact:</u> Karen Ager  <u>Email:</u> <a href="mailto:kazzager@aol.com">kazzager@aol.com</a>  <u>Location:</u> NY,NY  <u>County:</u> NY  <u>Additional Info:</u> Meets every two months</p>	<p><b>Arthritis Support Group</b>  <u>Contact:</u> Joyce Lemon  <u>Phone:</u> 646-754-1417  <u>Location:</u> 324 East 23<sup>rd</sup> Street            NY, NY 10010            Between 1<sup>st</sup> and 2<sup>nd</sup> Ave  <u>County:</u> NY  <u>Additional Info:</u> Educational Series held every 3<sup>rd</sup> Thursday of the month.</p>
<p><b>People Living with Chronic Physical Illness</b>  <u>Contact:</u> David B. Younger  <u>Phone:</u> 646-872-9277  <u>Email:</u> <a href="mailto:david@dbyounger.com">david@dbyounger.com</a>  <u>Location:</u> 1225 Park Avenue, Suite 1S            NY, NY 10128  <u>County:</u> NY</p>	

<b>Rheumatoid Arthritis</b>	
<p><b>Early RA Patient Education and Support</b>  <u>Contact:</u> Joan Westreich  <u>Phone:</u> 212-774-7378  <u>Email:</u> <a href="mailto:westreichj@hss.edu">westreichj@hss.edu</a>  <u>Location:</u> Hospital for Special Surgery</p>	<p><b>Living with RA: Lecture, Lunch and Conversation</b>  <u>Contact:</u> Adena Batterman  <u>Phone:</u> 212-774-2539  <u>Email:</u> <a href="mailto:battermana@hss.edu">battermana@hss.edu</a>  <u>Location:</u> Hospital for Special Surgery</p>

<p>Richard L. Menschel Education Center 535 East 70<sup>th</sup> Street, 2<sup>nd</sup> Floor NY, NY 10021</p> <p><u>County:</u> NY</p> <p><u>Additional Info:</u> 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.</p>	<p>2<sup>nd</sup> Floor Conference Center 535 East 70<sup>th</sup> Street, 2<sup>nd</sup> Floor NY, NY 10021</p> <p><u>County:</u> NY</p> <p><u>Additional Info:</u> 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</p>
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<b>Osteoporosis</b>	
<p><b>Osteoporosis Support Group</b></p> <p><u>Contact:</u> Robyn Wiesel <u>Phone:</u> 212-774-7326 <u>Location:</u> Hospital for Special Surgery 535 East 70<sup>th</sup> Street NY, NY 10021</p> <p><u>County:</u> NY</p> <p><u>Additional Info:</u> Please call in advance to ensure entry into the support group. This program meets the first Thursday of each month.</p>	<p><b>Osteoporosis Club</b></p> <p><u>Contact:</u> New York State Osteoporosis Prevention and Education Program <u>Phone:</u> 845-786-4771 <u>Address:</u> Noyes Conference Center 51-55 North Route 9W West Haverstraw, NY 10993</p> <p><u>County:</u> Rockland</p> <p><u>Additional Info:</u> Meetings are usually held on the fourth Tuesday of each month in the Noyes Conference Center from 10:00-11:00 am</p>
<p><b>Osteoporosis Awareness Group</b></p> <p><u>Contact:</u> Susan <u>Phone:</u> 914-260-9339 <u>Location:</u> Burke Rehabilitation Center Billings Building #4 785 Mamaroneck Avenue White Plains, NY 10605</p> <p><u>County:</u> Westchester</p> <p><u>Additional Info:</u> First Monday of even months from 7-9pm. Free with guest speakers.</p>	

