

## **SELF-HELP SUPPORT GROUPS**

### **1) AL-ANON FAMILY GROUPS OF BERKSHIRE COUNTY**

*413-445-5852  
(24 hour info line)*

A support group for families (including adult children of alcoholics) and close friends of alcoholics. People whose loved ones are alcoholics may attend confidential meetings to listen and share feelings with people who face similar challenges. Al-Anon holds local support group meetings on a regular basis.

### **2) ALCOHOLICS ANONYMOUS**

*413-443-0212  
(24-hour answering service)*

Self-help, 12-step program dedicated to helping recovering alcoholics overcome their dependency on alcohol.

### **3) ALCOHOLICS ANONYMOUS – BERKSHIRE INTERGROUP**

*85 East Street 413-448-2382  
Pittsfield, MA 01201  
Hours: Monday – Friday, 1 - 5 p.m.*

Provides meeting information.

### **4) ALZHEIMER'S CAREGIVERS SUPPORT GROUP**

*c/o Elder Services of Berkshire County 413-499-0524  
66 Wendell Avenue 1-800-544-5242  
Pittsfield, MA 01201*

Provides information/referral and educational material on caregiving. Holds group meetings on the second and fourth Tuesdays of each month from 10:00 – 11:30 a.m. at Elder Services.

### **5) AMERICAN LUNG ASSOCIATION OF WESTERN MASSACHUSETTS**

*393 Maple Street 413-737-3506  
Springfield, MA 01105 1-800-LUNG  
USA  
Hours: Monday-Friday, 8:30 a.m.- 4:30 p.m.*

Information on issues regarding the lungs and how to prevent/control lung disease, education materials, counseling, smoking cessation programs, day camp for children with asthma, information on environmental air pollutants, radon testing programs. Also offers Better Breathers and Asthmatic Support Groups.

## **6) BERKSHIRE BENEVOLENT ASSOCIATION FOR THE BLIND**

*P.O. Box 778 413-499-0207  
Pittsfield, MA 01202*

Socialization and support group for the legally blind of Berkshire County; some limited financial assistance for its members. Holds monthly meetings with occasional speakers.

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## **8) BERKSHIRE BRAIN INJURY SUPPORT GROUP**

*413-442-4448*

Meetings are held at 4:00 p.m. on the second Tuesday of each month at the Berkshire Medical Center Medical Arts Building Center for Rehab on the fifth floor. There is no fee and all are welcome. This is an independent group; however, it is affiliated with the Massachusetts Brain Injury Association. For information, please call Suzanne Doswell at the above number.

## **9) BERKSHIRE COUNTY ARC**

[www.bcarc.org](http://www.bcarc.org)

*395 South Street 1-800-552-1771  
Pittsfield, MA 01201 413-499-4241  
Hours: Monday-Friday, 8 a.m. - 5 p.m.*

Residential/day services, vocational program, advocacy services, family support groups, and Zip 'N Sort mail services.

## **10) BERKSHIRE NURSING FAMILIES**

*P.O. Box 341 413-743-5338  
Adams, MA 01220*

Comprehensive lactation support program. Provides services to breastfeeding women in northern Berkshire as well as all nursing mothers who deliver at North Adams Regional Hospital, regardless of where in the county they reside. Offers hospital, home and phone consultation, as well as classes and support groups. The above number is a breastfeeding support line.

## **11) EMOTIONS ANONYMOUS**

*c/o Hillcrest Campus of Berkshire Medical Center 413-445-8879  
165 Tor Court (For information)  
Pittsfield, MA 01201*

Weekly support groups for those dealing with their emotions. Run as a twelve-step program. Meetings held every Monday at 7 p.m. at Hillcrest Hospital, third floor.

## **12) GAMBLERS ANONYMOUS**

413-445-4289

Free and confidential. Meets every Wednesday from 7 – 9 p.m. at main floor conference room at the Hillcrest Campus of Berkshire Medical Center, 165 Tor Court, Pittsfield. For more information, call the above number.

## **13) MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES OF THE BERKSHIRES** [www.mhsab.com](http://www.mhsab.com)

333 East Street  
Pittsfield, MA 01201 **413-499-0412**

### **24-HOUR CRISIS EMERGENCY SERVICE AT ABOVE NUMBER**

Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m.

