Access Industries, Inc.
2509 Summer Avenue, Memphis, TN 38112
Phone(s):  (901) 323-5438  (800) 264-4304
Email: info@access-ind.com
Web: www.access-ind.com

Services Provided:
- Adaptive Equipment
- Vehicle Adaptations
- Van Rentals
- Used Vans

ADAPT, Memphis
163 North Angelus, Memphis, TN 38104
Contact: Deborah Cunningham or Sandy Klink
Phone(s):  (901) 726-6404
Fax: (901) 726-6521
Email: mcil@mcil.com
Web: www.mcil.org

Eligibility Guidelines: Anybody with a disability

Services Provided:
- ADA Information and Assistance
- Advocacy Services

AGAPE Child and Family Services, Inc.
111 Racine, P.O. Box 11411, Memphis, TN 38111
Contact: David Jordan
Phone(s):  (901) 272-7339  (901) 323-3600
Fax: (901) 323-3640
Web: www.agapemeanslove.org/

Eligibility Guidelines: Women who are pregnant, want to adopt, or foster-care

Services Provided:
- Counseling Department
- Foster-Care Program
- Adoption Agency
- Transitional Housing
- Maternity Care
Agency for Youth and Family Development
5050 Poplar Avenue, Suite 525, Memphis, TN 38157
Contact: Jeff Taylor
Phone(s): (901) 374-0201

Eligibility Guidelines: Youth 14-17

Services Provided:
- Emergency Housing
- Transitional Housing
- Supportive Services

Aging Commission of the Mid-South
2670 Union Avenue Extended, Suite 1000, Memphis, TN 38112 (10th floor)
Contact: Robert McFalls, Executive Director
Phone(s): (901) 324-6333 (866) 836-6678
Fax: (901) 327-7755
Web: www.agingcommission.org

Eligibility Guidelines: For seniors 60 years and older who are caretakers and for 18 years and older with disabilities to be eligible for OPTIONS program

Services Provided:
- Advocacy Services
- Information and Referral
- In-Home Assistance
- Senior Citizen Services
  FAMILY CAREGIVER SUPPORT Program, OPTIONS for COMMUNITY LIVING SERVICES – a home based program for frail and/or persons 18 years and up with disabilities (1-866-836-6678)
  Alzheimer Day Care (Alzheimer Day is who they use)
  Public Guardianship Program
Alcoholics Anonymous
5119 Summer Avenue, Suite 315, Memphis, TN 38122
Contact: Indie Cockerham
Phone(s): (901) 454-1414
Fax: (901) 257-0186
Email: mphsmaia@aol.com
Web: www.memphis-aa.org

Eligibility Guidelines: Ages 18 and up

Services Provided:
- 12-Step Program
- Literature
- Medallions

Alliance for the Blind and Visually Impaired
4700 Poplar Avenue, Suite 100, Memphis, TN 38117
Contact: Don Morris, Adjustment Counselor or Dorothy Bogard, Information and Referral Clerk
Phone(s): (901) 766-0600
Fax: (901) 766-0699
Email: jcarroll@memphisseniors.com
Web: www.memphisseniors.com/services_assliving.htm OR www.memphisseniors.com/ABVI.htm

Eligibility Guidelines: 60 years or older who is blind or is visually impaired

Services Provided:
- Blind and Visual Impairment Program
- Information and Referral
- Support Groups
- Foster Care/Parenting Program
- Orientation and mobility instruction
- Training and utilization of adaptive equipment and devices
Aloysius Home
28 N. Claybrook, Memphis, TN 38104
Contact: Lee Martin
Phone(s): (901) 274-8321

Eligibility Guidelines: HIV/AIDS and Mentally Ill with AIDS

Services Provided:
- Transitional Housing
- Permanent Housing
- Support Services
- Job Training

Alpha Omega Veterans Services
1183 Madison Avenue, Memphis, TN 38104
Contact: Cordell Walker
Phone(s): (901) 726-9737 (901) 726-5067
Fax: (901) 726-5067
Web: www.aovs.org

Eligibility Guidelines: Veterans, male and female, who are homeless and may be suffering from various war-related disabilities

Services Provided:
- Transitional Housing
- Emergency Housing
- Support Services
- Job Training
- Individual Counseling
- Group Counseling
Alzheimer's Association of the Mid-South
2600 Poplar Avenue, Suite 400, Memphis, TN 38118
Phone(s): (901) 565-0011
Web: www.alzmidsouth.org

Services Provided:
- Counseling Services
- Information and Referral

American Council of the Blind, Memphis Chapter
875 S. Yates #3, Memphis, TN 38120
Contact: Bob Verity or Richard Harris
Phone(s): (901) 821-0091 or (901) 396-2578
Email: rtverity@bellsouth.net

Eligibility Guidelines: Persons of any age and all ranges of vision from 20/20 to no light perception

Services Provided:
- Blind and/or Visually Impaired Services

Arc of the Mid-South, The
3485 Poplar Avenue, Suite 225, Memphis, TN 38111
Contact: Carlene Leaper, Executive Director
Phone(s): (901) 327-2473
Fax: (901) 327-2687
Email: arcmidsouth@aol.com
Web: www.arcmidsouth.net

Eligibility Guidelines: Serves people with developmental disabilities with a primary focus on mental retardation ages 6 to adults; under age 6 referrals are available

Services Provided:
- Advocacy Services
- Camps and/or Summer Programs
- Employment, Job Training Program
- Information and Referral
- Newsletter Activities
- Public Awareness and Community Education
- Recreational Activities (week-end retreats, camps, etc.)
- Respite Care/Adult
- Respite Care/Child
- Offer job coaching assistance and training
- Offer disability awareness training
- Adult Day Care
Autism Society of America, Memphis Chapter
P.O. Box 241054, Memphis, TN 38124
Contact: Tom Nunnikoven, Treasurer
Phone(s): (901) 360-9407

Services Provided:
- Autism Resources
- Specific Disability Information
  Staffed by volunteers at this time
  Lending library

Babylove (MMHC)
450 Pontotoc, Memphis, TN 38126
Contact: Vicki Norman
Phone(s): (901) 577-0256
Fax: (901) 577-9356

Eligibility Guidelines: A & D Pregnant Women and their children (under 5 years)

Services Provided:
- Transitional Housing
- Supportive Services

Barbara K. Lipman Early Childhood School
3771 Poplar Avenue, Memphis, TN 38152
Contact: Sandra Brown Turner, Director
Phone(s): (901) 678-2120
Fax: (901) 323-9560
Email: sbturnr1@memphis.edu OR bbradly1@memphis.edu
Web: www.people.memphis.edu/~lipman

Eligibility Guidelines: Open enrollment for ages 2-8

Services Provided:
- Early Intervention Program
- Special Education Program
  Demonstration school for the College of Education at the University of Memphis
  Tuition is required
  A full inclusion program for children 3 years of age and older
  After-school care available for 3,4,5 year olds only
  Speech and Language therapy
  Mon-Fri 8:00AM-4:30PM
Barron Heights Community Developmental Center
1385 Lamar Avenue, Memphis, TN 38104
Contact: Joyce Rayner
Phone(s): (901) 728-5873
Fax: (901) 728-5876

Eligibility Guidelines: Male with A & D

Services Provided:
- Transitional Housing (up to 2 years)
- Information and Referral
- Vocational Counseling and Job Readiness
- Support Services
- Life Skills Training

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Bethany Home
901 Chelsea, Memphis, TN 38107
Contact: Laura Ingram
Phone(s): (901) 525-1837

Eligibility Guidelines: Pregnant Women

Services Provided:
- Transitional Housing

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Birthright of Memphis
115 Alexander, Memphis, TN 38111
Contact: Fran Theos
Phone(s): (901) 327-8109

Eligibility Guidelines: Newborns to size 12

Services Provided:
- Non-Housing Services
Bodine School, The
2432 Yester Oaks Drive, Germantown, TN 38139
Contact: Rene Friemoth Lee, Director
Phone(s): (901) 754-1800
Fax: (901) 751-8595
Email: info@bodineschool.org
Wed: www.bodineschool.org

Eligibility Guidelines: People in grades 1-12 who have an average to above average intelligence with reading disabilities primarily in word recognition and decoding (dyslexia)

Services Provided:
- Learning Disability Resources
- Special Education Program
  Private elementary and secondary school for students with learning disabilities
  Summer school is offered

Breath of Life S.D.A. Church
2999 Barron Street, Memphis, TN 38116
Contact: Annie Royston or Pastor Prentiss Sorrells

Services Provided:
- Emergency Assistance
- Food and Clothing 2 afternoons per week and 3 Sundays per month
  - Tues/Wed: 4:00-6:00pm
  - 2nd/3rd/4th Sunday: 9:00am-12:00pm

Bridges
314 S. Goodlet, Memphis, TN 38117
Contact: Jim Boyd
Phone(s): (901) 452-5600
Fax: (901) 320-1004
Email: hpotter@bridgesinc.org

Services Provided:
- Employability Skills
- Academic Assistance
- Mentors
- Case Management
C.A.A.P. (Cocaine and Alcohol Awareness Program), Inc.
1656 Lamar Avenue, Memphis, TN 38104
Contact: Albert Richardson
Phone(s): (901) 272-2227
Fax: (901) 272-9519

Eligibility Guidelines: Men and women 18 years and up; A & D; must be on TennCare

Services Provided:
- Outpatient Services
- After Care Plan

Calvary Rescue Mission
960 S. Third Street, Memphis, TN 38106
Contact: Bob Freudiger
Phone(s): (901) 775-2570
Web: www.geocities.com/calvaryrescuemission/Home.htm

Eligibility Guidelines: Men Only

Services Provided:
- Transitional Housing

(Calvary) Street Ministry, The
82 North Second Street, Memphis, TN 38103
Contact: Beatrice Kimmons, Director
Phone(s): (901) 527-0401
Fax: (901) 529-0208

Services Provided:
- Referral and Information
- Individual Counseling
- Alcohol and Drug Halfway Program
- Alcohol and Drug Counseling
Camelot Care Center Inc., Memphis
5100 Poplar Avenue, Suite 3115, Memphis, TN 38137
Contact: Kimberly Fabel, Program Director
Phone(s): (901) 821-0311
Fax: (901) 821-0312
Email: Memphis@camelotcare.com
Web: www.camelotcare.org

Eligibility Guidelines: Must be in foster care with the state to qualify. Private counseling is available only to those with certain insurance (i.e. Value Options) and must be under the age of 18

Services Provided:
- Behavior Resources
- Counseling and/or Mental Health Services
- Therapeutic Foster Care
  In-home treatment
  Full behavioral assessment

Case Management, Inc.
4841 Summer Avenue, Memphis, TN 38122
Contact: Roosevelt Reese, Director
Phone(s): (901) 821-5600
Fax: (901) 821-5615
Web: www.cmi-memphis.com

Eligibility Guidelines: 18 years and up with a chronic mental illness

Services Provided:
- Outpatient Care
- Clinics for Medication
- Information and Referral
- Links with other organizations (Lowenstein House, etc)

Catholic Charities, Inc.
1325 Jefferson, Memphis, TN 38104
Contact: Alice Hardy
Phone(s): (901) 722-4700
Fax: (901) 722-4791
Web: http://cdom.org/pastoral%20offices/catholic%20charities.html OR www.cathchar.org

Services Provided:
- Financial Assistance
- Information and Referrals
Center for Rehabilitation and Employment Research
113 Patterson Hall, Memphis, TN 38152
Contact: David Strauser
Phone(s): (901) 678-2731
Fax: (901) 678-3251
Email: crer@memphis.edu
Web: http://coe.memphis.edu/CRER/CRER_default.asp

Services Provided:
- Career and Vocational Testing
- Psychological Testing
- Mid-South Access Center for Technology
- Augmentative Alternative Communication (AAC)
- Tennessee Technology Access Program
- Families First

Center for Therapeutic Taekwondo
8567 Macon Road, Cordova, TN 38018
Contact: Director
Phone(s): (901) 309-1200

Eligibility Guidelines: Must be able to stand and follow simple commands or requests; Medical history must be available

Services Provided:
- Recreational Activities
  Developmental martial arts program to help increase range of motion, muscle strength, balance, speed, and attention span

Child Abuse and Neglect Hotline
Phone(s): (901) 543-7120
Child Advocacy Center
1085 Poplar Avenue, Memphis, TN 38105
Contact: Nancy Williams
Phone(s): (901) 525-2377
Fax: (901) 526-6088
Email: vstallworth@memphiscac.org
Web: www.memphiscac.org

Eligibility Guidelines: Abused Youth

Services Provided:
- Support Services

Christ Community Health Services
2861 Broad Avenue, Memphis, TN 38112
Contact: Precilla Davis, Manager
Phone(s): (901) 458-0584
Fax: (901) 325-6469

Eligibility Guidelines: All ages; Income guidelines

Services Provided:
- Medical Attention for Most Things (not dermatology or gynecology)

Church Health Center
1210 Peabody Avenue, Memphis, TN 38104
Contact: Ann Langstorr
Phone(s): (901) 272-0003
Web: www.churchhealthcenter.org/

Eligibility Guidelines: Adults between 18-65, must be working and living in Shelby County

Services Provided:
- Physician Care; Medicines; Dentistry; Optometry
- Pastoral Counseling
- Health Education
- Homeless Services through referral sources
**Clovernook**
346 St. Paul Avenue, Memphis, TN 38126
Contact: Sarah L. Tune
Phone(s): (901) 523-9590
Fax: (901) 523-1480
Email: stune@clovernook.org
Web: www.clovernook.org

**Services Provided:**
- Case Management
- Counseling Services
- Information and Referral
- Career Counseling
- Job placement, Job Coaching
- Adaptive Technology
- Vocational Evaluation
- Braille Instruction

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**Collierville Alzheimer's Day Care Center**
1961 South Houston Levy Road, Germantown, TN 38139
Contact: Karen Absalom, Director
Phone(s): (901) 854-1200
Fax: (901) 853-5945
Web: www.kornet.org/casi

**Eligibility Guidelines:** Must have diagnosis of Alzheimer's or any related dementias (i.e. TIAS, Parkinons, STC)

**Services Provided:**
- Accessibility Information
- Adult Day Care
- Newsletter Available
- Public Awareness and Community Education
- Recreational Activities
- Specific Disability Information
- Support Groups
- Music and Art Therapy
Community Service Agency, Memphis
100 N. Main Building, Suite 1300, Memphis, TN 38103
Contact: Ernest Johnson, Administrator
Phone(s): (901) 523-7554
Fax: (901) 545-3592
Email: Delores469@netscape.net
Web: http://www.co.shelby.tn.county_gov/divisions/comm_serv/comm_serv_agency/

Eligibility Guidelines: Anyone

Services Provided:
- Financial Assistance
- Home Rehabilitation/Repair Service
- Housing, Search, and Information
- Information and Referral
- Recreational Activities
  Weatherization program
  Family and self-sufficiency program

Comprehensive Counseling Network (Formerly Frayser Family Counseling Center)
2150 Whitney Avenue, Memphis, TN 38127
Contact: Gerranda Brooks
Phone(s): (901) 354-7376
Fax: (901) 353-5464
Email: gbrooks@ccnmemphis.org
Web: www.ccnmemphis.org

Services Provided:
- Alcohol and Drug Therapy
- Case Management
- Geriatric Services
- Outpatient Services
- Vocational Rehabilitation Services
Consumer Credit Counseling Services
2158 Union Avenue, Memphis, TN 38104
Contact: Paul Blackstone
Phone(s): (901) 323-4909

Eligibility Guidelines: Anyone meeting financial criteria

Services Provided:
- Budget Management
- Debt Management

County Clerk Office, Shelby County
150 Washington Ave., Memphis, TN 38103
Contact: Jayne Creson, County Clerk
Phone(s): (901) 545-4244
Fax: (901) 545-3779
Email: creson-j@co.shelby.tn.us
Web: www.state.tn.us/safety/licen32.html

Eligibility Guidelines: Medical certification required

Services Provided:
- Disability Parking Placard

Cystic Fibrosis Foundation, Memphis
1028 Cresthaven Road, Suite 203, Memphis, TN 38119
Contact: Angela Bledsoe, Director of Development
Phone(s): (901) 818-9090
Fax: (901) 818-9080
Email: Memphis@cff.org
Web: http://www.cff.org/memphis.htm

Services Provided:
- Information and Referral
- Specific Disability Information
  Sponsors special fundraising events for medical research
**Delta Area Agency on Aging**
2670 Union Avenue Extended, Suite 400, Memphis, TN 38112
Contact: Peggy Dobbins
Phone(s): (901) 324-6333
Fax: (901) 327-7755

*Services Provided:*
- Public Guardian to Senior Citizens
- Information and Referral

**DeNeuville Learning Center**
840 Dickinson Street, Memphis, TN 38107
Contact: Sister Lakshmie Napagoda
Phone(s): (901) 726-5902
Fax: (901) 726-0010
Web: www.denuevillecenter.org

*Eligibility Guidelines:* Women 18 and up

*Services Provided:*
- Job Skills
- Life Skills
- Health Care Skills
- Moral and Religious Values
- Counseling Services

**Department of Human Services, Shelby County**
100 N. Main Street, Memphis, TN 38103
Contact: Linda Williams, Administrative District Director
Phone(s): (901) 543-7351
Fax: (901) 543-6084
Web: www.state.tn.us/humanserv/

*Services Provided:*
- Financial Assistance
- Health Insurance Information
  - Food Stamps Program
  - Medicaid Program
- Adult Protective Services
- Childcare Referral Resource – (800) 462-8261
- Vocational Rehabilitation Program
Diocese of Memphis Housing Corporation
1325 Jefferson, Memphis, TN 38104
Contact: David Field
Phone(s): (901) 722-4772

Eligibility Guidelines: Mentally Ill

Services Provided:
- Permanent Housing

Dismas House
320 East Street, Memphis, TN 38126
Contact: Pamela Taylor
Phone(s): (901) 526-3701

Eligibility Guidelines: Ex-offenders, male and female

Services Provided:
- Transitional Housing
- Support Services to men and women recently released from jail or prison
- Room and Board
- Transportation
- Job Referrals

Division of Mental Retardation Services in West TN
8383 Wolf Lake Drive, Memphis, TN 38122
Contact: Susan KurtAcred, Regional Director
Phone(s): (901) 213-1800
Fax: (901) 372-4719
Web: www.state.tn.us/mental/mrs

Eligibility Guidelines: All ages. Must have cognitive disability

Services Provided:
- Information and Referral
- Residential Services/Adult
- Residential Services/Child
  Division of TN Mental Health and Developmental Disabilities
Dozier House/Catholic Charities Program
85 N. Cleveland, Memphis, TN 38104
Contact: Dennis Fleming
Phone(s): (901) 722-4719
Fax: (901) 722-4723

Eligibility Guidelines: Homeless persons 18 years and older

Services Provided:
- Residential Treatment Program
- Transitional Housing
- Case Management
- Job Training/Placement
- Individual/Group Therapy
- Permanent Housing Placement
  Assistance to homeless men and women dealing with alcohol and drug addiction

Dozier House Homeless Assessment Center
300 N. Bellevue, Memphis, TN 38014
Contact: Mary Jordan
Phone(s): (901) 278-2367

Eligibility Guidelines: Homeless, Single, 18 years or older

Services Provided:
- Transitional Housing

Dyslexia Foundation of Memphis
P.O. Box 240792, Memphis, TN 38124
Contact: Betty James, Testing Coordinator OR Karen Carson, President
Phone(s): (901) 373-7218
Web: www.people.memphis.edu/~jborek/Dyslexia.html

Eligibility Guidelines: Ages 6-16 years

Services Provided:
- Information and Referral
- Learning Disabilities Resources
- Support Groups
  Testing and evaluation for dyslexia, ADD, & other learning disabilities
  Special reading classes on Saturday during the school year
  Summer reading and math program
Epilepsy Foundation Of West Tennessee
P.O. Box 382610, Germantown, TN 38183-2610
Contact: Jean Dodds, Executive Director
Phone(s): (901) 854-0114
Fax: (901) 854-0115
Email: jmdodd@hotmail.com

Eligibility Guidelines: All ages, must be epileptic

Services Provided:
- Advocacy Services
- Information and Referral
- Specific Disability Information
- Support Groups
- Patient Education/Family Education
  Field office in Dyersburg, TN
  M-W 8:00AM-4:30PM