<b>Lupus</b>	
<p><b>Lupus Chat Group for Teens and Parents</b></p> <p><u>Contact:</u> Lilian Mendez <u>Phone:</u> 212-606-1958 <u>Location:</u> Hospital for Special Surgery 535 East 79<sup>th</sup> Street NY, NY 10065</p> <p><u>County:</u> NY</p>	<p><b>Lupus Cooperative of New York, Day and Evening Groups- Bronx</b></p> <p><u>Contact:</u> Yasmin Santiago <u>Phone:</u> 718-620-2555 <u>Email:</u> <a href="mailto:BxLupusCoop@lupusny.org">BxLupusCoop@lupusny.org</a> <u>Location:</u> Urban Health Plan, Inc. 1070 Southern Boulevard, 1st Floor</p>

<p><u>Additional Info:</u> 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.</p>	<p>Bronx, NY 10459  <u>County:</u> Bronx  <u>Additional Info:</u> Day- Thursdays once a month.  Evening- Wednesdays once a month</p>
<p><b>Lupus Cooperative of New York Group, Day and Evening Groups- Brooklyn</b>  <u>Contact:</u> Tayumika Zurita  <u>Phone:</u> 718-780-6528  <u>Email:</u> <a href="mailto:BklynLupusCoop@lupusny.org">BklynLupusCoop@lupusny.org</a>  <u>Location:</u> (Day groups)  Long Island University  9 Hanover Place, 2nd Floor  Brooklyn, NY 11201  <u>Location:</u> (Evening Groups)  LIU Wellness &amp; Recreation Center  161 Ashland Place  Lower Level Conference Room  Brooklyn, NY 11201  <u>County:</u> Brooklyn  <u>Additional Info:</u> Day- Tuesdays once a month.  Evening- Tuesdays once a month.</p>	<p><b>S.L.E Lupus Foundation, Day and Evening Groups- Manhattan</b>  <u>Contact:</u> Jessica Rowshandel  <u>Phone:</u> 212-685-4118 ext. 32  <u>Email:</u> <a href="mailto:jrowshandel@lupusny.org">jrowshandel@lupusny.org</a>  <u>Location:</u> 330 Seventh Avenue, Suite 1701  New York, NY 10001  Between West 28th and West 29<sup>th</sup> Street  <u>County:</u> NY  <u>Additional Info:</u> Required RSVP. Days vary.</p>
<p><b>Lupus Alliance</b>  <u>Contact:</u> Paula Goldstein  <u>Phone:</u> 516-802-3142  <u>Location:</u> Queens and Long Island (East Meadow and Hauppauge)  <u>County:</u> Queens, Suffolk and Nassau  <u>Additional Info:</u> Need to belong to Lupus Alliance. Held once a month on Tuesday evenings from 7:30pm – 9:00pm.</p>	<p><b>S.L.E. Workshop</b>  <u>Contact:</u> Roberta Horton  <u>Phone:</u> 212-606-1033  <u>Email:</u> <a href="mailto:hortonr@hss.edu">hortonr@hss.edu</a>  <u>Location:</u> Hospital for Special Surgery  Richard Menschel Conference Center  535 East 70<sup>th</sup> Street  NY, NY  <u>County:</u> NY  <u>Additional Info:</u> Meets from September to April on the fourth Thursday of every month from 12-2pm.</p>
<p><b>Charla de Lupus (Lupus Chat)</b>  <u>Contact:</u> Lillian Mendez  <u>Phone:</u> 212-606-1958  <u>Email:</u> <a href="mailto:mendezl@hss.edu">mendezl@hss.edu</a>  <u>Location:</u> Hospital for Special Surgery  Richard Menschel Conference Center  535 East 70th Street  NY, NY  <u>Helpline:</u> 866-812-4494  <u>County:</u> NY  <u>Additional Info:</u> National peer health education program staffed by trained volunteers who are</p>	<p><b>LupusLine</b>  <u>Contact:</u> Jillian Rose  <u>Phone:</u> 212-606-1952  <u>Email:</u> <a href="mailto:rosej@hss.edu">rosej@hss.edu</a>  <u>Helpline:</u> 866-375-1427, outside NYC (toll-free)  <u>Additional Info:</u> 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.</p>

