

## Local Support Groups

Support groups are organized by the following categories:  
(Ctrl+Click category to jump to that section)

[Caregivers and Memory Loss](#)

[Domestic/Sexual Violence](#)

[Grief/Loss](#)

[Health/Disease Specific](#)

[LGBTQ+](#)

[Mental Health](#)

[Parenting](#)

[Recovery/Chemical Dependency](#)

### Caregivers and Memory Loss

The Alzheimer's Association has both local search and online option for those diagnosed or those caring for someone diagnosed with Alzheimer's or dementia.

Website: <https://alz.org/help-support/community/support-groups>

#### **CAREGIVER SUPPORT GROUP (MANKATO)**

First Thursday of every month; 2:00 - 3:00 PM

First Presbyterian Church, Lower Level, 220 E Hickory St, Mankato

(Note: Please use double glass doors on Hickory Street to enter the building)

The caregivers support group is affiliated with the Alzheimer's Association but is open to anyone who is a caregiver for a person with any disease or disability. Please contact Janet Goff at 507-345-7166 or Holly Stolp at 507-387-4718 or email [caregiversgroup@fpcmankato.org](mailto:caregiversgroup@fpcmankato.org) for more information. Thank you.

#### **ALZHEIMER'S AND DEMENTIA SUPPORT GROUP (ST. PETER)**

Meets the first Saturday of every month; 9:30 - 11:00 AM

St. Peter Senior Center, 600 South Fifth Street #215, St. Peter

Education and support for family and friends of people who have been diagnosed with Alzheimer's and different forms of dementia. Caregivers share their caregiving stories with other people in the same situation. The staff also help caregivers take steps to preserve their own well-being. Partnership with Benedictine Living Community and City of St. Peter in conjunction with the Alzheimer's Association. This no-cost support group is available to anyone in the community.

For more information, contact Jane Anderson at 507-934-8817 or [jane.anderson@benedictineliving.org](mailto:jane.anderson@benedictineliving.org)

### **CAREGIVER SUPPORT GROUP (MANKATO)**

Meets the Second and Fourth Wednesday of every month; 1:30 – 3:00 PM  
VINE Adult Community Center, 421 East Hickory Street, Mankato

Caregiving can be difficult and isolating. Gain insights and encouragement from others facing similar challenges. Please call (507) 386-5577 to register

Website: <https://vinevolunteers.org/services/caregiver-support/>

### **CAREGIVER SUPPORT GROUP (MAPLETON)**

Meets the First Tuesday of every month; 2:30-4:00 PM  
St. Teresa Catholic Church, 104 Silver Street West, Mapleton

Caregiving can be difficult and isolating. Gain insights and encouragement from others facing similar challenges. Registration is required. Please call (507) 386-5583 with any questions.

Website: <https://vinevolunteers.org/services/caregiver-support/>

### **SUPPORT GROUP FOR CAREGIVERS OF DEMENTIA**

Meets the Third Tuesday of every month; 10:00AM  
Interfaith Caregivers, 301 N. Main St., Blue Earth;

Contact: Merry 526-4684

Website: <https://interfaithcaregivers.net/our-services/caregiver/>

## **Domestic/Sexual Violence**

[Back to Top](#)

### **Domestic Violence Support Group**

10 week cycles with a month break between  
For Date, Time, Location contact local advocate at: 507-625-8688  
Website: <https://www.cadamn.org/community-advocacy>

### **Sexual Violence Support Group**

10 week cycles with a month break between  
For Date, Time, Location contact local advocate at 507-625-8688  
Website: <https://www.cadamn.org/community-advocacy>

## **Grief/Loss**

[Back to Top](#)

### **Compassionate Friends**

If you are a member (or a friend) of a family that has suffered the death of a child, The Compassionate Friends is here to help you and provide support for the family.

[Chapter Meeting Locator - Compassionate Friends](https://www.compassionatefriends.org/find-support/chapters/chapter-locator/)

### **One Bright Star**

For grieving families who have lost a child to death.

Website link to all offered programs- <https://www.onebrightstar.org/resources/organizations-and-programs/>

## **Mayo Grief Support Programs**

The Hospice Bereavement Program offers several types of support services. All of the following services are offered free of charge, and are open to residents of the communities who are grieving a loss of a loved one. Website link to offered programs- <https://www.mayoclinichealthsystem.org/locations/mankato/services-and-treatments/hospice/grief-support-programs>

## **The Alliance of Hope Community Forum**

Thousands of loss survivors come together in our online forum to exchange information, understanding, and hope. This healing space, available 24/7, is moderated by a mental health counselor and trained volunteers. Website: <https://forum.allianceofhope.org/forums/-/list>