Estival Place (MIFA)
379 Cossitt Place, Memphis, TN 38126
Contact: Meghan Altimore
Phone(s): (901) 529-4515

Eligibility Guidelines: Families With Children

Services Provided:
- Transitional Housing
- Supportive Services

Exchange Club Family Center of the Mid-South, Inc.
2180 Union Avenue, Memphis, TN 38104
Phone(s): (901) 276-2200

Services Provided:
- Family and Individual Counseling
- Anger Management
- Parenting Counseling
**Family Haven Apartments (Whitehaven SWMHC)**
1087 Alice Avenue, Memphis, TN 38106
Contact: Alma Prather Sledge
Phone(s): (901) 259-1920

*Eligibility Guidelines:* Female head of household who is mentally ill (maximum 2 children)

*Services Provided:*
- Transitional Housing

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**Family Resource Center, Shelby County**
1212 Vollintine Avenue, Memphis, TN 38107
Contact: Sonya Smith, Director
Phone(s): (901) 722-4518
Fax: (901) 722-4520
Email: smiths@memphis-schools.k12.tn.us

*Eligibility Guidelines:* Serves families and students in the Memphis City School System

*Services Provided:*
- Information and Referral
- Parent Education
  
  Sponsored by the TN Department of Education

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**Family Services of the Mid-South**
2400 Poplar Avenue, Suite 500, Memphis, TN 38112
Contact: Mary Foehr
Phone(s): (901) 324-3637

*Eligibility Guidelines:* Must be homeless and receiving entitlement checks

*Services Provided:*
- Counseling Services
**Family Services of the Mid-South**  
2158 Union Avenue, Memphis, TN 38111  
Contact: Demetria Reed  
Phone(s): (901) 271-2337  

**Eligibility Guidelines:** Anyone Homeless  

**Services Provided:**  
- 24-hour Referral Service

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**Final Net/Homeless Children’s Program**  
204 N. Second Street, Memphis, TN 38105  
Contact: Scottie Bradford  
Phone(s): (901) 526-8228  
Fax: (901) 527-8364  

**Services Provided:**  
- Clothes Closet  
- Food Pantry  
- Homeless Children Tutoring  
- Homeless Children Saturday Outings  
- Homeless Children Sunday School

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**Frayser-Millington Mental Health Center**  
2150 Whitney Avenue, Memphis, TN 38127  
Contact: Janet Whaley, Executive Director  
Phone(s): (901) 353-5440  
Fax: (901) 353-5464  
Email: Jwhaley633@aol.com  

**Eligibility Guidelines:** Mental illness  

**Services Provided:**  
- Counseling and/or Mental Health Services  
- Employment, Job Training Program  
- Respite Care/Child  
  Psychological testing and evaluations  
  In-home respite, free service, children 18 or younger  
  M-TH 8:30AM–5:00PM, Fri. 8:30AM-3:00PM
**Friends for Life**
1384 Madison Avenue, Memphis, TN 38104
Contact: Tom Roden
Phone(s): (901) 272-0855
Fax: (901) 272-7458

*Eligibility Guidelines*: HIV/AIDS

*Services Provided*:
- Support Services
- Home Delivered Meals; Congregate Meals
- Emergency Assistance

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**Genesis House**
300 N. Bellevue Avenue, Memphis, TN 38105
Contact: Jim Brasher
Phone(s): (901) 726-9786
Fax: (901) 725-1649
Web: www.dualdiagnosis.org/genesis_house.html

*Eligibility Guidelines*: 18 years or older, homeless, and mental health diagnosis

*Services Provided*:
- Residential Treatment
- Case Management for Adult Homeless
- Mentally Ill

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**GMICH (Greater Memphis Inter-Agency Coalition for the Homeless)**
2670 Union Avenue Extended, Suite 818, Memphis, TN 38112
Contact: Constance A. Graham
Phone(s): (901) 327-4300

*Eligibility Guidelines*: Anyone Homeless

*Services Provided*:
- Information and Referral
**Good Neighbor Love Center**  
780 N. Airport Road OR P.O. Box 2990, West Memphis, AR, 72303  
Contact: Shay Evans  
Phone(s): (501) 735-0870  

**Eligibility Guidelines:** Anyone Homeless  

**Services Provided:**  
- Information and Referral Services

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**Goodwill Homes Community Services**  
4590 Goodwill Road, Memphis, TN 38109  
Contact: Barbara Motley, Chief Executive Officer  
Phone(s): (901) 785-6790  
Fax: (901) 789-8351  
Email: ghcs@bellsouth.net  

**Eligibility Guidelines:** All ages, All disabilities  

**Services Provided:**  
- Adult Day Care  
- Child Care Program  
- Residential Services/Child  
- Senior Citizen Services  
  - Group homes/foster care for children in state custody  
  - Summer youth job training program  
  - Preschool and after school care (ages 6-12)  
  - Supportive housing for low income persons 62 years and older (must apply with Bearman Golden Gardens – (901) 786-0079)

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**Goodwill Industries, Inc., Memphis**  
2605 Chelsea Avenue, Memphis, TN 38108  
Contact: Curtis Ramsey, Director  
Phone(s): (901) 323-6221 TDD: (901) 323-0751  
Fax: (901) 323-0751  
Email: gdwill@bellsouth.net  

**Services Provided:**  
- ADA Information and Assistance  
- Advocacy Services  
- Assistive Technology Equipment and/or Evaluation  
- Blind and Visual Impairment Program  
- Counseling and/or Mental Health Services  
- Employment, Job Training Program  
- Information and Referral
**Grace House of Memphis**

329 N. Bellevue, Memphis, TN 38105  
Contact: Sharon Trammell  
Phone(s): (901) 722-8464  
Fax: (901) 722-9023  

**Eligibility Guidelines:** A & D Women 18 and over  

**Services Provided:**  
- Transitional Housing  
- Life Skills Training  
- Information and Referral

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**Grant Center, The**

606 S. Mendenhall, Suite 200, Memphis, TN 38117  
Contact: Nancy McGee  
Phone(s): (901) 684-6605  

**Eligibility Guidelines:** Homeless Agencies  

**Services Provided:**  
- Grant Assistance

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**Habitat for Humanity of Greater Memphis**

555 Perkins Extended, Suite 414, Memphis, TN 38117  
Contact: Joyce Springfield-Collins  
Phone(s): (901) 761-4771  

**Eligibility Guidelines:** Families  

**Services Provided:**  
- Permanent Housing
Handicap Unlimited
5640 Summer Avenue, Suite 3, Memphis, TN 38134
Contact: Dan Lambert, Owner
Phone(s): (901) 373-0095 (888) 371-0095
Fax: (901) 388-0901
Email: email@handicapunlimited.com
Wed: www.handicapunlimited.com

Services Provided:
- Automobile/Van Adaptations
- Offer van conversions and accessories

Harbor House
1979 Alcy Road, Memphis, TN 38114
Contact: John Truitt
Phone(s): (901) 743-1836
Web: www.harborhousememphis.org

Eligibility Guidelines: A & D Men 18 years and up

Services Provided:
- Detox Program (3-7 days)
- Residential Program (21-28 days)
- Half-way Program (up to 2 years)
- Like Skills Training
Harwood Center, Inc.
711 Jefferson Avenue, Memphis, TN 38105
Contact: Margaret Headrick, Executive Director
Phone(s): (901) 448-5016
Fax: (901) 448-4734
Email: mheadrick@utmem.edu
Web: www.utmem.edu/bcdd/harwood.html OR www.hardwoodcenter.org

Eligibility Guidelines: Age 5 and younger who has a developmental disability

Services Provided:
- Autism Resources
- Behavior Resources
- Developmental Assessment
- Early Intervention Program for Young Children
- Newsletter Available
- Public Awareness and Community Education
- Special Education Program
- Home Instruction Services for birth to 3 years
  Year-round day school for children ages 18 months to 5 years.
  Inclusion model
  Extended before and after school program.
  Library

Hope and Healing Center
1115 Union Avenue, Memphis, TN 38104
Contact: Lisa Morlette Vasser
Phone(s): (901) 259-HOPE
Email: info@churchhealthcenter.org
Web: www.churchhealthcenter.org/hope_healing_fs.html

HOPE Center
1383 Kney Street, Memphis, TN 38107
Contact: Vivian Porter
Phone(s): (901) 523-8894

Eligibility Guidelines: A & D Women

Services Provided:
- In-Patient Treatment
HOPE Health Center for the Homeless
1025 E. H. Crump Boulevard, Memphis, TN 38104
Contact: Denese Shumaker, Executive Director
Phone(s): (901) 521-4673
Fax: (901) 521-6445

Eligibility Guidelines: Homeless individuals in the city of Memphis

Services Provided:
- Primary Care Services
- Outreach Services

Hope House
P.O. Box 41437, Memphis, TN 38174
Contact: Kristie Goldsmith
Phone(s): (901) 272-7202
Fax: (901) 722-9520

Services Provided:
- AIDS Ministry

HOPE Works, Inc. (MACS)
1930 Union Avenue, Memphis, TN 38104
Contact: Verlon Harp
Phone(s): (901) 272-3700
Fax: (901) 272-2677
Email: hopeworks1@aol.com
Web: www.whyhopeworks.org

Eligibility Guidelines: 18 years or older who can read, write, and withstand a classroom from 9-4

Services Provided:
- Life Skills Lab (13 weeks program)
- Job Search Help, Resume Help, and GED Help is available
- Field Work is given after 6 weeks of schooling
- Spirituality Classes are once a week
Interpreting Service for the Deaf, Inc.
144 N. Bellevue, Memphis, TN 38104
Contact: Ron Aven, Executive Director
Phone(s): (901) 278-9307     TDD:    (901) 278-9308
Fax:   (901) 278-9301
Email:  ISDmemphis@aol.com

Services Provided:
- Deafness and Hearing Impairment Program
- Specific Disability Information
- Advocacy Services
- Job Assistance
  Sign language classes available
  Community Hearing Aid Bank
  Provides free hearing tests and hearing aids

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Labor Force
4712 Yale Road, Memphis, TN 38128
Contact: Angela Carter, Administrative Manager
Phone(s): (901) 372-1004
Fax:   (901) 372-1810

Eligibility Guidelines: 18 years and up

Services Provided:
- Job Placement in Light Industrial Work

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Latino-Memphis
4045 American Way Blvd., Suite 205, Memphis, TN 38118
Contact: Andrew Patterson, Outreach Coordinator
Phone(s): (901) 366-5882
Fax:   (901) 366-5799
Email:  latinomemphis@yahoo.com
Web:   www.latinomemphis.org

Services Provided:
- Hispanic/Latinos Information
- Information and Referral
- Healthcare Outreach Program
- HIV/AIDS Awareness Programs
  Community information resource for individuals who speak Spanish
  Open Mon-Thu 9:00AM-3:00PM, Fri. 9:00AM-12:00PM
Learning Disabilities Association of Tennessee
5587 Murray Road, Suite 101, Memphis, TN 38119
Contact: Marian Deslattes, Administrative Assistant
Phone(s): (901) 763-1430
Fax: (901) 763-1437
Email: ldamemphis@aol.com
Web: http://ldagm.org

Services Provided:
- Learning Disability Resources
- Specific Disability Information
- Sponsor workshops for parents and professionals

LeBonheur Early Intervention and Development (LEAD)
50 N. Dunlap Street, Memphis, TN 38103
Contact: Gladys Harris, Interim-Director
Phone(s): (901) 572-5858
Fax: (901) 572-5859
Web: www.lebonheur.org

Services Provided:
- Assistive Technology Equipment and/or Evaluation
- Child Care Program
- Early Intervention Program for Young Children
- Special Education Program
  Center located at LeBonheur Children’s Hospital
  Physical therapy, occupational therapy, and speech therapy available

Les Passees Kids on the Block, Memphis
4684-A Poplar Ave., Memphis, TN 38117
Contact: Denise Ware OR Libbee Clifford
Phone(s): (901) 763-3136
Fax: (901) 763-2943
Web: www.lespasseesinc.org/kotb.htm

Eligibility Guidelines: Grades 1-6

Services Provided:
- Public Awareness and Community Education
  Educational program that uses puppetry to teach children health, social, and disability information
  No charges for services in counties served
Light, Gas, and Water Division – On Track Program
220 S. Main, P.O. Box 430, Memphis, TN 38101
Contact: Stacey Greenberg, Community Relations Coordinator
Phone(s): (901) 528-4821
Web: www.mlgw.com

Eligibility Guidelines: Low income guidelines

Services Provided:
- Financial Assistance
- Budgeting Education Program
- Utility Payment Plans

Lighthouse Ministries
3630 Jackson Avenue, Memphis, TN 38108
Contact: Dr. Melvin Brigham, Executive Director
Phone(s): (901) 382-8106
Fax: (901) 388-0583

Services Provided:
- Spiritual Counseling
- Food, Clothing, Shelter, and Jobs

LINC Directory of Human Services, Memphis
Memphis/Shelby Co. Public Library, 3030 Poplar Avenue, Memphis, TN 38111
Contact: Director
Phone(s): (901) 415-2700  TDD: (901) 415-2700
Email: lincref@memphis.lib.tn.us
Web: www.memphislibrary.org

Services Provided:
- Information and Referral
  Publish a comprehensive directory of social services
  Directory available on the internet

Lions Club (White Station)
P.O. Box 240123, Memphis, TN 38101
Contact: Gene Williams
Phone(s): (901) 767-5466
**Love and Charity Homeless Shelter**
2195 S. Third Street, Memphis, TN 38109  
Contact: Larry Hunter  
Phone(s): (901) 943-3810

**Eligibility Guidelines:** Men only

**Services Provided:**  
- Emergency Housing

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**Loving Arms**
1233 Peabody, Memphis, TN 38104  
Contact: Shelia Tankersby  
Phone(s): (901) 725-6730

**Eligibility Guidelines:** HIV/AIDS Families

**Services Provided:**  
- Supportive Services

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**Lowenstein House, Inc.**  
821 S. Barksdale, Memphis, TN 38114  
Contact: June Winston, Executive Director  
Phone(s): (901) 274-5486  
Fax: (901) 278-6927  
Web: www.orgsites.com/tn/lowensteinhouse

**Eligibility Guidelines:** Adults with mental illness ages 18 and older

**Services Provided:**  
- Adult Day Care  
- Counseling and/or Mental Health Services  
- Employment, Job Training Program  
- Recreational Activities
Lupus Foundation of America, Inc., Memphis
3181 Poplar Avenue, Suite 100, Memphis, TN 38111
Contact: Acquanette Thomas, President
Phone(s): (901) 458-5302
Fax: (901) 358-2269
Email: Thomasacque@aol.com
Web: http://hometown.aol.com/tdhood69/myhomepage/business.html

Services Provided:
- Newsletter Available
- Public Awareness and Community Education
- Specific Disability Information
- Support Groups

Martha's Manor
4860 Walnut Grove Road, Memphis, TN 38117
Contact: Michael Hodges, Program Director
Phone(s): (901) 763-1373
Fax: (901) 763-1374
Web: www.marthasmanor.org

Eligibility Guidelines: Ambulatory, basic self-help skills, able to participate in a group setting; Ages 22-45 years

Services Provided:
- Adult Day Care
- Recreational Activities
- Music Program
- Arts and Crafts Activities
- Recreational and Academic Activities
- Physical Education Classes
  Monthly tuition/financial assistance available
  Tuition is $329 a month
  Mon-Fri 8:30AM-4:30PM

MATA Plus
1370 Levee Road, Memphis, TN 38103
Contact: W.C. Lewis, Senior Planner, ADA Compliance Officer
Phone(s): (901) 722-7171
Fax: (901) 722-7123
Email: wlewis@matatransit.com
Web: www.mataplus.com

Services Provided:
- Transportation
Mayor's Office of Human Services, City of Memphis
125 N. Main Street, Room 1B22, Memphis, TN 38103
Contact: Dedrienne McKenzie
Phone(s): (901) 576-6503

Services Provided:
- Information and Referral
- Homeless Prevention Resources

MED Plex, The
880 Madison Avenue, Memphis, TN 38103
Contact: Lynn Pleasant
Phone(s): (901) 545-7100
Fax: (901) 545-7761
Web: www.the-med.org

Eligibility Guidelines: 18 and up; Children can use the dermatology and ER departments

Services Provided:
- All Medical
- Training Programs
- Information and Referral

Memphis Area Career Center
444 North Main Street, 2nd Floor, Memphis, TN 38105
Phone(s): (901) 545-2240
Fax: (901) 545-2250
Web: www.memphiscareercenter.com

Services Provided:
- Employment, Job Training Program
  One-stop career center created by US Department of Labor
  Offers skill inventories/assessment, links to training programs
  Workshop training on resume writing and job interviewing
Memphis Area Legal Services, Inc.
109 N. Main Street, 2nd Floor Memphis, TN 38103
Contact: Harrison D. McIver III, Executive Director
Phone(s): (901) 523-8822
Fax: (901) 578-8566
Email: hdmciver@malsi.org

Eligibility Guidelines: Income guidelines

Services Provided:
- Legal Counseling
- Legal Representation in non-criminal matters
- Community Education and Outreach

Memphis Area Transit Authority (MATA)
1370 Levee Road, Memphis, TN 38108
Phone(s): (901) 722-7100
Web: www.matatransit.com/

Services Provided:
- Bus Transportation Throughout the Metropolitan Area
- Schedule Information: 274-6282

Memphis Center for Independent Living
163 N. Angelus, Memphis, TN 38104
Contact: Deborah Cunningham or Kevin Loften
Phone(s): (901) 726-6404
Fax: (901) 726-6521
Email: mcil@mcil.org
Web: www.mcil.org

Eligibility Guidelines: Physically Disabled; Ages 6-55 years old

Services Provided:
- Information and Referral
- Advocacy
- Peer Support Program
- ADA Information and Assistance
- Tech Lab
- Support Groups
  - Consumer run agency
  - Memphis ADAPT
Independent living skills training
Memphis City School System
2597 Avery Avenue, Memphis, TN 38122
Contact: Director
Phone(s): (901) 325-5300

Eligibility Guidelines: Ages 3-21 years; All disabilities

Services Provided:
- Special Education Program
- Psychological Assessments
  Related services including therapy (PT, OT, SLT, vision, behavioral)
  Technology assistance/training
  Information about IDEA and section 504

Memphis Day Shelter
383 Poplar Avenue, Memphis, TN 38103
Contact: Day Shelter Coordinator
Phone(s): (901) 526-8403

Services Provided:
- Shelter
- Clothing
- Referral Services

Memphis Family Shelter
Contact: Donna Fortson
Phone(s): (901) 278-2728
Fax: (901) 278-2720

Eligibility Guidelines: Women with Children

Services Provided:
- Transitional Housing
- Individualized Counseling and Goal Setting
- Job Readiness Training
- Life Skills
- Referral to Longer Term Housing Options
Memphis Food Bank
239 South Dudley Street, Memphis, TN 38104
Contact: Susan Sanford
Phone(s): (901) 527-0841
Fax: (901) 528-1172
Web: www.memphisfoodbank.org/

Services Provided:
- Collecting and Distributing Donated Food to Charitable Agencies
- Feeding the needy, ill, and infants

Memphis Furniture Banc, The
326 E. Butler Avenue, Memphis, TN 38126
Contact: Shirley Williams
Phone(s): (901) 529-0709

Eligibility Guidelines: Must be homeless moving to a permanent home

Services Provided:
- Furniture
- Services to help move

Memphis Health Center
360 E.H. Crump Boulevard, Memphis, TN 38126
Contact: Rose Dugger
Phone(s): (901) 774-5794

Eligibility Guidelines: Anyone in need of medical services

Services Provided:
- Medical Care
Memphis Housing Authority
700 Adams Avenue, Memphis, TN 38105
Contact: Margaret Thomas, Lead Service Coordinator
Phone(s): (901) 544-1150
Web: www.mecca.org/MHA/

Services Provided:
- Housing, Search, and Information
- Subsidized Housing
- Section 8 Rental Assistance Program
  Homeownership program and House and Home Grant program administered in Nashville office

Memphis Inner City Outreach, Inc.
225 Exchange, Memphis, TN 38105
Contact: Dr. Ray David Thomas
Phone(s): (901) 527-8701

Eligibility Guidelines: Homeless/Low Income

Services Provided:
- Emergency Assistance
- Information and Referral

Memphis Interfaith Hospitality Network
200 E. Parkway North, Memphis, TN 38112
Contact: Mattie Hughlett
Phone(s): (901) 452-6446
Fax: (901) 454-1135
Web: www.balmoralpc.com/MIHNINFO.htm