<p>lupus veterans. Services are provided in person at area hospitals or via helpline which is open 9-am-5pm, EST weekdays.</p>	
<p><b>S.L.E. Lupus Foundation, Evening group- Harlem</b>  <u>Contact:</u> Jessica Rowshandel  <u>Phone:</u> 212-685-4118 ext. 32  <u>Email:</u> <a href="mailto:jrowshandel@lupusny.org">jrowshandel@lupusny.org</a>  <u>Location:</u> Minisink Townhouse  646 Malcolm X Blvd  Harlem, NY  <u>County:</u> NY</p>	<p><b>Pediatric Lupus Support Group</b>  <u>Contact:</u> Corinna Bowser or Jack Moallem  <u>Phone:</u> 917-760-1078 or 718-270-4178  <u>Location:</u> SUNY Downstate Medical Center  450 Clarkson Avenue, Room B4-462  (Pediatric Library, 4th floor)  Brooklyn, NY  <u>County:</u> Brooklyn  <u>Additional Info:</u> 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.</p>
<p><b>LANtern (Lupus Asian Network)</b>  <u>Contact:</u> My-Lan Tran  <u>Phone:</u> (212)774-2508 or (866)505-2253  <u>Email:</u> <a href="mailto:tranm@hss.edu">tranm@hss.edu</a>  <u>Location:</u>  <u>County:</u> Manhattan  <u>Additional Info:</u> Provide lupus peer support and education for the Asian American Community. Offers culturally relevant bilingual resources developed by the program.</p>	<p><b>New York City Living &amp; Coping with Lupus Support Group</b>  <u>Email:</u> <a href="mailto:17thstgroup@gmail.com">17thstgroup@gmail.com</a>  <u>Location:</u> NYU Hospital for Joint Diseases  301 East 17th Street at 2nd Avenue  14th Floor Board Room  NY, NY  <u>County:</u> Manhattan  <u>Additional Info:</u> Meets monthly on Wednesdays at 7:00 - 8:30 PM.</p>

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

<b>Scleroderma</b>	
<p><b>Scleroderma Support Group</b>  <u>Contact:</u> Scleroderma Foundation  <u>Phone:</u> 1-800-867-0885</p>	

Additional Info: Meets the first Wednesday of each month	
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<b>Other</b>	
<p><b>Myositis Support Group</b>  <u>Contact:</u> Suzan Fischbein  <u>Phone:</u> 212-774-7623  <u>Email:</u> <a href="mailto:fischbeins@hss.edu">fischbeins@hss.edu</a>  <u>Location:</u> Hospital for Special Surgery  2<sup>nd</sup> Floor Conference Center, Room A  535 East 70<sup>th</sup> Street  NY, NY  <u>County:</u> NY  <u>Additional Info:</u> This groups mission is to enhance coping, reduce isolation, and increase understanding of the inflammatory myopathies by creating a community for mutual support an education. Meetings are held on the 2<sup>nd</sup> Wednesday of every month, 6-8 pm.</p>	

## Español

<b>Lupus</b>	
<p><b>Brooklyn</b>  <u>Contactar:</u> Taimaka Zurita (718) 928-2002</p>	<p><b>Manhattan  (Washington Heights)</b>  <u>Contactar:</u> Jessica Rowshandel (212) 685-4118 ext. 32 o <a href="mailto:jrowshandel@lupusny.org">jrowshandel@lupusny.org</a>.  <b>(Upper East Side )</b>  <u>Contactar:</u> Robert Horton (212) 606-1958  <u>Contactar:</u> Lillian Mendez (212) 606-1958</p>
<p><b>Bronx</b>  <u>Contactar:</u> Yasmin Santiago (718) 620-2555 o <a href="mailto:ehlupuscoop@aol.com">ehlupuscoop@aol.com</a></p>	

*\*By providing this list, the Arthritis Foundation does not imply an endorsement of these services*