(Evening hours available)

Comprehensive, countywide outpatient mental health and substance abuse services, with over 500 employees in 28 locations, including specialized services for children, adults and seniors. Services include 24-hour crisis services, transitional, halfway, and supported housing programs. Also include individual, group, family and couples therapy, forensic services, driver alcohol education, batterer's treatment, and substance abuse educational support groups, early intervention services, adult day health programs, outreach services, and consultation to schools and community groups. Locations as follows:

- **Outpatient & Psychiatric Services:**

- Berkshire Mental Health Center, 333 East St., Pittsfield, MA 01201, 413-499-0412
- Family Center of the Berkshires, 741 North St., Pittsfield, MA 01201, 413-447-2145
- Main Street Human Resources, 60 Cottage St., Great Barrington, MA 01230, 413-528-9155
- Northern Berkshire Counseling Center, 25 Marshall St., North Adams, MA 01247, 413-664-4541

- **Substance Abuse Services:**

Outpatient Services:

- 131 Bradford St., Pittsfield, MA 01201, 413-499-1000
- 165 Tor Court, Pittsfield, MA 01201, 413-445-9160
- 25 Marshall St., North Adams, MA 01247, 413-664-4541
- 60 Cottage St., Great Barrington, MA 01230, 413-528-9155
- All other services, call 413-499-1000

- **Child/Adolescent Services:**

- C/A Central, 251 Fenn St., Pittsfield, MA 01201, 413-496-9671

- C/A North, 25 Marshall St., North Adams, MA 01247, 413-664-4541
- South Forty, 25 Marshall St., North Adams, MA 01247, 413-664-4541
- Options for Youth, 74 Second St., Pittsfield, MA 01201, 413-496-9671
- Early Intervention, 25 Marshall St., North Adams, MA 01247, 413-662-3315

- **Senior Services:**

Counseling Services:

- 25 Marshall St., North Adams, MA 01247, 413-664-4541
- 333 East St., Pittsfield, MA 01201, 413-499-0412
- 60 Cottage St., Great Barrington, MA 01230, 413-528-9155

Guardianship:

- 25 Marshall St., North Adams, MA 01247, 413-664-4541
- North Adams Adult Day Health, 420 Curran Highway, North Adams, MA 01247, 413-664-4048
- Pittsfield Adult Day Health, 33 Bradford St., Pittsfield, MA 01201, 413-442-4978

**14) NAMI-BC – NATIONAL ALLIANCE FOR THE MENTALLY ILL OF BERKSHIRE CO.**

*333 East Street, Room 417 413-443-1666 or 877-443-1666 (toll free)*

*Pittsfield, MA 01201 (Answering Machine)*

*E-mail: namibc@berkshire.net*

*Hours: Monday-Thursday, 10:00 a.m.- 3:00 p.m.*

*Late afternoons/evenings by appointment.*

Family-led support and advocacy group for families and friends of persons with major brain disorders. Family advocates are available for support, advocacy, information and education on an individual and group basis. Holds monthly meetings.

**15) NARCOTICS ANONYMOUS**

*Pittsfield, MA 01201 413-443-4377*

*(24-hour emergency service)*

Twelve-step program assisting persons overcoming their habit or addiction to a wide variety of drugs (cocaine, marijuana, pills, crack, etc.). Meetings held on regular basis in Berkshire County. Call for information and meeting times.

**16) NATIONAL MULTIPLE SCLEROSIS SOCIETY/WESTERN MASSACHUSETTS OFFICE**

*60 Federal Street 800-493-9255*

*Millers Falls, MA 01349*

*PO Box 1463 413- 659-3343*

*Greenfield, MA 01302*

*Hours: Monday-Friday, 9 a.m.- 5 p.m.*

*101a First Ave. Suite 6 800-493-9255*

*Waltham, MA 02451-1115*

Provides information and referral relating to services, education, treatment, support and training available to individuals with multiple sclerosis and their families. Also offers support group meetings in Berkshire County.

**17) OVEREATERS ANONYMOUS**

*413-499-9660 (Answering service)*

Support group for people who find it hard to stop eating for any reason. Holds weekly meetings in several area locations. Call for time and place.

**18) PARENTS HELPING PARENTS**

*140 Claredon Street 1-800-882-1250  
Boston, MA 02216  
Western Mass. Regional Coordinator 413-530-5790  
Hours: Call for meeting schedule.*

Offers weekly support meetings for parents in Berkshire County. Information is kept confidential.

**19) VISITING NURSE ASSOCIATION AND HOSPICE OF NORTHERN BERKSHIRE, INC.**

*535 Curran Memorial Highway 413-664-4536  
North Adams, MA 01247 413-458-8042  
413-743-3016  
Hours: Monday-Friday, 8 a.m. - 4:30 p.m.*

In-home skilled nursing care (including hospice care), companion care, home health aides, nutritional counseling, parent-child health services, pain management, IV therapy, physical, occupational and speech therapy, medical social work, case management, community health screening clinics. Also a fully licensed and certified hospice program. Support groups and community education. JCAHO accredited. Information and monthly support group for family caregivers and friends of those experiencing Alzheimer's disease.

**20) WOMEN FOR SOBRIETY**

*National headquarters: 215-536-8026  
Berkshire group meets at the Hillcrest Campus of Berkshire Medical Center, 165 Tor Court, Pittsfield on Tuesdays at 7:30 p.m.*