Eligibility Guidelines: Married couple with or without children or single parent with children

Services Provided:
- Emergency Housing
Memphis Leadership Foundation
1548 Poplar Avenue, Memphis, TN 38104
P.O. Box 40174, Memphis, TN 38174
Contact: Howard Eddings Jr., President/CEO
Phone(s): (901) 729-2931
Fax: (901) 729-2933
Email: mlf@mlfonline.org
Web: www.mlfonline.org

Eligibility Guidelines: Anyone homeless age 24 and above

Services Provided:
- Housing Referrals
- Information and Referrals
- Job Readiness and Training

Memphis Mental Health Institute
865 Poplar Avenue, 1st Floor, Memphis, TN 38105
Contact: Sharon Jackson
Phone(s): (901) 524-1200

Eligibility Guidelines: 18 and up who are mentally ill

Services Provided:
- Inpatient Acute Care
- Treatment Teams
Memphis Oral School for the Deaf
711 Jefferson Avenue, Memphis, TN 38105
Contact: Elizabeth Farrar, Executive Director
Phone(s): (901) 448-8490
Fax: (901) 448-8495
Email: ekenworthy@utmem.edu
Web: www.oraldeafed.edu

Eligibility Guidelines: Age birth to 8 years; Hearing loss, mild to profound

Services Provided:
- Deafness and Hearing Impairment Program
- Early Intervention Program for Young Children
- Newsletter Available
  Before and after school daycare
  Half-day summer program
  Aural Rehab/Cochlear Implant therapy
  Speech/language therapy
  Parent/Infant training program (birth-3)
  Day school (ages 2-8)

Memphis Partners, Inc.
2701 Union Avenue Extended, Suite 300, Memphis, TN 38105
Contact: Rhonda Lambert Martin
Phone(s): (901) 320-7979
Fax: (901) 320-7986

Eligibility Guidelines: Ages 12-24

Services Provided:
- Support Services
- Support Programs
Memphis Recovery Center
219 N. Montgomery, Memphis, TN 38104
Contact: James Carson
Phone(s): (901) 272-7751
Fax: (901) 274-2172
Web: www.memphisrecovery.com

Eligibility Guidelines: A & D Men and Women; Youth 13 on up to adults

Services Provided:
- In-Patient Treatment
- Out-Patient Treatment

Memphis/Shelby County Emergency Mental Health
450 Pontotoc Avenue, Memphis, TN 38126
Contact: Cheryl Jones
Phone(s): (901) 577-9400

Memphis/Shelby County Health Department
814 Jefferson Avenue, Memphis, TN 38105
Contact: Dr. John Kirkley
Phone(s): (901) 544-7380

Services Provided:
- Primary Care Services

Memphis Three Quarter Center for Life Skills Development
3377 Coleman, Memphis, TN 38122
Contact: Barbara Stattington
Phone(s): (901) 458-6677

Eligibility Guidelines: Mentally Ill 18 years and older males and females; Must have insurance

Services Provided:
- Transitional Housing
Memphis Union Mission
383 Poplar Avenue, Memphis, TN 38103
Contact: Rev. Mark Calhoun
Phone(s): (901) 526-8403
Web: www.memphisunionmission.org/

Eligibility Guidelines: Men 18 and over only

Services Provided:
- Only Available in Cold Weather
- Emergency Housing
- Transitional Work Programs (30-60 days)

Memphis Union Mission Calvary Colony
4535 Benjestown Road, Memphis, TN 38127
Contact: Pastor Steve Jesson
Phone(s): (901) 357-9641 (901) 526-8434

Eligibility Guidelines: A & D Men 18 years and up

Services Provided:
- Transitional Housing
- Transitional Work Program

Memphis Works
4189 Leroy Avenue, Memphis, TN 38108
Contact: Jean Phebus, Director of Programs
Phone(s): (901) 767-0922
Fax: (901) 767-0798
Email: jphebus@ucpmemphis.org
Web: www.ucpmemphis.org OR www.memphisworks.org

Eligibility Guidelines: Ages 18 years and older

Services Provided:
- Occupational Skills Training
- Job Placement Services
Mental Health Association of the Mid-South
1407 Union, Suite 1205, Memphis, TN 38112
Contact: Dawn C. Ducca
Phone(s): (901) 323-0633

Services Provided:
- Information and Referral

Messick Adult Education Center
703 South Greer, Memphis, TN 38111
Contact: Carol Miller, Principal
Phone(s): (901) 325-4840
Fax: (901) 325-4842

Metropolitan Inter Faith Association (MIFA)
P.O. Box 3130, Memphis, TN 38173
Contact: Beverly Thomas, HR Director
Phone(s): (901) 527-0208
Fax: (901) 527-3202
Email: MIFA@MIFA.org
Web: www.MIFA.org

Services Provided:
- Child Care Program
- Employment, Job Training Program
- Financial Assistance
- Home Rehabilitation/Repair Service
- Housing, Search, and Information
- Meals on Wheels Food Program
- Residential Services/Adult
- Residential Services/Child
  Emergency assistance program
  Information and referral service for the elderly
Mid-South ACT (Access Center for Technology)
University of Memphis, Patterson, Room 119, Memphis, TN 38152
Contact: Lavonnie Perry Claybon
Phone(s): (901) 678-1489
Fax: (901) 678-3215
Email: act@memphis.edu
Web: http://coe.memphis.edu/act

Eligibility Guidelines: Birth through adult

Services Provided:
- Assistive Technology and Evaluation Training
- Technical Assistance and Training
  Provide services and information regarding assistive technology
  “Hands on” center set up to review computer hardware and software
  Augmentative Communication Evaluations and Training

Mid South Lion’s Sight and Hearing Services
188 S. Bellevue, Suite 421, Memphis, TN 38104
P.O. Box 40626, Memphis, TN 38178
Contact: Brad Baker, Executive Director OR JoAnne Roe, Program Director
Phone(s): (901) 726-0771 (800) 642-3413
Fax: (901) 726-6003
Email: midsouthlions@msn.com
Web: www.midsouthlions.org

Eligibility Guidelines: Low income guidelines; all ages

Services Provided:
- Blind and Visual Impairment Program
- Deafness and Hearing Impairment Program
  Provide hearing and vision exams at no cost to low-income individuals
  Provide hearing aids and glasses
**Midtown Mental Health Center**
427 Linden Avenue, Memphis, TN 38126  
Contact: Barbara Sappington  
Phone(s): (901) 577-0200  
Fax: (901) 577-9473  
Web: www.midtownmentalhealth.org  

**Eligibility Guidelines:** Must be homeless and severely mentally ill

**Services Provided:**  
- Outreach  
- Case Management  
- Alcohol and Drug Abuse Services  
- Supportive Housing  
- Crisis Services  
- Psychiatric Services

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**Midtown Mobile Crisis Unit, Memphis**
427 Linden Avenue, Memphis, TN 38128  
Contact: Aubrey Howard, CEO  
Phone(s): (901) 577-9400  
Fax: (901) 577-9409  
Email: ahoward936@aol.com

**Eligibility Guidelines:** Must be on TennCare

**Services Provided:**  
- Counseling and/or Mental Health Services  
- Provides emergency in-house mental health assessment

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**MIFA – Exchange Store**
910 Vance Avenue, Memphis, TN 38126  
Contact: Margaret Craddock  
Phone(s): (901) 527-0208

**Services Provided:**  
- Furniture  
- Clothing/Accessories
Mission Corps. International
1578 Lamar, Memphis, TN 38114
Contact: Wilbur Parker
Phone(s): (901) 276-2425

Eligibility Guidelines: Men 18 and over

Services Provided:
- Transitional Housing
- Christian Program
- Job Placement
- Educational Opportunities
- $70 per week

Missionaries of Charity Homeless Shelter and Maternity Home
700 N. Seventh Street, Memphis, TN 38107
Contact: Sister Janita, M. C.
Phone(s): (901) 526-5456

Eligibility Guidelines: Women 18 and older, if under 18 must be with mother.

Services Provided:
- Emergency Housing

Moriah House (Memphis Union Mission)
Contact: Beverly Thomas
Phone(s): (901) 522-8819

Eligibility Guidelines: Abused Women

Services Provided:
- Transitional Housing
Multiple Sclerosis Society, Mid-South Chapter
6685 Quince Road, Suite 124, Memphis, TN 38119
Contact: Sheila Kernan, Program Coordinator
Phone: (901) 755-4900 TDD: (901) 344-4861
Fax: (901) 755-4944
Email: questions@msmid south.org
Web: www.msmidsouth.org

Services Provided:
- Advocacy Services
- Assistive Technology Purchase Assistance
- Counseling and/or Mental Health Services
- Information and Referral
- Specific Disability Information
- Support Groups
  Advocacy for MS at local, state, and federal levels
  Referral for attendant care
  Financial assistance for bathroom safety equipment
  Offer publications and publish three newsletters

Muscular Dystrophy Association, Memphis
6094 Apple Tree Drive #9, Memphis, TN 38115
Contact: Norma Graham
Phone(s): (901) 367-0902
Fax: (901) 367-0994
Email: memphisdistrict@mda.usa.org
Web: www.mda.usa.org

Services Provided:
- Camps and/or Summer Programs (21 and younger)
- Specific Disability Information
- Support Groups
  Weekly MDA clinic in Memphis
  Orthopedic equipment including braces and wheelchairs
  One week summer camp program
National Alliance for the Mentally Ill (NAMI), Memphis
499 Patterson Road, Memphis, TN 38111
Contact: Deborah Farrell, Director
Phone(s): (901) 323-5928
Fax: (901) 680-9327
Web: www.nami-memphis.org/

Eligibility Guidelines: Anyone mentally ill

Services Provided:
- Advocacy Services
- Information and Referral
- Newsletter Available
- Parent Education
- Public Awareness and Community Education
- Specific Disability Information
- Support Groups
- Crisis Intervention Team

Native-American Inter-Tribal Agency
P.O. Box 11473, Memphis, TN 38111
Contact: Joe Phillips
Phone(s): (901) 342-0093

Eligibility Guidelines: Must be Native American

Services Provided:
- Transitional Housing

Neighborhood Christian Center
223 Scott Street, Memphis, TN 38112
Contact: Pamela Cox
Phone(s): (901) 452-6701
Email: pccox@ncclife.org
Web: www.ncclife.org/

Eligibility Guidelines: Referrals from Local Agencies

Services Provided:
- Information and Referrals
- Assistance Services
- Emergency Shelter
**Neighborhood Housing Opportunities**  
1548 Poplar Avenue, Memphis, TN 38104  
Contact: Elaine St. Clemmons  
Phone(s): (901) 729-2934

*Eligibility Guidelines:* Employed families/individuals who are working towards a home purchase

*Services Provided:*  
- Interim Housing (12-24 months)

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**New Directions**  
642 Semmes, Memphis, TN 38111  
Contact: Albert Jones  
Phone(s): (901) 327-4244  
Fax: (901) 327-4263

*Eligibility Guidelines:* A & D Men and Women 18 years and older; Pregnant women have priority

*Services Provided:*  
- Transitional Housing  
- Inpatient Program (28 days)  
- Outpatient Program

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**Parents Encouraging Parents**  
Shelby County Health Department, 814 Jefferson Street, Room 150, Memphis, TN 38105  
Contact: Virginia Factor, Program Director  
Phone(s): (901) 544-7488  
Fax: (901) 544-7454

*Eligibility Guidelines:* Birth to 21 years with a chronic health problem or disability

*Services Provided:*  
- Information and Referral  
- Parent Education  
- Support Groups  
  - Resource library of information on rare diseases/disorders  
  - Parent to parent support network  
Sponsored by the Public Health Department
Partners for the Homeless
2400 Poplar Avenue, Suite 226, Memphis, TN 38112
Contact: Pat Morgan
Phone(s): (901) 458-8928
Fax: (901) 458-9103
Email: pathinc@bellsouth.net
Web: www.mscpath.org

Eligibility Guidelines: Anyone Homeless

Services Provided:
- Information and Referral

Partners in Placement, Inc.
Suite 205, 3485 Poplar Avenue, Memphis, TN 38111
Contact: Roger Boeving, Executive Director
Phone(s): (901) 458-7094
Fax: (901) 458-5943
Email: p_placement@hotmail.com

Eligibility Guidelines: Ages 18 years and older

Services Provided:
- ADA Information and Assistance
- Employment, Job Placement Program
  Referral from Vocational Rehabilitation or Veterans Administration required

Paul Schwartz Center for Children and Families
2100 Whitney Avenue, Memphis, TN 38127
Phone(s): (901) 353-5440
Web: www.ccnmemphis.org
Peabody House, The (Whitehaven SWMHC)
1076 Peabody, Memphis, TN 38104
Contact: Alma Prahter-Sledge
Phone(s): (901) 527-5775

Eligibility Guidelines: HIV/AIDS or Mentally Ill 18 years and up

Services Provided:
- Emergency Shelter
- Housing (up to 420 days)
- Information and Referral

People First, Memphis
Raymond Skinner Center, 712 Tanglewood, Memphis, TN 38104
Contact: Eugene Harris, Director
Phone(s): (901) 272-2528

Eligibility Guidelines: Ages 22 years and older

Services Provided:
- Advocacy Services
- Consumer Advocacy Group

Personal and Career Development
3383 Park Avenue, Memphis, TN 38111
Contact: Marcia Hunter
Phone(s): (901) 452-9037
Fax: (901) 458-1547
Email: submit@youth-express.org
Web: www.youth-express.org

Eligibility Guidelines: Homeless and have a low income

Services Provided:
- Job Counseling/Job Placement
- Educational Services
- Career Services
Porter Leath Children’s Center
868 North Manassas St., Memphis, TN 38107
Contact: Michael Warr, Director
Phone(s): (901) 577-2500
Fax: (901) 577-2506
Email: mwarr@poter-leath.org
Web: www.porter-leath.org/

Services Provided:
- Early Intervention Program for Young Children
- Residential Services/Child
- Employment Training
  - Adoption and faster care
  - Special needs adoption
  - Emergency shelter for children
  - Optimist boys home
  - Food program

Psychological Services Center, The University of Memphis
126 Psychology Building, The University of Memphis, Memphis, TN 38152
Phone(s): (901) 678-2147
Web: www.psyc.memphis.edu

Services Provided:
- Individual and Family Counseling
- Assessment Testing

Public Health Department, Shelby County
814 Jefferson Avenue, Memphis, TN 38105
Contact: Yvonne Madlock, Director
Phone(s): (901) 544-7600
Fax: (901) 544-7567

Eligibility Guidelines: Income guidelines

Services Provided:
- Health Insurance Information
- Public Health Services
  - Immunizations available
  - Parents Encouraging Parents – Peer support group
  - Assistance with TennCare application
  - Children’s Special Services (CSS) insurance for children with chronic illnesses (birth to 21 years)
  - Hispanic Community Outreach Program
Pyramid Recovery Center, Inc.
1833 S. Third Street, Memphis, TN 38109
Contact: Coleman Thompson
Phone(s): (901) 948-4862

Eligibility Guidelines: Mentally ill and adults and youth in recovery

Services Provided:
- Counseling
- Education
- Job Readiness
- Child/Family Management

Raymond Skinner Center
712 Tanglewood, Memphis, TN 38104
Contact: Eugene Harris, Director
Phone(s): (901) 272-2528
Fax: (901) 272-2532

Eligibility Guidelines: Age requirements vary by program; 5-21 years + adult

Services Provided:
- Camps and/or Summer Programs
- Child Care Program
- Recreational Activities
  Classes in arts and crafts, swim, and dance
  Organized social activities
  After school program for children with disabilities
  Day program for adults with mental retardation
  Heads Up, a day program for individuals with head injuries

Relational DataSearch
6015 Summer Trace Drive #210, Memphis, TN 38134
Contact: Howard Westblade, Owner
Phone(s): (901) 385-2688 (800) 684-5453
Email: rdsdot@myexcel.com
Web: www.relationaldatasearch.com

Eligibility Guidelines: Must be 18 years or older

Services Provided:
- Employment, Job Training Program
- Job matching software program
RHA Community Homes, Inc.
5050 Poplar, Suite 718, Avenue, Memphis, TN 38157
Contact: Charolette Perry, Program Manager
Phone(s): (901) 767-1455
Fax: (901) 767-1409
Email: ddms@netten.net

Services Provided:
- Residential Services/Adult
  Provide waiver services (employment and vocational) to individuals coming out of state development centers

RISE Project of West TN
College of Education, Univ. of Memphis, 121 Browning Hall, Memphis, TN 38152
Contact: Paul Ayers
Phone(s): (901) 678-4932
Fax: (901) 678-1656
Email: payers@memphis.edu
Web: www.people.memphis.edu/~coe_rise

Eligibility Guidelines: Ages 3-21 years; Services provided to schools by written agreement

Services Provided:
- Autism Resources
- IDEA Information and/or Training
- Information and Referral
- Learning Disability Resources
- Newsletter Available
- Technical Assistance and Training
  RISE – Restructuring for Inclusive School Environments
  Inservice training available to school systems
  Lending library of inclusion resources
  Technical assistance and support project
  Sponsor annual inclusion conference

Sacred Heart Homeless Ministry
1324 Jefferson Avenue, Memphis, TN 38104
Contact: Paul Gray
Phone(s): (901) 726-1891

Eligibility Guidelines: Anyone Homeless

Services Provided:
- Information and Referrals
Safe House Transitional Centers, Inc.
4716 Mickey Drive, Memphis, TN 38116
Contact: Curtis Oliver
Phone(s): (901) 396-8040
Fax: (901) 396-7590

Eligibility Guidelines: 18 years and over, must be employable or receiving disability compensation

Services Provided:
- Home Environment
- Long-Term Out-Patient Treatment

Salvation Army
696 Jackson Avenue, Memphis, TN 38105
Contact: Director
Phone(s): (901) 543-8586
Fax: (901) 543-8599

Services Provided:
- Child Care Program
- Financial Assistance
- Women’s Shelter
- Emergency Shelter

Salvation Army Adult Rehabilitation
130 N. Danny Thomas Blvd., Memphis, TN 38103
Contact: Betty Humphreys
Phone(s): (901) 576-2284

Eligibility Guidelines: A & D men who are homeless

Services Provided:
- In-Patient Treatment
- Individual/Group Counseling
- Clothing Assistance
Salvation Army Family Shelter
696 Jackson Avenue, Memphis, TN 38105
Contact: Sharon Hall
Phone(s): (901) 576-2278   (901) 576-2277

Services Provided:
- Temporary Shelter
- Resettlement Counseling

Seek for the Old Path Shelter
1169 Linden Avenue, Memphis, TN 38104
Contact: Barbara Moment
Phone(s): (901) 274-2989

Eligibility Guidelines: Mothers with children and homeless women

Services Provided:
- Emergency Housing
- Transitional Housing (30-90 days)

Senior Services, Memphis
4700 Poplar Avenue, Suite 100, Memphis, TN 38117
Contact: Carla Baker, Director
Phone(s): (901) 766-0600   (800) 487-5207
Fax: (901) 766-0699
Email: jcarroll@memphisseniors.com
Web: www.memphisseniors.com

Services Provided:
- Advocacy Services
- Information and Referral
- In-Home Assistance
- Senior Citizen Services
  - H.O.M.E. Program is a long-term alternative care program for frail individuals needing assistance and care
  - Must be Medicaid eligible
  - Foster care for special needs children
  - Personal case management
  - Homemakers
  - Senior centers
  - Employment for older workers
  - Mon-Fri 8:15AM-4:30PM
Serenity Recovery Center
301 N. Bellevue, Memphis, TN 38105
Contact: Allen Richardson
Phone(s): (901) 521-1131

Eligibility Guidelines: Men and women 18 years and up; not on TennCare; Medically stable; Not on anti-psychotic or anti-depressant medication

Services Provided:
- Residential Treatment
- Outpatient Program
- After-Care Program
- Individual Therapy
- Gender Specific Treatment
- Half-Way Program
- Case Management
- Life Skills Training
- Job Placement and Retention Assistance
- Alcohol and Drug Residential Rehabilitation
- Halfway House

Service Over Self, Memphis
2505 Poplar, Memphis, TN 38112
Contact: David Montague, Director
Phone(s): (901) 681-9044
Fax: (901) 683-5725
Email: ericb@sosmemphis.org
Web: www.sosmemphis.org

