

SUPPORT GROUPS

Candlelighters for Children with Cancer

503-235-5722 PO Box 2277 Portland, OR 97208

Serves families with children who have cancer. Support groups, information, referrals, public education, teen support groups, summer camps and grief hotline.

Website: www.4kidswithcancer.org

CHADD Children and Adults with Attention Deficit Disorder

503-294-9504

A parent run organization, offering education and support groups for children and adults. Support groups meet at various places, call for times and locations for meetings. Groups are free and open to the public, no child care available, leave a message and someone will call back. Newsletter available with parenting tips and information about ADD for a small fee. First newsletter is free.

Website: www.chadd.org

Emotions Anonymous

503-750-1237

Website: www.emotionsanonymous.org

Families Anonymous

1800-736-9805 Website: www.familiesanonymous.org

Legacy Cancer Services

503-413-7283 1130 NW 22nd Ave Suite #200 Portland, OR 97210

Offers groups to provide support and ongoing care to persons whose life has been touched by cancer.

Website: www.legacyhealth.org/cancer

Legacy Diabetes Services

503-674-1254 24700 SE Stark St. Admin Bldg #A8 Gresham, OR 97303

Free support group for adults with diabetes. Meets at Legacy Mt. Hood Medical Center Mon, Wed, Thurs

Website: www.legacyhealth.org

Overeaters Anonymous

503-254-5658 (ask for Holly)

503-249-1877

Unlike other organizations, OA is not just about weight loss, obesity or diets; it addresses physical, emotional and spiritual well-being. To address weight loss, OA encourages members to develop a food plan with a health care professional and a sponsor.

Website: www.oregon-oa.org

SUPPORT GROUPS (CONT.)

Sex Addicts Anonymous

503-452-5961

Website: www.sexaa.org

Weight Watchers

1-800-651-6000

Weigh in, orientation, explanation of the program, program materials and presentation of the weekly topic. Topics will be tailored to meet the unique weight challenges of working people. Four-way approach.

Website: www.WeightWatchers.com