Eligibility Guidelines: Must live in Bing-Hampton neighborhood in Memphis (38112 zip code) and must be home-owners

Services Provided:
- Advocacy Services
- Information and Referral
- In-Home Assistance
- Senior Citizen Services

Shady Oaks School
501 N. Mendenhall Road, Memphis, TN 38117
Phone(s): (901) 682-9077

Services Provided:
- Special help for ADD, dyslexia, and other learning difficulties
Shelby County Assistant to Mayor for Health Policies
160 North Main, Memphis, TN 38103
Contact: Nancy Lawhead
Phone(s): (901) 545-5684

Shelby County Community Services Agency
409 Ayers, Memphis, TN 38107
Contact: Marcella Lewis
Phone(s): (901) 523-7518

Eligibility Guidelines: Must live in Shelby County and be Homeless/Low Income

Services Provided:
- Housing Referrals
- Support Services
- Financial Assistance
- Case Management

Shelby County School System
Special Education Division, 5650 Woodlawn, Memphis, TN 38134
Contact: Joe Bellanti, Director of Special Education
Phone(s): (901) 373-2603
Web: www.scs.k12.tn.us

Eligibility Guidelines: Ages 3-21 years; All disabilities

Services Provided:
- Special Education Program
  Psychological assessments
  Related services including therapy (PT, OT, ALT, vision, behavioral)
  Technology assistance/training
  Information about IDEA and section 004
Shelby County Victim Assistance Center
600 Adams, Memphis, TN 38105
Contact: Heidi Verbeek
Phone(s): (901) 545-4357
Fax: (901) 545-4208
Web: www.co.shelby.tn.us/county_gov/mayor/vac/

*Eligibility Guidelines:* Victims of Violent Crimes

*Services Provided:*
- Information and Referrals
- Assistance

Shelby Residential and Vocational Services (SRVS)
3592 Knight Arnold Road, Memphis, TN 38118
Contact: Jefferie Bruton, Director
Phone(s): (901) 375-4804
Fax: (901) 362-1891
Email: brutonjeff@srvs.org
Web: www.srvs.org

*Services Provided:*
- Adult Day Care
- Employment, Job Training Program
- Family Support Program Provider
- Senior Citizen Services
  - Independent Living Skills Training Program
  - Respite care adult (limited)
  - Residential care for children and adults who receive Medicaid waiver

SMACC (Students, Mothers, and Concerned Citizens)
Phone(s): (901) 725-4277 24-hour (901) 458-1661

*Eligibility Guidelines:* Battered Women

*Services Provided:*
- Emergency Housing
- Transitional Housing
Social Security Administration, Memphis (North)
Room 304, 3rd Floor, 3606 Austin Peay Highway, Memphis, TN 38168
Contact: Michael West, District Manager
Phone(s): (901) 385-0127     (800) 772-1213   TDD (800) 325-0778
Web: www.ssa.gov

Eligibility Guidelines: Permanently disabled for one year

Services Provided:
- Health Insurance Information
- Social Security Disability
  Medicaid Benefits
  Supplemental Security Income (SSI) – financial guidelines to be eligible
  Social Security Disability Insurance (SSDI)

Social Security Administration, Memphis (East)
1255 Lynnfield Road, Suite 295, Memphis, TN 38119
Contact: District Manager
Phone(s): (901) 680-0130     (800) 772-1213
Web: www.ssa.gov

Eligibility Guidelines: Permanently disabled for one year

Services Provided:
- Health Insurance Information
- Social Security Disability
  Medicaid benefits
  Supplemental Security Income (SSI) – financial guidelines to be eligible
  Social Security Disability Insurance (SSDI)

Social Security Administration, Memphis (South)
1891 South Third Street, Memphis, TN 38109
Contact: District Manager
Phone(s): (901) 946-0224     (800) 772-1213   TDD (800) 325-0778
Web: www.ssa.gov

Eligibility Guidelines: Permanently disabled for one year

Services Provided:
- Health Insurance Information
- Social Security Disability
  Medicare benefits
  Supplemental Security Income (SSI) – financial guidelines to be eligible
  Social Security Disability Insurance (SSDI)
Social Security Administration, Memphis (Downtown)
1451 Union Avenue, Memphis, TN 38104
Contact: Susanna Holmes, Staff Assistant
Phone(s): (901) 544-0038 (800) 772-1213
Web: www.ssa.gov

Eligibility Guidelines: Permanently disabled for one year

Services Provided:
- Health Insurance Information
- Social Security Disability
  Medicare benefits
  Supplemental Security Income (SSI) – financial guidelines to be eligible
  Social Security Disability Insurance (SSDI)

Sophia's House (Through YWCA/CC)
Contact: Nancy Denlow
Phone(s): (901) 728-4229

Eligibility Guidelines: A & D Women with children

Services Provided:
- Treatment Center
- Transitional Housing
- Job Training/Placement
- Individual/Group Therapy

SOS Industries
3412 Jackson Avenue, Memphis, TN 38122
Contact: Dudley Crowder
Phone(s): (901) 323-8585
Fax: (901) 324-8596
Email: SOS@srvs.org
Web: www.sos-industries.com/

Eligibility Guidelines: Mentally Retarded ages 16 and up

Services Provided:
- Vocational Services
Southeast Mental Health Center
3810 Winchester Road, Memphis, TN 38181
Contact: Gene Lawrence
Phone(s): (901) 369-1400

Services Provided:
- Psychotherapy and Counseling
- EAPs
- Education Services
- Family/Marriage Counseling
- Alcohol and Drug Treatment Services
- Vocational Services
- Case Monitoring
- Day Treatment

Southwest Tennessee Community College, Educational Opportunity Center
5396 Mendenhall Square Mall, Memphis, TN 38118
Phone(s): (901) 333-6048
Web: www.southwestoc.org

Services Provided:
- Career Exploration
- Career Assessment
- Counseling and Educational Planning
- Academic Advising
- Information and Referral Services
- Study Groups
- Tutors
Special Kids and Families, Inc.
P.O. Box 22383, Memphis, TN 38122
Contact: Rebecah Holborson, Executive Director
Phone(s): (901) 324-7050 TDD (901) 324-1285
Fax: (901) 324-1285
Email: spkids@wnm.net
Web: www.spkids.org

Eligibility Guidelines: Birth to 3 years old

Services Provided:
- Advocacy Services
- Early Intervention Program for Young Children
- IDEA Information and/or Training
- Parent Education
- Support Groups
- Technical Assistance and Training
  Adaptive equipment, toy and book lending library
  Inclusive library
  Oral motor/speech therapy
  Support/training to day care centers

Spirit, Soul, & Body Ministry
5684 Rust Road, Memphis, TN 38127
Contact: Pastor Tamara Coleman
Phone(s): (901) 353-4617

Eligibility Guidelines: Homeless/At Risk of Becoming Homeless

Services Provided:
- Housing Assistance

St. John’s Methodist Church
1207 Peabody Avenue, Memphis, TN 38104
Contact: Ronnie Ward
Phone(s): (901) 726-4104

Eligibility Guidelines: Anyone Homeless

Services Provided:
- Information and Referral
- Soup Kitchen/Food Pantry
St. Jude Hospital
332 N. Lauderdale, Memphis, TN 38105
Contact: Chris Sinnock
Phone(s): (901) 495-3657
Web: www.stjude.org/

Eligibility Guidelines: HIV/AIDS Children and Families Birth to 21

Services Provided:
- Pediatric & Adolescent Clinical Trial Unit

St. Mary’s Catholic Church
155 Market Avenue, Memphis, TN 38105
Contact: Tommie Davis
Phone(s): (901) 522-9420

Eligibility Guidelines: Anyone who is hungry

Services Provided:
- Soup Kitchen

St. Patrick’s Catholic Church
277 Fourth at Linden, Memphis, TN 38126
Phone(s): (901) 527-2542

Services Provided:
- Food to the Hungry

STAR Placement
2978 Austin Peay Highway, Suite 239, Memphis, TN 38128
Contact: Velicia Deener, Director
Phone(s): (901) 382-2201
Fax: (901) 373-7262
Email: starplac@bellsouth.net

Eligibility Guidelines: Ages 18 years and older; Certified as disabled

Services Provided:
- Employment, Job Placement Program
STEP (Support and Training for Exceptional Parents), West TN
P.O. Box 720537, Memphis, TN 38175
Contact: Jenness Roth, W. TN Coordinator
Phone(s): (901) 756-4332
Fax: (901) 753-2536
Email: ttnstepwest@aol.com
Web: www.tnstep.org

Eligibility Guidelines: Age birth to 22 years; All disabilities

Services Provided:
- IDEA Information and/or Training
- Newsletter Available
- Parent Education
  Provide parent training series/workshops on various topics related to special education

Stuttering Foundation of America
3100 Walnut Grove Road, Suite 603, Memphis, TN 38111
Contact: Jane Frayser, President
Phone(s): (901) 452-7343 (800) 992-9392
Fax: (901) 452-3931
Email: stutter@vantek.net
Web: www.stutteringhelp.org

Services Provided:
- Advocacy Services
- Camps and/or Summer Programs
- Information and Referral
- Newsletter Available
- Parent Education
- Specific Disability Information
- Support Groups

Susanna Preschool for Exceptional Children
United Methodist Neighborhood Centers, 278 Greenlawn, Memphis, TN 38105
Contact: Teresa Wilkins, Director
Phone(s): (901) 527-9990
Fax: (901) 527-9937

Services Provided:
- Special Education Program
Synergy Foundation, Inc.
P.O. Box 16217 Memphis, TN 38186
Contact: Walter Williams
Phone(s): (901) 332-2227
Fax: (901) 332-0477
Email: walter@synergyfoundation.com
Web: www.synergyfoundation.com/

Services Provided:
- Long-Term Residential Treatment
- Vocational Rehabilitation
- Out-Patient Program
- Domestic Violence Program
- DUI School

TEAM Evaluation Center, Memphis
6563 Stage Oaks Drive, Suite 100, Bartlett, TN 38134
Contact: Sharon Key, Administrator
Phone(s): (901) 937-5234
Fax: (901) 937-5237
Email: keysa71@hotmail.com

Services Provided:
- Developmental and/or Psychological Assessment
- Information and Referral
- Technical Assistance and Training
  Licensed diagnostic and evaluation center
  Speech and language, OT, PT assessments

Tennessee Delta Childcare Resource Center
5396 Mendenhall Square Mall, Room 135, STCC SE Campus, Memphis, TN 38115
Contact: Marie Sell, Director
Phone(s): (901) 333-6051
Fax: (901) 333-6052
Email: msell@southwest.tn.edu
Web: www.delta.tn.edu

Services Provided:
- Assessment Testing
- Technical Assistance and Training
- On-Site Consultations
  Child Care Resource Program – offers disability training and support to area child care providers and parents
The Crisis Center
P.O. Box 40068, Memphis, TN 38174
Contact: Melissa Goldsmith, Program Contact
Phone(s): (901) 276-1111
Fax: (901) 726-9505
Email: LissaB500@aol.com

Services Provided:
- Counseling and/or Mental Health Services
- Information and Referral
  24-hour crisis intervention services
  Mental health and community referral telephone hotline

The University of Memphis, Project Memphis
3771 Poplar Avenue, Memphis, TN 38152
Contact: Rosezella Wills, Project Associate
Phone(s): (901) 678-2120
Fax: (901) 323-9560
Email: rlwills@memphis.edu

Eligibility Guidelines: Children from birth to 3 with developmental delays; Referral required

Services Provided:
- Early Intervention Program for Young Children
  Provides home-based and community-based educational services for children and their families

The Upper Room Empowerment Center Church
3901 Park Avenue #1, Memphis, TN 38111
Contact: Marsha R. Swinney
Phone(s): (901) 323-1303
Fax: (901) 380-5575

Eligibility Guidelines: Homeless, senior citizens with low-income, nursing home residents, and orphaned children

Services Provided:
- Financial Assistance
- Food and Clothing Assistance
- Tuesday and Wednesday/6:00am-8:00am
- Thursday/6:00pm-8:30pm
- 2nd Saturday/3:00pm-4:30pm
- Sunday/9:00am-1:00pm
**The Wesley School**  
9315 E. Shelby Drive, Collierville, TN 38017  
Contact: Richard L. Johnson, Principal  
Phone(s): (901) 737-3762  
Fax: (901) 737-3784  

**Eligibility Guidelines:** For those in K-7 with language and learning difficulties

**Services Provided:**  
- Small Group Instruction  
- Multi-Sensory Techniques  
- Testing Modifications

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**TN Department of Employment Security**  
1295 Poplar Avenue, Memphis, TN 38104  
Contact: Raymond Neal  
Phone(s): (901) 543-7535  
Web: www.state.tn.us/labor-wfd/esdiv.html

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**TN Department of Human Services**  
170 N. Main Street, Memphis, TN 38103  
Contact: Linda L. Williams  
Phone(s): (901) 543-7351  
Fax: (901) 543-6084  
Web: www.state.tn.us/humanserv/

**Services Provided:**  
- Temporary Financial Assistance  
- Referrals  
- Medical Services  
- Educational Services
TN Early Intervention System – Memphis Area
4111 S. MSU B Street, South Campus, Suite 1, Building 48, Memphis, TN 38152
Contact: Judy Self, Program Coordinator
Phone(s): (901) 678-4655 (800) 852-7157
Fax: (901) 678-5720
Email: judyself@memphis.edu

Eligibility Guidelines: Developmental delay; Ages birth to 3 years; referrals from any
source needed

Services Provided:
- Autism Resources
- Early Intervention Program for Young Children
- IDEA Information and/or Training
- Information and Referral
  Sponsored by TN Department of Education
  Home based and community based services

TN Hemophilia and Bleeding Disorders Foundation
499 South Patterson, Suite 202, Memphis, TN 38111
Contact: Teresa Paton, Field Coordinator
Phone(s): (901) 458-6727
Fax: (901) 458-6743

Services Provided:
- Advocacy Services
- Information and Referral
- Specific Disability Information
- Support Groups
  Work with University of TN Hemophilia Clinic
  Summer camp for children
  Educational scholarships
  Enrichment scholarships for children
  Adolescent program
TN Infant Parent Service (TIPS), Memphis
4097 South MSU B Street, University of Memphis, Memphis, TN 38152
Contact: Jeryl Nickey, Regional Lead Teacher
Phone(s): (901) 678-3501
Fax: (901) 323-9478

Eligibility Guidelines: Birth to 5 years; Developmental delay or hearing loss or vision loss

Services Provided:
- Blind and Visual Impairment Program
- Deafness and Hearing Impairment Program
- Early Intervention Program for Young Children
- Information and Referral
- Parent Education
  Birth to 3 years for Home Intervention Services
  Birth to 5 years for Consultative Services

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TN Protection and Advocacy, Inc., Memphis
2693 Union Avenue Extended, Suite 100, Memphis, TN 38112
Contact: Marianne Finley, Regional Advocacy Programs Coordinator
Phone(s): (901) 458-6013 (800) 342-1660
Fax: (901) 458-7819
Web: www.tpainc.org

Services Provided:
- ADA Information and Assistance
- Advocacy Services
- Legal Counseling
**Traumatic Brain Injury Services, Memphis**
Dept. of Neurosurgery, Medical Center, Adam Pavillian, Ste. A659, Memphis, TN 38103
Contact: Carolyn Chambers, Program Coordinator
Phone(s): (901) 545-8487
Fax: (901) 545-8489
Email: cchambers@the-med.org

Eligibility Guidelines: Persons with a traumatic brain injury

Services Provided:
- Advocacy Services
- Camps and/or Summer Programs
- Information and Referral
- Newsletter Available
- Specific Disability Information
- Support Groups
  - Annual education conference
  - Safety and Prevention Initiatives

**United Cerebral Palsy of Memphis**
4189 Leroy Street, Memphis, TN 38108
Contact: Diana Reid, Director
Phone(s): (901) 761-4277
Fax: (901) 323-0179
Email: ucpmemphis@aol.org
Web: www.ucpmemphis.org

Services Provided:
- ADA Information and Assistance
- Assistive Technology/Purchase Assistance
- Camps and/or Summer Programs
- Developmental and/or Psychological Assessment
- Employment, Job Training Program
- Financial Assistance
- Information and Referral
- Ramp Construction
- Recreational Activities
- Respite Care/Child
- Specific Disability Information
  - Eight week summer day camp
  - Swimming and social activities
  - Therapeutic horseback riding program
  - Equipment loan and assistance program
  - Lending library – adapted toys
United Way of the Mid-South
1407 Union Avenue, #900, Memphis, TN 38104
Contact: Director
Phone(s): (901) 543-5800
Web: www.unitedwaymecca.org OR www.uwmidsouth.org

Services Provided:
- IDEA Information and/or Training
- Newsletter Available
- Public Awareness and Community Education
  Conducts annual fundraising campaign to financially support local community agencies

US Department of Veteran Affairs
1835 Union Avenue, Suite 100, Memphis, TN 38104
Contact: Bill Fargo
Phone(s): (901) 722-2510
Web: www.va.gov/

Eligibility Guidelines: Veterans

Services Provided:
- Non-Housing Services

Urban League
413 N. Cleveland Street, Memphis, TN 38104
Contact: Herman Ewing
Phone(s): (901) 272-2491
Fax: (901) 272-1673
Web: www.mphurbanleague.org

Services Provided:
- Job Training
Eligibility Guidelines: All ages, all disabilities

Services Provided:
- Advocacy Services
- Assistive Technology Equipment and/or Evaluation
- Autism Resources
- Behavior Resources
- Child Care Program
- Counseling and/or Mental Health Services
- Deafness and Hearing Impairment Program
- Developmental and/or Psychological Assessment
- Early Intervention Program for Young Children
- Learning Disability Resources
- Newsletter Available
- Outpatient Rehab Therapy (OT, PT, and/or ST)
- Parent Education
- Special Educational Programs
- Support Groups
  - Interdisciplinary Diagnostic Evaluation Center
  - Developmental pediatric clinic
  - Reproductive Health Clinic for adults with disabilities
  - Psychology Clinic (behavioral specialty)
  - Spina Bifida Clinic
  - Feeding/Swallowing disorder clinic
Eligibility Guidelines: Must be residents of Memphis, 0-6 years of age, and meet income guidelines by the state

Services Provided:
- Developmental and/or Psychological Assessment
- Information and Referral
  - Screening – Social Assessment
  - Pediatric examination
  - Developmental screening
  - Vision and hearing screening (3-6 years)
  - Nutrition assessment
  - Psychological consultation
- No fee for services

UT Extension Support
5565 Shelby Oaks Drive, Memphis, TN 38134
Contact: Donna L. Downen, M.S.
Phone(s): (901) 544-0243

Eligibility Guidelines: Shelby County Resident

Services Provided:
- Educational Programs

UT Rehabilitation Engineering Program
682 Court Street, Memphis, TN 38163
Contact: Frederick Palmer, Director
Phone(s): (901) 448-6445  Client Number: (901) 448-6504
Fax: (901) 448-8781
Web: www.utmem.edu/bcdd

Services Provided:
- Assistive Technology Equipment and/or Evaluation
  - Evaluation of custom-made wheelchairs, bath aids, augmentative communication devices
  - Designs devices for employment
  - Catalog of special devices
- Fee Varies
- Referrals Needed
VA Medical Center
1030 Jefferson Avenue, Memphis, TN 38104
Contact: Ed Wailin
Phone(s): (901) 523-8990
Web: www.humana-military.com/bene/vaweb/facilityinfo/memphis.htm

Eligibility Guidelines: A & D; Mentally Ill Veterans

Services Provided:
- Non-Housing Services
- Alcohol and Drug Rehab
- Social Work Services
- Medical Services
- Psychiatric Services

Vet Center, The
1835 Union Avenue, Suite 100, Memphis, TN 38104
Contact: Linwood Cato
Phone(s): (901) 544-0177

Eligibility Guidelines: Veterans, men and women

Services Provided:
- Assistance Services
- Individual/Group Counseling
- Referrals

Vocational Rehabilitation Services, Region 9
170 North Main Street, 3rd Floor, Memphis, TN 38103
Contact: Regional Supervisor
Phone(s): (901) 543-7301 TDD (901) 543-6506
Fax: (901) 543-6036
Web: www.state.tn.us/humanserv/VRServices.html

Eligibility Guidelines: Persons 18 years and older who need and can benefit from VR services in order to return to work or enter employment

Services Provided:
- Accessibility Information
- Assistive Technology Purchase Assistance
- Automobile/Van Adaptations
- Blind and Visual Impairment Program
- Employment, Job Training Program
  Equipment resource as related to vocational training and placement including auto adaptations and computer assistance
Whitehaven Southwest Mental Health Center
1087 Alice Avenue, Memphis, TN 38106
Contact: Emma Martin
Phone(s): (901) 774-7811

Services Provided:
- Individual/Group Counseling
- Substance Abuse Counseling
- HIV/AIDS Education

Work Place, The (Affiliated with Bridges)
245 Wagner Place, Suite 200, Memphis, TN 38103
Contact: Elaine Burks
Phone(s): (901) 527-5627

Eligibility Guidelines: 18 years and up; low income

Services Provided:
- Job Skills
- Job Training
- Job Placement

YMCA – Main Office
777 West Poplar, Suite 102, Collierville, TN 38017
Phone(s): (901) 850-0987
Email: info@ymcamemphis.org
Web: www.ymcamemphis.org/

Services Provided:
- Non-Housing Services
- Information and Referral

YMCA Abused Women’s Center
766 S. Highland (Office), Memphis, TN 38111
Phone(s): (901) 725-4277
Fax: (901) 725-0161

Services Provided:
- Emergency Housing
Youth Fair Chance
961 E. H. Crump Blvd., Memphis, TN 38104
Contact: Edna M. Perry
Phone(s): (901) 578-7997

Eligibility Guidelines: Youth

Services Provided:
- Counseling
- Job Training

Youth Services at Southwest Tennessee Community College
3545 Lamar Avenue, Memphis, TN, 38118
Contact: Toni Lawal, Director
Phone(s): (901) 333-6344

Eligibility Guidelines: Youth between 17-21, unemployed/low employment, receiving TANF benefits

Services Provided:
- Employability Training and Employment Search Assistance
- Vocational/Technical Training
- A college degree or certification
- GED Classes
- Academic Enrichment
- Leadership Development Skills
- Guidance and Counseling
- Summer Employment
- Supportive Services
Youth Villages
P.O. Box 341154, Memphis, TN 38134
Contact: Jim Hancock, Assistant Director, Managed Care
Phone(s): (901) 252-7600
Fax: (901) 252-7620
Email: jim.hancock@youthvillages.org
Web: www.youthvillages.org

Eligibility Guidelines: Ages 0 to 21 years of age

Services Provided:
- Counseling and/or Mental Health Services
- Residential Services/Child
- Respite Care/Adult
  Therapeutic Foster Care
  Group Homes for Adolescents
  In-Home, Family-based Treatment
  Residential Treatment- typical length of stay is 90 days
  Outpatient Treatment
  Services children in West and Middle TN
  Treatment program for children with dual dx
  Runaway/Homeless Shelter
**ADAPT, Memphis**
Americans Disabled for Attendant Programs Today is a grassroots program to advance the civil rights, life opportunities, and self-image of persons with disabilities.

Contact: Deborah Cunningham  
Phone(s): (901) 726-6404

**Meets:**  
1\textsuperscript{st} Monday/6:00pm  
Memphis Center for Independent Living, 163 N. Angelus

**Fee:**  
None. Membership fee for ADAPT is $10 per year.

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**ADD Adult Support Group**
Contact: Ted Baldick, Ph.D.  
Phone(s): (901) 458-6291

**Meets:**  
1\textsuperscript{st} and 3\textsuperscript{rd} Thursdays/5:30-6:30pm  
Christian Psychological Center, 3978 Central Avenue  
Sponsored by Christian Psychological Center

**Fee:**  
None
ADD Support Groups
Professionally facilitated support groups free and open to all parents and children with
Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder (ADD/ADHD) and to
other interested persons. Offer ideas to enhance parenting skills, provides opportunities
to share.

Meets:
Bartlett – Alturia Elementary
  Contact: Audrey Nunnery (901) 372-0008
  Meets: 3rd Monday/7:00-8:30pm
  Alturia Elementary School, 6641 Deermont Road
Bartlett – Library
  Contact: Jim Solley (901) 323-1430
  Meets: Bartlett Library, 6382 Stage Road
Sponsored by Learning Disabilities Association
Bellevue Baptist Church
  Contact: Church Office (901) 385-5830
  Meets: Wednesday/6:15-7:45pm
  Bellevue Baptist Church, 2000 Appling Road, Room W246
Christian Psychological Center
  Contact: Allison Garrott, Ph.D (901) 458-6291
  Meets: 4th Thursday/7:30pm
  Christian Psychological Center, 3978 Central Avenue
Collierville High School
  Contact: Margaret Stewart (901) 853-7294
  Meets: 2nd Tuesday/7:00-8:30pm
  Collierville High School Library, 1101 N. Byhalia Road
Germantown Library
  Contact: Jim Solley (901) 323-1430
  Meets: Call for meeting times
  Germantown Library, 1925 Exeter Road
  Sponsored by Learning Disabilities Association
Jewish Family Services
  Contact: Elaine Kruger (901) 767-8511
Millington South Elementary School
  Contact: Audrey Nunnery
  Meets: 1st Monday/7:00-8:30pm
  Millington South Elementary School, 4885 Bill Knight Road

Fee:
None
AL-ANON
12-step support group for family and friends of an alcohol addicted person. (See also AA, Alateen, Alatot).

Contact: Al-Anon Answering
Phone(s): (901) 278-5953

Meets:
Various days/hours and locations. Call for information

Fee:
None

ALATEEN
For support of teenagers who are coping with family members and friends who are alcohol-addicted. (See also AA, Al-Anon, Alatot).

Contact: Alateen Answering
Phone(s): (901) 278-5953

Meets:
Various days/hours and locations. Call for information

Fee:
None

ALATOT
For support of young children living with an alcohol-addicted person in the home.

Contact: Al-Anon Answering
Phone(s): (901) 278-5953

Meets:
Various days/hours and locations. Call for information

Fee:
None
**Alcohol and Drug Abusers Support Group**
Biblically-based 12 week group to deal with alcohol and chemical dependency and to explore why a person abuses alcohol or drugs. Also explores relapse prevention and warning signs.

Contact: Church Office  
Phone(s): (901) 844-3000

Meets:
13-week sessions. Call for next starting date.  
World Overcomers Outreach Ministries, 6655 Winchester Road

Fee:  
None

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**Alcoholics Anonymous (A.A)**
12-step fellowship of men and women who share their experience, strength, and hope with each other to achieve sobriety and help others who have a desire to stop drinking.

Contact: AA Hotline Open 24 hours  
Phone(s): (901) 454-1414

Meets:
Daily-daytime and evening meetings  
All areas, call for more information

Fee:  
None

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**Alliance for the Blind and Visually Impaired/Adult Support Group**
To serve people with retinitis pigmentosa, glaucoma, and/or others who are adjusting to visual loss at any level. Need not prove certifiable visual impairment to participate. Provides peer support plus an opportunity to explore adjustment techniques, share experiences, strengthen coping skills. Meets for 6 week sessions.

Contact: Mike Melton OR Celeste Allen  
Phone(s): (901) 577-7800

Meets:  
Call for next starting dates and more information.

Fee:  
None
Alliance for the Mentally Ill of Memphis (AMI)
For mental health consumers and family and friends of the mentally ill. Provides support, advocacy, education, and research. Information and referral. 24 hour answering service. Also sponsors “Journey of Hope”, a 12-week free program for families, that teaches technical knowledge and coping skills.

Contact: Office
Phone(s): (901) 323-5928

Meets:
4th Tuesdays
Call for more information

Fee:
None

ALS Support Group
For patients with ALS (Amyotropic Lateral Sclerosis or Lou Gehrig’s Disease), and other MD type patients and their families to discuss fears, stressors, and frustrations connected with this highly progressive disorder. Sponsored by Muscular Dystrophy Association.

Contact: Norma Graham
Phone(s): (901) 367-0902

Meets:
2nd Sunday/1:30-3:30pm
Education meeting. Open to the public.
Christ United Methodist Church, 4488 Poplar Avenue

Fee:
None
Alzheimer Support Groups
Support groups for families and friends of Alzheimer’s patients interested in obtaining information about Alzheimer’s and suggestions for coping. Open to the public. Professionally facilitated.

Contact: Alzheimer Association OR Sherry Lear-Park
Phone(s): (901) 565-0011

Meets:
Call for information about ongoing groups.

Fee:
No fee for any of the groups

Alzheimer’s Day Care Inc. Support Group
A professionally facilitated support group for caregivers and families of Alzheimer’s victims and other dementias. Led by a volunteer facilitator.

Contact: Julie Todd
Phone(s): (901) 372-4585

Meets:
2nd Tuesday/4:30pm and the last Wednesday of each month.
4585 Raleigh La-Grange inside Kennedy Place

Fee:
None
Alzheimer’s Support Group
Meets:
Memphis Kennedy Park – 2nd Tuesday/4:30-6:00pm and 4th Wednesday/11:30am-12:45pm, Contact: Julie Todd (901) 372-4585
First Evangelical Church – Last Monday/7:00pm
   Contact: Church Office (901) 682-8452
Memphis Jewish Home – 3rd Thursday/6:00pm
   Contact: Dan Rojcewicz (901) 758-0036
Church of the Holy Communion – 4th Thursday/12:00pm
   Contact: Martha Boyd (901) 767-6987
Kirby Pines
   Contact: Dianne Congelton (901) 365-0772
St. Andrews A.M.E. Church
   Contact: Imogene Gunn (901) 948-3441
St. Ann Catholic Church – 2nd Saturday/10:30am
   Contact: Janet Hart (901) 388-9867
Brighton Gardens – 2nd Wednesday/5:30pm
   Contact: Melanie Price (901) 763-3232
Atria Riverdale – 2nd Monday/6:00pm
   Contact: Loretta Buntyn (901) 794-7799

Fee:
None

American Diabetes Association
Self-help group for persons with diabetes and their families. Medical professionals also welcome.

Contact: Laura Shy
Phone(s): (901) 682-8232

Meets:
Pediatric and adult support groups quarterly.
Call for information.

Fee:
None to attend the meetings, $24 to join the American Diabetes Association
**Arthritis Foundation Support Group**  
For persons with arthritis to share common problems and to learn to cope with them. Leader are trained and follow guidelines. Call for information about the warm water aquatics program.

Contact: Lynn Harris, Executive Director  
Phone(s): (901) 685-9060  

Meets:  
2nd Monday/12:30 at St. Francis Hospital  
3rd Monday/7:00pm at Baptist Hospital for Women  
1st Tuesday/6:00pm in Jackson  
Saturdays/10:15am and 12:15pm at Germantown Library  
4th Tuesday/7:00pm in Southhaven  

Fee:  
None

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**Autism Society of America, Memphis Chapter**  
To provide education, advocacy, and support for children with autism, their families, and their teachers.

Contact: Autism Society or Linda Forsythe or Bob Birch  
Phone(s): (901) 360-9407 or (901) 365-4592 or (901) 682-3845  

Meets:  
Call for information on meeting times and dates.  

Fee:  
None

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**B.M.T. – Bone Marrow Transplant Support Group**  
A session for adult oncology bone marrow and stem cell transplant patients, their family, and friends in any stage of the transplant decision-making process.

Contact: Call for reservations  
Phone(s): (901) 726-8686  

Meets:  
Call for more information.  

Fee:  
None
Beautiful Bundles
A support group for new moms and their babies.

Contact: Pam Sere  
Phone(s): (901) 227-9873

Meets:  
Thursdays/12:30-2:30pm  
Baptist Women’s Hospital Conference Room D, 1st floor, 6225 Humphrey’s Blvd.

Fee: None

Bereavement Support Group  
For family members and friends who have experienced the loss of a loved one from illness. Professionally facilitated group sponsored by Methodist Hospice.

Contact: Sally Aldrich  
Phone(s): (901) 380-8169

Meets:  
2nd Monday/1:00-2:30pm  
St. Luke’s Methodist Church, 480 S. Highland (corner of Mynders)

Fee: None

Bitterness Support Group
A support group tracing the development of bitterness from being hurt and offended by others. Explores the “victim” syndrome, how the deal with the conflict, to forgive the offender, and to enjoy the release from bondage.

Contact: Church Office  
Phone(s): (901) 844-3000

Meets:  
13 week sessions, call for information  
World Overcomers Outreach Ministries, 6655 Winchester Road

Fee: None
**Black Women’s – Women of Color Support Group**
This group deals specifically with issues related to the everyday lives and stresses of black women, including relational/marital issues, job-related problems, stress management. Led by a black female professional.

Contact: Carmella Guy, MSN, RN  
Phone(s): (901) 324-9480

**Meets:**  
Wednesday/6:00-8:00pm  
2400 Poplar Avenue, #418

**Fee:**  
Flexible fee scale

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**Boundaries**
Individuals will learn how and why to set personal boundaries and respect the boundaries of others. Open group, no registration required. Appropriate for men, women, and teens.

Contact: Pastoral Support Ministry  
Phone(s): (901) 255-8115

**Meets:**  
Sundays/5:00pm  
Central Church, 2005 Winchester Blvd, Collierville

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**Break Free Codependency Group (Co-Ed)**
Professionally facilitated group using the Twelve Steps for Christians as a model for recovery from addictive and dysfunctional situations. Provides ways to cope with unhealthy relationships. Meetings are open, confidential, safe, and supportive.

Contact: Church Counseling  
Phone(s): (901) 761-0576

**Meets:**  
Monday/7:00-8:30pm in Wilson Ross Building Room 206 or 208  
Christ United Methodist Church, 4488 Poplar

**Fee:**  
None
Break Free Women’s Day Support Group
Professionally facilitated group using the Twelve Steps for Christians as a model for recovery from addictive and dysfunctional situations. Provides ways to cope with unhealthy relationships. Meetings are open, confidential, safe, and supportive.

Contact: Church Counseling
Phone(s): (901) 761-0576

Meets:
Friday/1:00-2:15pm in Wilson Ross Building Room 413
Christ United Methodist Church, 4488 Poplar

Fee: None

Breast Cancer Support Group
Professionally facilitated support and discussion group aimed toward younger women with breast cancer.

Contact: Don Marston
Phone(s): (901) 763-0446

Meets:
Mondays/12:00pm
Memphis Cancer Center, 1068 Cresthaven

Fee: None

Breast Cancer Support Group
Professionally facilitated support and discussion group emphasizing coping skills and stress management.

Contact: Bobbie Williams
Phone(s): (901) 227-9650

Meets:
1\textsuperscript{st} and 3\textsuperscript{rd} Tuesday/7:00pm
2\textsuperscript{nd} and 4\textsuperscript{th} Wednesday/9:30am
Women’s Health Center, Room 101, Baptist East, 6025 Walnut Grove Rd.

Fee: None
**Burn Information Group**
Provides support and information to family members and friends of burn patients. Individualized to patient and family needs. Also offers on-going support and information during rehabilitation of burn patient. Participant may be a previous burn patient from any time or from any hospital.

Contact: Peggy Simpson, RN or Virginia Donelson  
Phone(s): (901) 545-8090 OR (901) 545-6841

Meets:  
Call for information  
The Regional Medical Center, Critical Care Waiting Room, 877 Jefferson Avenue

Fee: None

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**C.O.U.R.A.G.E.**  
A support group for those with handicaps or disabilities.

Contact: Biblical Guidance Ministry  
Phone(s): (901) 385-5835

Meets:  
Call for more information.  
Bellevue Baptist Church, 2000 Appling Road

Fee: None

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**Cancer Center Support Group**  
Open discussion professionally facilitated for people with all types of cancer, their friends, and families.

Contact: Don Marston  
Phone(s): (901) 763-0446

Meets:  
Wednesday/2:00-3:00pm  
Memphis Cancer Center Auditorium, 1068 Cresthaven, Suite 500

Fee: None
**Candlelighters**  
A self-help group for parents of children with cancer. Sponsored by the American Cancer Society.

Contact: Jeanne Dycuys, St. Jude  
Phone(s): (901) 495-3670

Meets:  
Telephone support available. Will meet if enough interest if indicated.

Fee:  
None

**Career Support Ministry**  
On-going professionally facilitated support group for people in career transition. Open to the public.

Contact: Career Support or Henriette McClendon  
Phone(s): (901) 682-8895

Meets:  
Tuesday/6:45am  
Christ United Methodist Church, Seabrook Hall 4488 Poplar Avenue

Fee:  
None

**Caring for Aging Parents**  
Support group that offers information about the aging process, resources currently available, and a place to exchange practical tips on what does and does not work.

Contact: Biblical Guidance  
Phone(s): (901) 385-5835

Meets:  
Call for more information.  
Bellevue Baptist Church, 2000 Appling Road  
No meetings during the summer.

Fee:  
None
Caring Partners
Facing sexuality and cancer: for patients and their partners, discussing self-image and intimacy.

Contact: Call for reservations
Phone(s): (901) 726-8686

Meets:
Meets three time annually, call for more information

Fee:
None

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Carpe Diem of the Mid-South
Carpe Diem is a partner with the health care and religious communities of the Mid-South. It strives to elicit an active response to cancer, building survivor skills in coping with the disease and in enhancing quality of life.

Contact: Brenda Wiseman
Phone(s): (901) 754-0570
Web: www.carpediemforlife.org/intro.html

Meets:
Workshops and retreats are offered on 2-3 month interval.
Call for more information.

Fee:
None

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Chemical Dependency
Using the Christ-centered, 12-step approach, various chemical dependency behaviors are looked at that prevent one from achieving a life of sobriety and serenity.

Contact: Pastoral Support Ministry
Phone(s): (901) 255-8115

Meets:
Sundays/5:00pm
Wednesdays/5:00pm
Central Church, Room 209, 2005 Winchester Blvd, Collierville

Fee:
None
**Chronic Fatigue Immune Dysfunction Syndrome (CFIDS)**
Telephone support and referral, assistance, and education for patients, families, caregivers, and health care professionals. Provides assistance for social security, attorney referral, lending library of book and videos, physician referrals.

Contact: Becky Barton  
Phone(s): (901) 387-1027

**Meets:**  
Telephone support only

**Fee:**  
None

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**Circle of Friends**
Professionally led education and support session for cancer patients and their families. Open to anyone. Has full meal at the meeting. Call to make reservations.

Contact: Gwendolyn Brown, ACSW  
Phone(s): (901) 448-5274

**Meets:**  
Meets quarterly, call for more information.

**Fee:**  
None

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**Co-Sex and Love Addicts Anonymous (CO-SLAA)**
For families and friends and significant others of sex and love addicts who see a need to stop living out a pattern of co-sex and love addiction. Non-smoking. See also Sex and Love Addicts Anonymous.

Contact: SLAA Hotline  
Phone(s): (901) 385-4565

**Meets:**  
Sunday/5:30-6:30pm. Call for more information.  
Galloway United Methodist Church, 1015 S. Cooper

**Fee:**  
None
**Cocaine Anonymous**
A 12-step program for addicts and alcoholics with the desire to stop using mood and mind-altering substances and to help each other stay sober. To share strength and hope. Newcomer packets available at meetings.

Contact: 24-hour hotline
Phone(s): (901) 725-5010

**Meets:**
Various days/hours and locations. Call for more information.

**Fee:**
None

**Codependency Groups – ACOA**
Support groups for people exploring codependency issues.

Contact: Central Christian Church
Phone(s): (901) 276-2708

**Meets:**
Wednesday, Friday, and Sunday/7:00pm
Central Christian Church, 531 S. McLean (corner Peabody)

**Fee:**
None

**Compassionate Friends**
A self-help group offering friendship and understanding to bereaved parents.

Contact: Sharon and Milton Southall
Phone(s): (901) 476-9927

**Meets:**
St. Louis Catholic Church, 203 W. White Station Road

**Fee:**
None
**Conquering Co-Dependency**
This group will aid those who have identified co-dependent behaviors to take steps to change these life-long habits.

Contact: Biblical Guidance Ministry  
Phone(s): (901) 385-5835

Meets:  
Call for more information.

Fee:  
None

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**Conquering Eating Disorders**
A 12-step program for those with eating disorders.

Contact: Biblical Guidance Ministry  
Phone(s): (901) 385-5835

Meets:  
Call for more information.  
Bellevue Baptist Church, 2000 Appling Road

Fee:  
None

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**COPE**
Support group open to all people with cancer, their families and friends, for education and support. Targeted discussion professionally led.

Contact: Don Marston  
Phone(s): (901) 763-0446

Meets:  
3rd Saturday/2:00pm  
1068 Cresthaven, Suite 200, Flying Colors Room

Fee:  
None
Dealing with the Death of a Spouse
12-week session led by those who have lost a loved one. This group offers understanding of the grieving process, emotional and spiritual support, and encouragement uniquely designed for these hurting individuals.

Contact: Biblical Guidance
Phone(s): (901) 385-5835

Meets:
12 week sessions. Call for next starting date and time.
Bellevue Baptist Church, 2000 Appling Road
No meetings during the summer.

Fee:
None

Depression Support Group
Biblically-based 12-week session support group to help participants understand what depression is, what causes it, who gets depressed and why. You also learn what to do when depression strikes.

Contact: Church Office
Phone(s): (901) 844-3000

Meets:
Monday/7:00pm
World Overcomers Outreach Ministries, 6655 Winchester Road

Fee:
None
**Diabetes Education**
Diabetes is a very complicated disease. This class will help you understand diabetes and give you support with your diet, exercise, medicines, blood sugar testing, and controlling complications.

Contact: Julia, Nancy, or Pat  
Phone(s): (901) 259-4673

**Meets:**  
Diabetes Wellness Education: Mondays/11:00am  
Diabetes Fellowship Class: Thursdays/5:00pm  
Hope and Healing Center  
Call for more information.

**Fee:**  
None

**Diabetes Support Group – Day**
A group that provides information and support to adult diabetics.

Contact: Charlotte Cavin  
Phone(s): (901) 226-5454

**Meets:**  
2nd Monday/1:00-2:00pm  
Baptist Wellness Complex, 80 Humphrey’s Blvd, Suite 102

**Fee:**  
None

**Diabetes Support Group – Evening**
A group that provides information and support to adult diabetics.

Contact: Charlotte Cavin  
Phone(s): (901) 226-5454

**Meets:**  
2nd Tuesday/7:00-8:00pm  
Baptist Women’s Hospital, Conference Room A, 1st floor, 6225 Humphrey’s Blvd.

**Fee:**  
None
Diabetics Support Group
Professionally facilitated group to provide information and support to diabetics and their families and friends.

Contact: Laura Roberson
Phone(s): (901) 765-2492

Meets:
3rd Thursday/7:00pm
St. Francis Hospital, St. Claire Hall, 5959 Park Avenue

Fee:
None

Divorce and Beyond
Peer support for those experiencing the pain and grief of divorce. Professionally facilitated.

Contact: Reba David
Phone(s): (901) 754-7085

Meets:
Call for next starting dates.
Holy Rosary Church, 4851 Park Avenue

Fee:
$15 for materials. Scholarship Available

Divorce Recovery Workshop
Mental health professional from Christian Psychological Center presents lecture for first hour; during second hour group breaks into small groups for sharing. Rainbows group for children meets at same time.

Contact: Gail Stevens
Phone(s): (901) 454-0034

Meets:
Wednesday/6:30-8:30pm; 10-week sessions, call for starting dates.
Second Presbyterian Church, 4055 Poplar Avenue

Fee:
$30.00 fee covers materials. Scholarships available.
**Divorced, Widowed, or Separated**
Ongoing, peer-led support group.

Contact: Church Office  
Phone(s): (901) 396-9996  

**Meets:**  
1st Monday/7:30pm  
St. Joseph Catholic Church, Fellowship Hall  
3825 Neely Road  

**Fee:**  
None

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**Domestic Violence/Anger Management**  
A certified program for court-ordered clients and open to any males interested in increasing recognition of anger triggers and coping with conflict in a non-violent manner. This series meets weekly for 12 weeks.

Contact: Anne Marie, Troy T. Steinmacher, Mark Lovett  
Phone(s): (901) 324-3637  

**Meets:**  
Monday/7:00-8:30pm  
Thursday/7:00-8:30pm  
2400 Poplar Avenue, Suite 500  

**Fee:**  
$10 per session

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**Eating Disorders Support Group**  
Professionally facilitated support group for people with eating disorders. Open to anyone with an eating disorder.

Contact: Beth Lyons, Ph.D.  
Phone(s): (901) 761-2622  

**Meets:**  
Mondays/6:00-7:00pm, Wilson Ross Building Room 410  
Christ United Methodist Church, 4488 Poplar  

**Fee:**  
None
Embrace
Support group for women with breast cancer.

Contact: Don Marston
Phone(s): (901) 763-0446

Meets:
3rd Tuesday/7:00pm
1068 Cresthaven, Suite 230

Fee:
None

Empty Arms Support Exchange
Support for families who have lost babies through miscarriage, stillbirth, or ectopic pregnancy.

Contact: Rose Johnson
Phone(s): (901) 226-5807

Meets:
4th Monday/7:00-9:00pm
Women’s Resource Center of Baptist Hospital

Fee:
None

Epilepsy Foundation of West TN
For people who have epilepsy or for families and friends of persons affected by epilepsy. Also for recently diagnosed patients and those considering surgery.

Contact: Carolyne Park-Teagram
Phone(s): (901) 272-3268

Meets:
Call for meeting dates and times.
Epilepsy Foundation of West Tennessee, 1750 Madison Suite, B40

Fee:
None
Exercise
Everybody is welcome to come and do these low-impact workouts.

Contact: Nancy, Pat, or Julia
Phone(s): (901) 272-0003

Meets:
Mondays/12:00-6:00pm
Tuesdays/1:00pm
Thursdays/1:00-6:00pm

Fee:
None

Families of Children with Developmental Disabilities Support Group
A support group for family members and caretakers of children with any developmental disability. Child care available for the handicapped child and his/her siblings.

Contact: Church Office
Phone(s): (901) 458-3335

Meets:
2nd Tuesday/7:00pm
Highland Street Church of Christ
Christian Life Center, 443 S. Highland

Fee:
None

Family Caregivers
Designed for adult children of aging parents or others who feel responsible for a spouse or family member who needs care. Open to community. Professionally facilitated.

Contact: Debby Weinstein
Phone(s): (901) 767-8511

Meets:
1st and 3rd Tuesday/7:30-9:30pm. Call for more information
Jewish Family Service, 6560 Poplar

Fee:
None
**Fibromyalgia Support Group**
Fibromyalgia is an arthritic condition of unknown cause in which the affected person has chronic pain and fatigue in muscles, tendons and ligaments. This group is for people who have been diagnosed with fibromyalgia. Group time is spent in discussion and guest speakers present new research.

Contact: Jackie Browder (St. Francis) or Sandy Smith (Baptist)
Phone(s): (901) 323-5938 or (901) 754-6394

Meets:
- St. Francis Hospital, 2nd Monday/12:30pm
- Baptist East, 3rd Monday/7:00pm

Fee: None

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**Flying Colors: Getting Through Cancer Together**
Support center open daily where people with cancer can interact with other survivors in support groups, workshops, and special events. Lending library and internet access to all cancer survivors and family.

Contact: Pat McRee, Director
Phone(s): (901) 682-3916

Meets:
- Mondays/12:00pm
- 1068 Cresthaven

Fee: None

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**Food Addiction Support Group**
A 13-week support group for those with food addictions and other eating disorders.

Contact: Church Office
Phone(s): (901) 844-3000

Meets:
- Monday/7:00pm, 13 week sessions. Call for next starting date.
- World Overcomers Outreach Ministries, 6655 Winchester Road

Fee: None
**Food Choices for Women**
Provides support and an alternative for yo-yo dieting. Spring and Fall sessions.

Contact: Counseling Center  
Phone(s): (901) 761-0576

Meets:  
Christ United Methodist Church, 4488 Poplar Avenue  
Call for times and dates.

Fee:  
None

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**Forward**
Support for widows, widowers, and adult children who have lost a parent and for parents who have lost an adult child. Gives surviving spouses a helping hand to lead them back to normal patterns of life. Monthly specials. Free babysitting.

Contact: Church Office or Dale Brady  
Phone(s): (901) 754-7216 or (901) 753-3100

Meets:  
Call for times and days.  
Germantown U.M.C, 2331 S. Germantown Road

Fee:  
None

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**Friends and Family of the Mentally Ill**
Volunteer facilitated support group for friends and family members of those suffering from mental illness.

Contact: Church Office or Peg Schulz  
Phone(s): (901) 767-6987 or (901) 682-0809

Meets:  
2nd and 4th Wednesday/2:00pm  
Church of Holy Communion, Room 308  
Call for more information.

Fee:  
None
**GAMANON**
Special fellowship for adult family members and spouses of compulsive gamblers. See also Gamblers Anonymous at Central Church

Contact: 24-hour answering  
Phone(s): (901) 371-4083

**Meets:**  
Sunday/6:00-8:00pm  
Covenant Community Church basement, 704 N. Highland

**Fee:** None

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**Gamblers Anonymous**
A fellowship of men and women who share their experience, strength, and hope in an effort to solve their common problem. Must have a desire to stop gambling.

Contact: 24 hour answering  
Phone(s): (901) 371-4083

**Meets:**  
Sunday/7:00-9:00pm at Christ United Methodist Church, Room 114  
Monday/7:30-9:30pm at Charter Lakeside  
Tuesday/12:00pm at Christ United Methodist Church, Room 402  
Wednesday/7:30pm at Christ United Methodist Church, Room 414  
Thursdays/7:30pm at Christ United Methodist Church, Room 402

**Fee:** None

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**Germantown Tough Love International**
Parent support for all ages of children with all kinds of problems, not just drugs and alcohol.

Contact: Gaily Ray or Turner Carpenter  
Phone(s): (901) 371-1652 or (901) 365-4673

**Meets:**  
Tuesday/7:00-9:00pm  
Central Church, 2005 Winchester Blvd, Collierville

**Fee:** None
**Girls in the Hood**  
Professionally led ongoing support and mentoring group for teenage girls to deal with life issues and to share from their own perspective.

Contact: Rev. William Young or Diane Young  
Phone(s): (901) 370-4673

**Meets:**  
Saturday/10:00am-1:00pm  
The Healing Center, 3900 Tchulahoma Road

**Fee:**  
None

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**God’s Plan for Parenting Teens**  
This support group will serve as a resource for parents desiring to implement Biblical principles for parenting teenagers.

Contact: Biblical Guidance Ministry  
Phone(s): (901) 385-5835

**Meets:**  
Call for more information.

**Fee:**  
None

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**Grandparents As Parents**  
This support group will provide the opportunity to share feelings and unique issues in a warm, supportive environment.

Contact:  
Call for next starting dates.  
Bellevue Baptist Church, 2000 Appling Road

**Fee:**  
None
Grief and Loss Support Group
To help individuals cope with the grief resulting from a loss by death, divorce, etc. Professionally facilitated group running for 12-week sessions.

Contact: Church Office
Phone(s): (901) 844-3000

Meets:
Monday/7:00pm, call for next starting dates.
World Overcomers Outreach Ministries, 6655 Winchester Road

Fee:
None

Grief Recovery, “Living Water”
For those recovering from the death of a loved one.

Contact: Carolyn Hamlet, Leader
Phone(s): (901) 683-7787

Meets:
1st and 3rd Thursday/7:00-9:00pm, meets in Parlor
Christ United Methodist Church, 4488 Poplar Avenue

Fee:
None

Grief Recovery Outreach Program
12-week ongoing program for those who wish to resolve their loss issues and move beyond their grief to a richer quality of life. Grief may be as a result of death, Divorce, or from a loss of career, trust, substance dependency, security, or health.

Contact: St. Francis Hospital
Phone(s): (901) 765-1400

Meets:
Call for times and dates.
Christ United Methodist Church, 4488 Poplar Avenue

Fee:
Sliding Scale Fee
**Grief Support Group**
For adults who have suffered a loss through death.

Contact: Rosalie Pecoraro  
Phone(s): (901) 754-1204

**Meets:**  
Tuesday/7:00pm  
Our Lady of Perpetual Help, Conference Room/Library  
8151 Poplar Avenue, Germantown

**Fee:**  
None

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**GROW (Grief Recovery of Widowed)**
To help widowed men and women through the grief process. Gives the bereaved a safe place to express feelings, listen to others, and offer support. Group discussion facilitated by qualified grief counselor. A free service of Memorial Park Funeral Home.

Contact: Betty Sheddan or Memorial Park Funeral  
Phone(s): (901) 794-9923 or (901) 767-8930

**Meets:**  
Saturdays/2 hour meetings weekly for 6 weeks; 4-6 sessions per year.  
Call for next session dates.

**Fee:**  
None

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**Growing Seasons**
Peer support for children 4 to 12 years of age who have suffered a loss through death or divorce. Meets at same time as Divorce Recovery Group for parents. 10 week sessions starting in February and September. See also Divorce Recovery (Central Church).

Contact: Church Office  
Phone(s): (901) 255-8115

**Meets:**  
Wednesday/7:00pm  
Call for next starting dates.  
Central Church, 2005 Winchester Blvd, Collierville

**Fee:**  
$10 for supplies.
H.E.A.L (Helping Ease A Loss)
Professionally facilitated support group for any parent or family member who has suffered the loss of a child (newborn, stillborn, miscarriage, or tubal pregnancy).

Contact: Becky Peavey
Phone(s): (901) 726-7884

Meets:
3rd Thursday/7:00pm
Christ United Methodist Church, 4488 Poplar Avenue

Fee:
None

H.O.P.E. (Helping Other Parents be Encouraged)
This group is for parents and other family members of adult children who have chosen alternative sexual lifestyles. This group will offer parents an opportunity to experience mutual support, encouragement, as well as receive information in a confidential Christian environment.

Contact: Biblical Guidance Ministry
Phone(s): (901) 385-5835

Meets:
Call for more information

Fee:
None

H.O.P.E. (Helping Other People Endure)
For anyone who has lost an infant that never left the hospital.

Contact: Rose Johnson
Phone(s): (901) 226-5807

Meets:
1st Wednesday/7:00pm
Baptist Hospital East, 6025 Walnut Grove Road
Pharmacy Classroom, 1st floor

Fee:
None
H.O.P.E. Group (Helping Others with Post-Abortion Experiences)
Ongoing group run by Life Choices.

Contact: Amanda Perry
Phone(s): (901) 757-5537

Meets:
Last Monday/7:00pm
Call for information

Fee:
None

Healing for Damaged Emotions
Six-week groups to begin the healing process on those who have sustained emotional injuries. Acknowledges that damaged emotions can be the cause of unfounded sickness, strained relationships, and suicide. Looks at spiritual as well as emotional dimensions. Call for next starting date.

Contact: Rev. Williams Young or Diane Young
Phone(s): (901) 368-6448

Meets:
Thursday/6:00pm for children (6 week sessions)
Thursday/7:00pm for adults (6 week sessions)
The Healing Center, 3900 Tchulahoma Road

Fee:
None. Donations accepted

Healing for Substance Abusers
Professionally led 6-week session group for adults who are recovering from substance abuse.

Contact: Rev. Williams Young or Diane Young
Phone(s): (901) 368-6448

Meets:
Thursday/7:00pm. Call for next starting dates.
The Healing Center, 3900 Tchulahoma Road

Fee:
Donations accepted
Healing the Marriage
Six-week support group for couples aspiring to begin, maintain, restore, or improve their marriages.

Contact: Rev. Williams Young or Diane Young
Phone(s): (901) 368-6448

Meets:
Thursday/7:00pm. Call for next starting dates
The Healing Center, 3900 Tchulahoma Road

Fee:
Donations accepted

Heart to Heart Chemical Dependency Group
Ongoing group for fellowship through introduction to 12-step recovery program. Must have a desire to be sober or drug-free.

Contact: Turner Carpenter
Phone(s): (901) 365-4673

Meets:
Sunday/6:00-7:30pm
Wednesday/7:00-8:30pm
Central Church, 2005 Winchester Blvd, Collierville

Fee:
None

Heart to Heart Grief Group
Helping those dealing with the loss of a loved one from cancer.

Contact: Don Marston
Phone(s): (901) 763-0446

Meets:
1st Monday/5:30pm
1068 Cresthaven, Suite 500

Fee:
None
Heart to Heart Preteen Group
Ongoing group for the preventive support of preteens (children ages 9-12 years of age) who come from addictive or dysfunctional families.

Contact: Turner Carpenter
Phone(s): (901) 365-4673

Meets:
Sunday/6:00-7:30pm
Central Church, 2005 Winchester Blvd, Collierville

Fee:
None

Heart to Heart Tot Group
Ongoing support group to offer preventive support to children 8 years of age and under who come from addictive or dysfunctional families.

Contact: Turner Carpenter
Phone(s): (901) 365-4673

Meets:
Sunday/6:00-7:30pm
Central Church, 2005 Winchester Blvd, Collierville

Fee:
None

HIV/AIDS Support Group
A group that provides support for persons living with HIV/AIDS.

Contact: Terry Orgel, L.P.C or Rev. Tim Meadows
Phone(s): (901) 754-9423 or (901) 726-9443

Meets:
2nd and 4th Thursday/6:00-6:30pm
Holy Trinity Community Church

Fee:
None
**HIV/AIDS Support Group**
Ongoing facilitated support group for gay men living with AIDS. Must have referral from Friends For Life who sponsors this group.

Contact: Friends for Life – AIDS: Carol Dunn
Phone(s): (901) 272-0855

**Meets:**
Monday/7:30-9:00pm
Call for more information
Friends for Life – HIV Resources, 1450 Poplar

**Fee:**
None

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**HIV Positive Support Group**
Ongoing and open professionally facilitated support group for people who are HIV positive from any hospital or agency, and for their families and friends. Led by a social worker and hospital chaplain.

Contact: Sylvester Mays
Phone(s): (901) 545-7446

**Meets:**
Thursday/11:00am-12:00pm
Adult Special Care Unit, MedPlex, 880 Madison, 5th floor

**Fee:**
None

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**Hope for the Bereaved**
Professionally facilitated 6-8 week sessions, offered several times a year at various churches, for anyone grieving over the loss of a spouse, child, parent, friend, or relative. Offers understanding, coping, and growing through grief.

Contact: Reba David
Phone(s): (901) 754-7085

**Meets:**
Offered 8 week sessions, 4 times a year plus one afternoon 8-week session a year
St. Louis Church, 203 S. White Station Road

**Fee:**
None
**Hospice Grief Support**
An educative and supportive program sponsored by Trinity Hospice to help grieving individuals cope with loss.

Contact: Carol Cressman  
Phone(s): (901) 767-6767 ext. 767

Meets:  
7 weekly sessions on Mondays/12:00-1:00pm or 6:00-7:00pm  
Second Baptist Church, 4680 Walnut Grove Road

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**“Hot Shots” – Diabetes Support Group for Children**
Contact: Terry Moore  
Phone(s): (901) 226-5624

Meets:  
1st Saturday/10:00am-12:00pm  
St. Georges Day School, 8250 Poplar Avenue

Fee:  
None

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**Implantable Cardiovascular Defibrillator (ICD) Support Group**
Professionally led support group for people who have implantable cardioverter defibrillators. Each meeting features a program and support and sharing time.

Contact: Treva Jolley, R.N. or Marie Gill, R.N.  
Phone(s): (901) 726-8435

Meets:  
4 times a year. Call for times and dates.  
St. John’s U.M.C., 6019 Walnut Grove, Room 6019

Fee:  
None
Interstitial Cystitis Association
Support for those who suffer from this bladder disease and for their families. Group meets quarterly. Promotes research through government and private channels.

Contact: Carolyn Bruton (evenings)
Phone(s): (901) 377-3914

Meets:
Call for meeting dates.
Baptist Hospital East, Seminar Room, 6019 Walnut Grove

Fee:
None

Journey of Hope
Free comprehensive education program for families of the mentally ill. Sponsored by the Tennessee Alliance for the Mentally Ill.

Contact: TN Alliance for the Mentally Ill
Phone(s): (901) 587-4687 or (800) 467-3589

Meets:
Call for meeting times, dates, and locations.

Fee:
None

Journey With Courage
A professionally facilitated ongoing grief support group for individuals who have recently lost spouses, parents, or a loved one.

Contact: Church Office
Phone(s): (901) 388-2250

Meets:
1<sup>st</sup> and 3<sup>rd</sup> Saturdays/3:00-4:30pm
Brownsville Road Church of Christ, 3333 Old Brownsville

Fee:
None
**Keepers of the Covenant**
Are you disillusioned and disappointed? Do you have a deep desire to honor your marriage commitment? This group will help you learn how to gain hope, encouragement, and strength when tempted to quit.

Contact: Biblical Guidance Ministry  
Phone(s): (901) 385-5835

Meets:  
Call for more information.

Fee:  
None

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**La Leche League**
Support groups and information on the benefits of breast-feeding, preparing for the baby, nutrition, and weaning. Home and office visitation available by appointment and donations are requested for these services. You do not have to be a member to attend.

Contact: Information  
Phone(s): (901) 452-3383

Meets:  
3rd Tuesday/9:30-11:00am – call for location, 683-3726 (Sharon)  
1st Thursday/10:00-11:30am – Park Avenue Church of Christ, 344-8700 (Terry)  
2nd Tuesday/6:00-8:00pm – Germantown Library, 757-9859 (Margaret Meyer)  
2nd Thursday/6:30-8:00pm – Bartlett Library, 6382 Stage Road

Fee:  
Meetings are free, $30 membership fee for activities/bi-monthly journal
Learning Disabilities Association of Greater Memphis (LDA/GM)
For support and information for parents of children, youth, and/or adults with learning disabilities and/or attention disorders. For parents, grandparents, siblings, caregivers. Has a lending library with books, videos, and cassettes and cd’s. Call for more information

Contact: Jim Solley
Phone(s): (901) 323-1430

Meets:
3rd Tuesday/7:00-8:30pm – Bartlett Library, 6382 Stage Road
4th Tuesday/7:00-9:00pm – Germantown Library

Fee:
None

Leukemia Society of American Family Support Group
This group focuses on those dealing with leukemia.

Contact: Don Marston or Betty Dozier
Phone(s): (901) 763-0446

Meets:
1st Thursday/7:00pm
1068 Cresthaven, Suite 200 (Flying Colors)

Fee:
None
Life Choices
Supporting groups for those who have had abortions, for unwed mothers, for mothers of unwed daughters who are experiencing crisis pregnancies, and for those who have released their babies for adoption. Groups are professionally facilitated.

Contact: 24-hour Hotline or Midtown Center or Cordova Office
Phone(s): (901) 323-5441 or (901) 323-5433 or (901) 757-5537

Meets:
Call for more information.

Fee:
None

Life Focus, Search for Significance
Ongoing support group that concentrates on building self-esteem through Christian values. Professionally-led by a medical doctor. Limited to 15 enrollees.

Contact: Church Office
Phone(s): (901) 324-3585

Meets:
13 week sessions, call for next starting date.
First Assembly of God Church, 255 N. Highland

Fee:
$10 fee for workbooks; scholarships available

Lite Stretch and Strength
Sitting in a chair, you will use weights and dynabands to strengthen upper and lower body muscles and stretch all over for relaxation and flexibility. This class is for those who have trouble exercising while standing.

Contact: Nancy, Pat, or Julie
Phone(s): (901) 272-0003

Meets:
Mondays and Fridays/10:00am
Hope and Healing Center
Call for more information

Fee:
None
Lupus Foundation of America, Inc., Memphis
To give support to Lupus patients, their families, and friends, and raise money to provide research to find the cause and cure.

Contact: Lupus Foundation Office
Phone(s): (901) 458-5302

Meets:
Thursday/10:00am
Lupus Foundation Office, Suite 100, 3181 Poplar

Fee:
None

M.A.M.A. Memphis Area Mastectomy Association
For support of persons who have had a mastectomy. Films and brochures available. Self-help group sponsored by the American Cancer Society.

Contact: Patsy Hart
Phone(s): (901) 725-8632

Meets:
4th Monday/7:00-8:30pm, meets in Parlor
Christ United Methodist Church, 4488 Poplar

Fee:
None

Making Peace With Your Past
12-week session support group for adults who have experienced any type of abuse or unusual circumstances in their past. Dealing with problems of growing up in a dysfunctional family allows individuals to move forward in their lives. You not have to be a Bellevue member to attend.

Contact: Biblical Guidance
Phone(s): (901) 385-3835

Meets:
Meets weekly, call for days and times.
Bellevue Baptist Church, 2000 Appling Road
No meetings during the summer

Fee:
None
**Man to Man**
Cancer support group for men.

Contact: Patsy Hart  
Phone(s): (901) 382-9500

Meets:  
3rd Thursday/7:00pm  
5135 Covington Way, Suite 1  
Sponsored by the American Cancer Society

Fee: None

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**Memphis Association for Parents of Visually Impaired Children**
A self-help group providing services to parents of blind and visually impaired children. Open to grandparents, friends, caretakers, interested professionals or teachers.

Contact: Sherry Taylor  
Phone(s): (901) 853-0201

Meets:  
On request

Fee: None

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**Memphis Chronic Fatigue Immune Dysfunction Syndrome Support Group (MCFIDS)**
A self-help group offering emotional support for afflicted persons and their families and friends. Disease also known as Chronic Fatigue Syndrome. Group provides information and advocacy.

Contact: Julie Graham (after noon) or Doug (evening)  
Phone(s): (901) 327-2862 or (901) 458-2520

Meets:  
Call for more information

Fee: None
Memphis Depressive and Manic Depressive Association (MDMDA)
Self-help group to provide hope, education, and support to those diagnosed with a mood disorder (affective disorder), their families and friends. Attempts to decrease stigma associated with this illness.

Contact: Information Line or Julia Flanagan
Phone(s): (901) 377-4763 or (901) 373-0904

Meets:
1st and 3rd Thursdays/Life Center, 6425 Summer Avenue
2nd and 4th Thursdays/7:00pm, Room 3, Charter Lakeside Conference Center

Fee:
None

Memphis Lambda Center
Self-help meetings of 12-step programs dealing with alcohol and drug addictions. Primary outreach, though not exclusive, is to gay men and lesbians.

Contact: Conrad Cowherd or Craig Hodges
Phone(s): (901) 527-1461 or (901) 324-9200

Meets:
AA Meetings: Daily/8:00pm (Thursday meetings are exclusively for women)
Al-Anon: Tuesday/6:00pm

Fee:
None

Memphis Lost Chord Club
Self-help group for persons who have had a laryngectomy. Sponsored by the American Cancer Society.

Contact: Patsy Hart, ACS Staff or Fannie Langford
Phone(s): (901) 382-9500 or (901) 726-0197

Meets:
Call for more information

Fee:
None
Memphis Ostomy Group
Self-help group for people who have had an ileostomy, colostomy, or ileoconduit. Sponsored by the American Cancer Society.

Contact: Patsy Hart, ACS Staff or Memphis Ostomy Infoline
Phone(s): (901) 382-9500 or (901) 324-8785

Meets:
3rd Sunday/2:00pm
Union Avenue Baptist Church, 2181 Union Avenue

Fee:
None

Memphis Regional Brain Tumor Support Group
Contact: Robbie Lowery
Phone(s): (901) 726-6868

Meets:
1st Thursday/5:00pm
44 South Cleveland

Memphis TMJ and Implant Survivors Alliance Support Group
A self-help group for people with TMJ (Temporomandibular Joint) and implant services.

Contact: Bev Miller or Marcy
Phone(s): (901) 794-6973 or (901) 767-2556

Meets:
Every other month. Call for more information.
Parkway Village Library, 4655 Knight Arnold Road

Fee:
None
**Men’s Group**
A support group for men only, dealing with issues that concern men.

Contact: Biblical Guidance Ministry  
Phone(s): (901) 385-5835

**Meets:**  
Call for more information.  
Bellevue Baptist Church, 2000 Appling Road

**Fee:**  
None

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**Mended Hearts**
To help and encourage those with cardiovascular disease and their families. Self-help support services for those undergoing heart surgery or any heart ailment (stroke, attack, etc.)

Contact: Euris McKnight or Dee Watkins  
Phone(s): (901) 384-8514 or (901) 683-9165

**Meets:**  
4th Thursday/7:30pm  
St. Francis Hospital, St. Clair Room, 5959 Park Avenue

**Fee:**  
None to attend, $20 to join national and local chapters

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**Mid-South Parkinson Disease Foundation**
Contact: Charles Bingham  
Phone(s): (901) 452-7800

**Meets:**  
4th Tuesday/2:00pm

**Fee:**  
None
**MIFA Caregiver Support Group**
Provides information and emotional support for caregivers. Offers encouragement and sharing opportunities for anyone caring for a disabled or frail elderly family member.

**Contact:** Caregivers Program or Molly Long  
**Phone(s):** (901) 527-0208

**Meets:**  
Groups meet monthly at various congregations through the city and Tipton County  
Call for more information

**Fee:** None

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**Mom-Tot Support Group**
Staff-directed groups for preschoolers and their mothers for educational and socialization purposes. Mothers meet and interact with others experiencing similar parenting stresses in a non-critical environment. Especially helpful to the isolated mother, first-time parents, or newcomer single parents looking for connections.

**Contact:** Barbara Blumenthal  
**Phone(s):** (901) 452-3830

**Meets:**  
Thursday Mornings/9:30-11:00am  
Call for more information

**Fee:** None

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**More Muscle**
An intense upper body work-out using hand weights as well as squats and lunges for lower body strengthening.

**Contact:** Nancy, Pat, or Julia  
**Phone(s):** (901) 272-0003

**Meets:**  
Fridays/12:00pm  
Hope and Healing Center  
Call for more information

**Fee:** None
**Mothers of Victims/Children’s Education Support Group**
The mother’s group provides a strong support system while allowing for discussion of various topics. This group is for mothers of children who have been sexually abused. The children’s group meets concurrently with the mom’s group and focuses on self-esteem, anger management, goal setting, and communication.

Contact: Angela Glass, M.S.S.W. or Barbara Boswell, L.M.S.W.  
Phone(s): (901) 525-2377

**Meets:**  
Monday/6:00-8:00pm  
1085 Poplar Avenue

**Fee:**  
None

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**Muscular Dystrophy Association Support Group**
For parents of children diagnosed with muscular dystrophy or neuromuscular diseases. Baby-sitter is provided for children. Sponsored by the Muscular Dystrophy Association.

Contact: M.D.A. or Normal Graham
Phone(s): (901) 367-0902

**Meets:**  
2nd Sundays/1:30pm  
Christ United Methodist Church, 4488 Poplar Avenue

**Fee:**  
None

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**Narcotics Anonymous**
Non-profit fellowship of men and women who meet regularly to help each other recover from drug/alcohol addiction. Must have desire to stop using alcohol and/or drugs. Self-help 12-step program.

Contact: 24-hour Hotline  
Phone(s): (901) 276-5483

**Meets:**  
Daily; daytime and evening, including midnight  
Call for more information

**Fee:**  
None
National Kidney Foundation of West TN
Open to kidney patients of all types including dialysis and transplant patients and to other interested persons.

Contact: Susan Lofton
Phone(s): (901) 683-6185

Meets:
3rd Tuesday/7:00pm
Christ United Methodist Church, Dunnam Building, Room 329, 4488 Poplar

Fee:
None

National Multiple Sclerosis Society, Mid-South Chapter
To discuss problems, share experiences, and make announcements. For patients, family members, close friends of MS patients, or interested professionals.

Contact: Multiple Sclerosis
Phone(s): (901) 324-9610

Meets:
2nd Thursday/7:30pm
1st Thursday/10:00am
5295 Park Avenue, Church of Christ

Fee:
None

National Neurofibromatosis Foundation, TN Chapter Support Group
Self-help group offering support and information for patients, families, physicians, and persons interested in neurofibromatosis.

Contact: Bob and Suzanne Dunham
Phone(s): (901) 382-0818

Meets:
Meets quarterly in Nashville, call for more information.

Fee:
None
New Beginnings
Christian-based support group for people going through a divorce. Looks at the grief and recovery processes through a Biblical orientation. Stresses importance of development of relationships between group members. For children ages 4 years through 6th grade. See also Growing Seasons.

Contact: Randall Johnson
Phone(s): (901) 375-8153

Meets:
Call for more information
Central Church, 2005 Winchester Blvd, Collierville

Fee:
$20 for materials, scholarships available.

New Beginnings
For patients and families living beyond the diagnosis of cancer. A session dedicated to establishing strong networks with other survivors in the community while learning helpful ways of communicating with family and others.

Contact: Call for reservations
Phone(s): (901) 726-8686

Meets:
3rd Thursday/7:00-8:00pm

Fee:
None

Nicotine Anonymous
12-step group that is open to anyone wishing to stop smoking and become and remain nicotine-free.

Contact: Jerry or Lenora Johnson or David Graham
Phone(s): (901) 353-0636 or (901) 763-0909

Meets:
Wednesday/7:00pm
St. Francis Hospital, 5959 Park Avenue, 1st Floor Conference Room

Fee:
None
**Nicotine Anonymous**
12-step group that is open to anyone wishing to stop smoking and become and remain nicotine-free.

Contact: Don Anderson
Phone(s): (901) 678-2986 or 278-6234

**Meets:**
Saturdays/10:00-11:00am
Christ United Methodist Church, 4488 Poplar

**Fee:**
None

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**Nursemenders**
For nurses recovering from chemical dependency and eating disorders. Not intended to be a replacement for aftercare, AA, NA, etc. Complements 12-steps. For support of nurses especially during work re-entry and early recovery stage after having already gone through treatment.

Contact: Kathryn Skinner
Phone(s): (901) 726-7497

**Meets:**
Monday/4:30-6:00pm
Methodist Family Counseling Center

**Fee:**
$50 monthly for employed nurses, no fee for unemployed nurses

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**Obsessive Compulsive Disorder Support Group**
Professionally facilitated support group to share coping strategies for dealing with obsessive compulsive disorder.

Contact: Kate Reid-Surmeier or Mental Health
Phone(s): (901) 757-2103 or (901) 323-0633

**Meets:**
Every other Saturday/10:00-11:30am. Call for more information
2400 Poplar Avenue, 4th floor conference room

**Fee:**
None
**On Our Own**  
Self-help group offering socialization and recreation for adult mental health consumers.

Contact: Lenora Coleman  
Phone(s): (901) 577-0200

**Meets:**  
Call for meeting times and dates  
Midtown Mental Health Center, 426 Linden

**Fee:**  
None

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**Oncology Support Groups**  
Open and ongoing support and education for all cancer patients and their families and close friends. Do not have to be a patient at Baptist to attend.

Contact: Stephanie Thompson or Stan Jubert  
Phone(s): (901) 226-5029 or (901) 382-9500

**Meets:**  
Call for meeting times.  
Baptist Memorial Hospital East, 4th floor waiting room, 6019 Walnut Grove Road

**Fee:**  
None

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**Overcomers Outreach**  
A self-help support group for alcohol and/or drug abusers and their families. There is also a special group for children at the Sunday meeting only.

Contact: Biblical Guidance  
Phone(s): (901) 385-5835

**Meets:**  
Sunday/5:00-6:15pm  
Wednesday/6:15-7:45pm  
Bellevue Baptist Church, Room W208, 2000 Appling Road  
No meetings during the summer

**Fee:**  
None
**Overeaters Anonymous**
A 12-step program for persons addicted to food. Only requirement to attend is a desire to abstain from compulsive overeating.

Contact: Information Line  
Phone(s): (901) 458-5261

**Meets:**  
Newcomers meeting Saturday/9:30am  
St. Luke’s Methodist Church, 480 S. Highland  
Newcomers meeting Wednesday/7:00pm

**Fee:** 
None

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**P.A.C. Support Group**
Adult socialization and sharing program for persons with cerebral palsy or other disabilities.

Contact: Ashley Luckett  
Phone(s): (901) 761-4277

**Meets:** 
Monthly. Call for more information.

**Fee:** 
None

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**Paraphiliacs and Friends Anonymous**
Self-help peer group for all types of paraphiliacs for benefit of the paraphiliac, their friends, and consenting lovers.

Contact: Jesse Morrison  
Phone(s): (901) 729-4302

**Meets:** 
Wednesday/7:00pm  
1271 Poplar Avenue, Apt. 211

**Fee:** 
None
**Parent Coping Skills**
A professionally-led 7 week group to discuss drawing boundaries and setting limits, building and enhancing self-esteem, and getting in touch with anger.

Contact: Elaine Krueger  
Phone(s): (901) 767-8511

**Meets:**  
7-week sessions, call for more information  
Jewish Family Service, 6560 Poplar Avenue

**Fee:**  
Sliding scale fee

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**Parent Support Group**
Parent skills for parents and caretakers of newborns through age 4. For persons living in the Southside and Dept/Orange Mound neighborhoods. Childcare is provided.

Contact: Intake Counselor  
Phone(s): (901) 324-3637

**Meets:**  
Monday/10:00am-12:00pm  
Orange Mound Family Resource Center, 680 Hanley Street

**Fee:**  
None

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**Parenting: Mine, Yours, and Ours**
Support group with the aim of creating health bonding and blending for those in remarriage situations. This group will offer support and encouragement in key areas of concern.

Contact: Biblical Guidance  
Phone(s): (901) 385-5835

**Meets:**  
Call for more information  
Bellevue Baptist Church, 2000 Appling Road  
No meetings during the summer

**Fee:**  
None
Parents and Friends of Lesbians and Gays (P FLAG)
To educate and support parents, siblings, and friends of gay men and lesbian women and to discuss parental and family problems. Espouses family values, monogamy, and safe sex. For gay men and lesbian women also.

Contact: Arnold Drake
Phone(s): (901) 761-1444

Meets:
1st Thursday/7:00-9:00pm
St. John’s Episcopal Church, 322 S. Greer

Fee:
None

Parents Encouraging Parents (P.E.P.)
Provides parent to parent support and information to families of children with a disability, chronic illness, or special health care need. Offers encouragement and support of other parents who have “been there” and are willing to share the challenges of their own experiences.

Contact: Virginia Factor
Phone(s): (901) 794-5331

Meets:
Call for dates, times, and locations around the city.

Fee:
None

Parents of ADD/ADHD Children
For parents of children with ADD/ADHD to have a place to share their concerns and experience mutual support in facing their unique challenges. Also, for parents with unanswered questions about their child’s behavior or attention habits can receive information about these issues.

Contact: Biblical Guidance Ministry
Phone(s): (901) 385-5835

Meets:
Call for more information.

Fee:
None
Parents of Child Sexual Abuse Victims
Support group for parents and adult caretakers. Ongoing and professionally led. Free screening interview required. Call for information.

Contact: Randy Schnell, Ph.D. or Sheryl Jett, Secretary
Phone(s): (901) 761-8760

Meets: Call for more information.

Fee: None

Parkinson’s Support Group of Memphis
Self-help group which provides emotional support and information to people with Parkinson’s disease and their families. Also strives to educate the public about Parkinson’s.

Contact: Parkinson Line or Rosalie Abraham
Phone(s): (901) 682-8414 or (901) 683-0461

Meets:
4th Tuesday/2:00pm; no meeting in December.
St. John’s Episcopal Church, Parish Hall, 322 S. Greer

Fee: None

PATH – Grief Recovery
A support group that provides grief support for those who have suffered loss through the death of a significant person in their lives. PATH offers a safe place to deal with subjects such as the physical symptoms relating to grief, adjustment issues, and how to choose the PATH of hope and love.

Contact: Pastoral Support Ministry
Phone(s): (901) 255-8115

Meets:
Mondays/6:45pm
Two seven-week seminars are held each year with one in the Summer and one in Fall.
Central Church, 2005 Winchester Boulevard, Collierville

Fee: None
**Patient – Family – Caregiver**
A support group for all those touched by cancer.

Contact: Brenda Wiseman or Sandy Stillman  
Phone(s): (901) 683-0055

**Meets:**  
2nd and 4th Tuesdays/6:00pm at West Clinic  
1775 Moriah Woods Blvd., Suite 5

**Fee:**  
None

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**Peace in the Storm**  
Spring and Fall workshops on Depression and Anxiety.

Contact: Kathy Miller  
Phone(s): (901) 761-0576

**Meets:**  
Monday/Evenings – call for meeting times  
Christ United Methodist Church, 4488 Poplar

**Fee:**  
None

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**Pet Loss Support Group**  
Professionally-led group to assist pet owners dealing with the loss or impending death of an animal.  
Sponsored by the Memphis and Shelby County Veterinary Association.

Contact: Barbara Well at the Pet Cemetery or Reservation Number  
Phone(s): (901) 873-4127 or (901) 682-6993

**Meets:**  
1st and 3rd Monday/6:30-8:30pm  
670 Colonial, Suite 5

**Fee:**  
None
Polio Support Group of Memphis
For people with direct experiences with polio, their families, or interested professionals. Provides emotional support, information, and education. Cater to needs created by growing awareness of post-polio syndrome.

Contact: Deborah Cunningham
Phone(s): (901) 726-6404

Meets:
3rd Saturday/10:30am
Memphis Center for Independent Living, 163 N. Angelus

Fee:
None

PRISM - Program for Innovative Self-Management
Contact: Intake Counselor
Phone(s): (901) 324-3637

Meets:
Tuesdays/4:00-5:00pm
Southside Boys Club, 677 Richmond

Fee:
None

Professionals Working With Persons With AIDS
Professionally facilitated group to provide an environment for mutual exchange of support and encouragement to professionals working with persons with HIV/AIDS.

Contact: Anna LauBach, L.C.S.W.
Phone(s): (901) 324-3637

Meets:
1st and 3rd Thursday/4:00-5:00pm
Friends for Life, 1450 Poplar Avenue

Fee:
None
Rainbows
Peer support group for children age 4 through 8th grade who have suffered a loss through divorce or death. Divorce Recovery Group for parents meets simultaneously.

Contact: Sandy Hazelwood
Phone(s): (901) 454-0034

Meets:
Wednesdays/6:30-8:30pm; 10-week sessions in spring and fall
Call for dates.
Second Presbyterian Church, 4055 Poplar

Fee:
$20 per family, scholarships available.

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Rainbows #1
Professionally facilitated support for children who have suffered a loss through divorce or death. Groups available for children grade K-8. Children grouped by age. Students who attend school at the church meet during school hours. The evening groups are for children from other schools.

Contact: Reba David
Phone(s): (901) 754-7085

Meets:
Call for more information.

Fee:
None

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Rational Recovery Centers
An Alternative to addiction treatment.

Contact: Ms. Lois Trimpey
Phone(s): (800) 303-2873

Meets:
Call for more information.

Fee:
None
Reach to Recovery
A rehabilitation program for women who have had breast surgery. Designed to meet physical, emotional, and cosmetic needs related to breast cancer surgery. One woman reaching out to another woman for support at request of physician or by self-referral.

Contact: Patsy Hart, ACS Staff
Phone(s): (901) 382-9500

Meets:
Referral Program. American Cancer Society office hours: 8:30-4:30pm weekdays

Fee:
None

Recovering from Divorce
12-week sessions to learn to cope with the realities of divorce and to share concerns and experience mutual support. Parents with questions about their children’s behavior or attention habits can receive information and support about these issues also.

Contact: Biblical Guidance Ministry
Phone(s): (901) 385-5835

Meets:
Call for next starting dates.
Bellevue Baptist Church, 2000 Appling Road
No meetings during the summer.

Fee:
None

Recovery, Inc.
Self-help method of will training at weekly group meetings that members attend because they share common problems such as nervous symptoms or fear, anxiety or depression. Members learn to use the Recovery Method, a system from controlling temperamental behavior and changing attitudes.

Contact: Mildred Boswell
Phone(s): (901) 683-0297

Meets:
Tuesdays/7:30pm
Colonial Park United Methodist Church, 5330 Park Avenue

Fee:
None
Resolve
Peer support group of education and advocacy for individuals experiencing primary or secondary infertility. Open to the public; a chapter of Resolve, Inc.

Contact: Helpline
Phone(s): (901) 541-5360

Meets:
Call for more information

Fee:
No fee, there is a $35 membership fee to receive newsletter.

Schizophrenics Anonymous
A confidential self-help group for persons with schizophrenia or schizophrenia related symptoms to achieve recovery as it relates to the individual’s needs.

Contact: Mental Health
Phone(s): (901) 323-0633

Meets:
Call for meeting dates and times.

Fee:
None

Self Help for Hard of Hearing (SHHH)
A local branch of a national organization of hard of hearing people, their relatives, and friends. A non-sectarian, non-profit organization devoted to the welfare and interest of those who cannot hear well but are committed to participating in the hearing world.

Contact: Bobbie Langston
Phone(s): (901) 685-9213

Meets:
Phone support available.
Call for more information.

Fee:
None, $10 to join local organization.
Sex and Love Addicts Anonymous (SLAA)
12-step program to provide support for people to find freedom from sex and love addiction, to help those who suffer from a compulsive need for sex, and those with a desperate attachment for one person. All meetings are non-smoking and for SLAA members only. See also Co-Sex and Love Addicts Anonymous.

Contact: SLAA Hotline
Phone(s): (901) 385-4565

Meet:
Mondays/8:00-9:00pm
Tuesdays/12:10-12:50pm
Saturdays/4:00-5:00pm

Fee:
None

Sexual Abuse Support Group
Biblically-based 12-week session support group for those who have been sexually abused. This abuse could have been from family members, friends, or unknowns. The group explores feelings of betrayal, fear, shame, guilt, loneliness, and the explosive anger you may experience and think no one understands but you.

Contact: Church Office
Phone(s): (901) 844-3000

Meet:
Mondays/7:00pm, call for next session.
World Overcomers Outreach Ministries, 6655 Winchester Road

Fee:
None
Sexual Assault Survivor’s Support Group
An open, ongoing, professionally-led group for female survivors of sexual assault. Call to arrange for a required intake interview. Sponsored by the Memphis Sexual Assault Resource Center.

Contact: Memphis Sexual Assault Resource Center
Phone(s): (901) 272-2020

Meets:
Tuesdays/5:30-6:30pm for females 13-17 years of age.
Tuesdays/3:30-4:30pm for adult women 18 years and up.
Memphis Sexual Assault Resource Center, 1331 Union, #1150

Fee:
None

Silicone Implant Survivors (SIS)
An education and sharing self-help group for survivors of any silicone implant (breast, tmj, etc.).

Contact: Peggy Simpson
Phone(s): (901) 385-0709

Meets:
Monthly, call for more information.

Fee:
None

Single Again Support Group
To help those recovering from divorce. Ongoing and professionally advised. Also offers 8 weeks seminar 4 times a year for a fee. Call for starting dates.

Contact: Marilyn West
Phone(s): (901) 683-3521 ext. 163

Meets:
Wednesdays/6:30-7:30pm
Christ United Methodist Church, Rooms 341 & 329
4488 Poplar Avenue

Fee:
None
**Single Mothers Support Group**
Biblically-based 12-week session support group for single mothers by choice or by change, who are caring for children in their homes. Examines everyday situation and helps to see how to apply God’s Word to every area of your life.

Contact: Church Office  
Phone(s): (901) 844-3000

Meets:  
Mondays/7:00pm, call for next starting dates.  
World Overcomers Outreach Ministries, 6655 Winchester Road  
Fee: None

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**Single Parent Support Group**
Ongoing group for discussing children's concerns.

Contact: Debbie Young or Marilyn  
Phone(s): (901) 683-3521 (for Marilyn ext. 163)

Meets:  
Wednesdays/6:30pm  
Christ United Methodist Church, Church Parlor, 4488 Poplar  
Fee: None

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**Smoking Support**
For those who are trying to quit, who are thinking about quitting, or who have quit and need support to stay off cigarettes.

Contact: Nancy, Pat, or Julie  
Phone(s): (901) 272-0003

Meets:  
Wednesdays/5:00pm  
Hope and Healing Center  
Call for more information.

Fee: None
Soul Circuit
Led by pastoral counselor, Dr. Ron McDonald. Cross-training exercise while listening to motivational words and music.

Contact: Nancy, Pat, or Julie
Phone(s): (901) 272-0003

Meets:
Tuesdays and Fridays/7:30am
Hope and Healing Center
Call for more information.

Fee:
None

SOWN – Supportive Older Women’s Network
Free, open, and ongoing support groups for older women that meet in various locations to discuss the benefits and hazards of aging, and to share resources, information, and experiences. Led by a facilitator. Occasional guest speakers.

Contact: Mental Health
Phone(s): (901) 323-0633

Meets:
Monthly meetings; call for dates and times.

Fee:
None

Special Kids
Formerly Down Syndrome Association of Memphis, meets monthly to provide emotional support for parents of children with developmental disabilities, and especially provides individual support for parents or newly diagnosed children.

Contact: JoAnn Hinkle or Ruth Richards
Phone(s): (901) 366-5437

Meets:
Office hours are 8:30-4:30pm
Call for information about meetings.

Fee:
None
**Special Singles**
Professionally led support group for young adults with special needs to meet and socialize with peers. Open to the public and coordinated by Jewish Family Services.

Contact: Debby Weinstein  
Phone(s): (901) 767-8511

Meets:  
Call for information.

Fee:  
$10 per meeting for activities

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**Spina Bifida Association of Memphis**
To provide educational, financial, and emotional support for families affected by spina bifida. Groups meet periodically and phone support and visitations are available.

Contact: Kelly and Terry  
Phone(s): (901) 753-8968

Meets:  
Call for more information.

Fee:  
$25 annual membership dues, not mandatory to attend meetings.

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**Spinal Cord Injury Support Group**
A peer-led self-help group for support and encouragement of those with spinal cord injuries.

Contact: Tony Martin  
Phone(s): (901) 726-7569 or (901) 685-5677

Meets:  
Call for more information.

Fee:  
None
**Spirit Quest: Men Helping Men**
Men only self-help group to deal with men’s issues.

Contact: Jim Brasfield  
Phone(s): (901) 853-2917

Meets:  
Meetings in Memphis and N. Mississippi  
Call for more information.

Fee:  
None, donations accepted.

**Strength Aerobics**
For everyone, from beginners to advanced, marching or jogging, with light hand weights to build muscle strength all over the body, including the heart.

Contact: Nancy, Pat, or Julie  
Phone(s): (901) 272-0003

Meets:  
Mondays and Thursdays/5:00pm  
Church Health Center  
Call for more information.

Fee:  
None

**Stretch and Relax Arthritis Support Group**
For those who suffer with the pain and stiffness of arthritis. This class is deep muscle stretching and relaxation from a sitting position. Also an opportunity to learn more about arthritis and how to cope.

Contact: Nancy, Pat, or Julia  
Phone(s): (901) 272-0003

Meets:  
Thursdays/10:00am  
Church Health Center  
Call for more information.

Fee:  
None
**Stretching Prayer**
A work-out for the body and spirit. This is 15 minutes of deep and relaxing stretching while listening to Scriptural readings and prayer.

Contact: Nancy, Pat, or Julia
Phone(s): (901) 272-0003

**Meets:**
Tuesdays and Fridays/8:00am
Hope and Healing Center
Call for more information.

**Fee:**
None

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**Stroke Club**
To bring former stroke patients, their families, and friends together to discuss common problems and assist each other in solving them. Monthly meetings and programs provide social and educational opportunities as well as a positive supportive environment to continue self-improvement and recovery.

Contact: Joan Cunningham
Phone(s): (901) 937-7545

**Meets:**
4th Thursday/6:30-7:30pm
Raymond Skinner Center, 712 N. Tanglewood
3rd Thursday/6:30-7:30pm

**Fee:**
None
Survivors of Homicide Victims
For adults who have suffered a loss through homicide. Professionally facilitated and time limited. Screening and interview required.

Contact:  Susan Bell
Phone(s):  (901) 353-5440

Meets:
Weekly. Call for dates and times.
Comprehensive Counseling Network, formerly Frayser Family Counseling Center, 2150 Whitney Avenue

Fee:
None

Survivors of Suicide
Self-help, non-denominational, non-discriminatory confidential group for those who have experienced the loss of a loved one by suicide. Warm, caring atmosphere to work through grief and recovery processes.

Contact:  Church Office
Phone(s):  (901) 683-3505

Meets:
1st and 3rd Tuesday/7:00-9:00pm
Kingsway Christian Church, Room 22, 6310 Poplar
Call for more information.

Fee:
None

T.R.E.N.D. – Tapping Resources Enabling the Newly Disabled
For support of people with newly acquired or chronic disability which has new and changing problems associated with progression of condition. Personal experiences shared. Presentations about topics of interests.

Contact:  Deborah Cunningham
Phone(s):  (901) 726-6404

Meets:
6-8 week sessions. Call for information.
Memphis Center for Independent Living, 163 N. Angelus

Fee:
None
Teen Parenting Support Group
Professionally-led group for one or both parents. Meets for 12-week sessions.

Contact: Church Office
Phone(s): (901) 844-3000

Meets:
Mondays/6:30-8:30pm. Call for next starting dates.
World Overcomers Outreach Ministries, 6655 Winchester Road

Fee:
None

Tennessee Voices for Children
Family support group for parents who have children with emotional problems. Each group is co-facilitated by parents and a mental health professional.

Contact: Pat Jessup
Phone(s): (901) 726-6404

Meets:
2nd Tuesday and Thursday/6:00pm
Memphis Center for Independent Living, 163 N. Angelus

Fee:
None

The Healing Heart
Many women have suffered sexual abuse in the past. This living and understanding group will provide insight in learning how to release the shame and guilt that is a residual part of this painful experience.

Contact: Biblical Guidance Ministry
Phone(s): (901) 385-5835

Meets:
Call for more information.

Fee:
None
The Leukemia Society of America, Family Support Group
This group focuses on those dealing with leukemia, lymphemia.

Contact:    Don Marston or Betty Dozier
Phone(s):   (901) 763-0446

Meets:
1st Thursday/7:00pm
1068 Cresthaven, Suite 200 (in Flying Colors)

Fee:
None

This Day is Mine
Support group for cancer patients, their families, and friends.

Contact:    Macia Meals or Carol Canada
Phone(s):   (901) 342-1739 or (901) 342-1221

Meets:
3rd Thursday/7:00pm – call for information
Baptist Hospital, DeSoto Meeting Room, 7601 Southcrest Pkwy. (Southaven, MS)

Fee:
None

Time to Heal
For anyone whose life has been touched by someone who is dying or has died of AIDS.

Contact:    Reba David
Phone(s):   (901) 754-7085

Meets:
Wednesdays/1:00-2:30pm
Holy Rosary Church, 4851 Park Ave.

Fee:
None
**Tinsel and Tears**
Holiday grief presentation for adults suffering from any loss by death. Offered once a year in November.

Contact: Reba David  
Phone(s): (901) 754-7085

Meet:  
Call for information.

Fee: None

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**TN Hemophilia and Bleeding Disorders Foundation**
To help persons with hemophilia and their families with all problems dealing with hemophilia, including AIDS.

Contact:  
Hemophilia and Bleeding Foundation or Teresa Paton  
Phone(s): (901) 458-6727

Meet:  
Call for information.

WONN - Women’s Outreach Network of National Hemophilia – for wives, sisters, and mothers of hemophiliacs.

Fee: None

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**Total Parenteral Nutrition (T.P.N.)**
A self-help group for those who have lost their small intestine due to Crohn’s disease or embolus of the mesenteric artery and may have had ostomy. Also for those people on internal nutrition. To inform and enlighten newly diagnosed persons of the latest techniques available and to offer encouragement and support.

Contact:  
Laurie Kruger or Virginia Tate  
Phone(s): (901) 795-4470 or (901) 383-8340

Meet:  
Meets monthly. Call for information.

Fee: None
**Tough Love Parent Support Group**
Self-help open and ongoing group for parents of children with behavioral and alcohol/drug related problems. To help the parents regain control of their home.

Contact: Gail Ray or Turner Carpenter
Phone(s): (901) 371-1652

Meets: Call for information.

Fee: None

**Tourette Syndrome Support Group**
Encourages communication among Tourette Syndrome families, and helps those diagnosed with Tourette Syndrome who are in need of assistance. Answers phone inquiries and supplies information and support.

Contact: Regina Sentrell
Phone(s): (901) 372-9923

Meets: Call for more information.

Fee: None

**Transplant Support Group**
Support group to provide emotional support and information to transplant recipients, candidates for transplants, and their families. Occasional guest speakers.

Contact: Organ Transplant or TRIO Transplant International
Phone(s): (901) 684-1697 or (901) 680-0111

Meets: Call for meeting times and dates.
Organ Transplant Fund Office, 1102 Brookfield, 202

Fee: None
Trinity Bereavement Support Group
Professionally facilitated support group to help survivors by learning about grief and how to accept support. Participants learn how to express grief and how to pace themselves on the road to recovery.

Contact: Rick McDade, Chaplain
Phone(s): (901) 767-6767

Meets:
Tuesdays/evenings
4-week sessions four times a year. Call for information.
Trinity Healthcare System, Hospice Building, 1038 Oakhaven

Fee: None

Trinity Hospice
Professionally facilitated support group for those who have lost a loved one. Uses group interaction and education to assist with reconciling a loss and healing the bereaved.

Contact: Ruth Young
Phone(s): (901) 767-6767 ext. 478

Meets:
Mondays/12:00pm and 6:00pm
Meets for seven sessions.
2nd Baptist Church, 4680 Walnut Grove Rd.

Fee: None

Unwritten Chapter
For anyone who is dual diagnosed as an alcoholic and also has a mental illness.

Phone(s): (901) 683-7063

Meets:
Saturdays/7:00pm
Austin Peay and Jackson Avenue – behind Shooters

Fee: None
**UT Motility Disorder Support Group**
For persons with gastroparesis, chronic intestinal pseudoobstruction, or irritable bowel syndrome as rendered by a gastroenterologist or patient. May be referred at the discretion of Drs. Cutts or Abell. Offers patients a forum to share experiences and to learn more about these disorders from professional staff.

Contact: Dr. Theresa Cutts or Dr. T. L. Abell  
Phone(s): (901) 448-6539

**Meets:**
1st Monday/6:00pm, call for information.  
UT Bowld Hospital, Room 438B, Dobbs Building, 951 Court Ave.

**Fee:**
None

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**Victims of Abuse**
Ongoing support group meetings to help victims of domestic assault. Exchanging experiences is encouraged to reduce tension and heighten awareness of domestic violence. Group is co-ed and open to the public. Professionally led.

Contact: Dr. Betty Winter or Jean Swift  
Phone(s): (901) 942-7283

**Meets:**
Call for more information.

**Fee:**
None

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**Victims of Sex Abuse Support Group**
Professionally led 6-week group for men and women who have experienced the trauma of being sexually abused in their past.

Contact: Rev. Williams Young or Diane Young  
Phone(s): (901) 368-6448

**Meets:**
Thursdays/7:15-8:15pm  
The Healing Center, 3900 Tchulahoma Rd.

**Fee:**
None, donations accepted.
**Walk and Talk**
Enjoy a one-mile walk in the beautiful neighborhood across the street from the Church Health Center while enjoying the company and safety of a group.

Contact: Nancy, Pat, or Julia  
Phone(s): (901) 272-0003

**Meets:**  
Mondays/1:00pm  
Tuesdays/5:30pm  
Thursdays/12:00pm

**Fee:**  
None

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**Weight Loss Support Group**  
Losing weight is a long and hard battle which most people cannot face alone. These support classes (Tuesdays and Saturdays for women, Wednesdays for men) are a time to learn about eating and exercising for healthy weight loss that stays off.

Contact: Nancy, Pat, or Julia  
Phone(s): (901) 272-0003

**Meets:**  
Tuesdays/5:00pm and Saturdays/9:00am for women  
Wednesdays/5:30pm for men  
Church Health Center

**Fee:**  
None

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**Wings of Eagles**  
A support group for all men living with cancer.

Contact: Brenda Wiseman or Sandy Stillman  
Phone(s): (901) 683-0055

**Meets:**  
1st and 3rd Tuesday/6:00pm  
West Clinic, 1775 Moriah Woods Blvd., Suite 5

**Fee:**  
None
Women Helping Other Women (WHOW)
For women diagnosed with breast cancer.

Contact: Jackie Graves  
Phone(s): (901) 227-9650

Meets:
Call for times and dates.  
Women’s Health Center Baptist Women’s Hospital  
6215 Humphrey Blvd, Suite 100

Fee:
None

Women Survivors of Incest Support Group
Ongoing support group for women who are survivors of incest.  Professional intake counseling available.

Contact: Church Counseling  
Phone(s): (901) 761-0576

Meets:
Wednesday/7:00-8:30pm  
Christ United Methodist Church, 4488 Poplar Avenue  
Call for room number.

Fee:
None

Women with Disabilities Support Group
A support group for women with disabilities.  Discussion topics focus on women’s issues and designed to empower participants with knowledge and ways to enhance the quality of their life.

Contact: Gail Avery  
Phone(s): (901) 726-6404

Meets:
Call for meeting times and dates.  
Center for Independent Living, 193 N. Angelus

Fee:
None
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