## **HOPE – GRIEF SUPPORT FOR WOMEN-** For women who have experienced the death of a spouse

Tuesdays 5:15-6:15pm

St. John the Baptist Catholic Church John Paul II meeting room, second floor

632 S. Broad St., Mankato

Contact: 507-625-3131

## **Divorce Care - JOURNEYS CARE GROUPS**

Offers support for those dealing with the pain of divorce or separation

Tuesday evenings in person 5-8:00pm

(Meal 5-5:45pm, Journeys Worship 5:50-6:20pm, Small Groups 6:30-8:00)

Free childcare for infants through children in kindergarten

Hosanna, 105 Hosanna Drive, Mankato

Contact [journeys@hosanna.church](mailto:journeys@hosanna.church) for more information: or 507-388-1766

Website: [Journeys - Hosanna Lutheran Church Mankato](#) or [DivorceCare - Divorce Recovery Support Groups](#)

## **Grief Share - JOURNEYS CARE GROUPS**

Provides compassion and support for individuals experiencing the loss of a loved one

Tuesdays first session 3:00-4:30pm, Meal 5-5:45pm, Journeys Worship 5:50-6:20pm, second session 6:30-8pm

Free childcare for infants through children in kindergarten

Hosanna, 105 Hosanna Drive, Mankato

Contact [journeys@hosanna.church](mailto:journeys@hosanna.church) for more information: or 507-388-1766

Website: [Journeys - Hosanna Lutheran Church Mankato](#) or <https://www.griefshare.org/>

## **WEAVERS Support Group-** For those 55+ whose spouse has passed away

Thursdays 10:00-11:30AM

Christ the King Lutheran Church

Contact: 507-202-5546

Website: None

## **Health/Disease Specific**

[Back to Top](#)

### **ALS Online Support Groups**

This group is available to people with ALS and their family members.

Offered Virtually, times vary Website: [Click here](#)

### **Cancer Support Group**

2nd Wednesday of each month at 5:15-6:15pm

Mayo Clinic Health System – Virtual

A virtual class for those in the Fairmont, Mankato and New Prague area offering compassionate, cancer-related education and support. Share your experiences and learn about coping with the challenges of cancer. Caregivers are welcome to attend. You will receive a link via email to the virtual class about one week prior to the event. Contact: 507-594-2929

### **American Cancer Society Online Support Groups**

Groups are available to people diagnosed with cancer and their family members.

Website: <https://bit.ly/2JOrCpr>

### **Depression, Anxiety, Chronic Pain - JOURNEYS CARE GROUPS**

Teaches hope and coping techniques for those suffering from chronic pain, depression and/or anxiety.

Tuesday evenings in person 5-8:00pm at Hosanna, 105 Hosanna Drive, Mankato

(Meal 5-5:45pm, Journeys Worship 5:50-6:20pm, Small Groups 6:30-8:00)

Free childcare for infants through children in kindergarten

Contact [journeys@hosanna.church](mailto:journeys@hosanna.church) for more information: or 507-388-1766

Website: [Journeys - Hosanna Lutheran Church Mankato](#)

### **US Pain Foundation On-line Support Groups**

Live Conference calls are held monthly to support those experiencing chronic pain.

Website: <https://uspainfoundation.org/resources/support-groups/>

### **HIV/AIDS Support Group**

2nd Tuesday Monthly 4:00pm-6:00pm

220 East Hickory Street, Mankato (basement of First Presbyterian Church),

Contact Mary Johnson at 507-720-2223 or 507-345-1011

Website: <https://raan.org/programs-services/support-groups>

### **Parkinson's Support Group**

Third Tuesday of each month 2:00 – 4:00 pm, Virtual option available

First Congregational United Church of Christ, 150 Stadium Court, Mankato

The Parkinson's Educational Support group meets once monthly from March-December. We share information about Parkinson's and personal experiences and stories. Each meeting consists of an educational presenter for the first hour. When appropriate, there is a social hour with snacks and discussion for the second hour.

Contact Facilitators for more information:

Betsy Paul cell: 507-317-0381      [bpaul@gustavus.edu](mailto:bpaul@gustavus.edu)

Kelly Simmons cell: 507-995-0722      [kelly.simmons@adarahealth.com](mailto:kelly.simmons@adarahealth.com)

## **Stroke Support Group**

2nd Tuesday each month 10-11am

New Ulm Medical Center, Board Room

Contact: 507-217-5685 or [wendy.guggisberg@allina.com](mailto:wendy.guggisberg@allina.com) Website: <https://bit.ly/36x9IXE>

## **LGBTQ+**

[Back to Top](#)

### **LGBTQ+ Teen Support Group (ages 14-18)**

Tuesday Evenings 5-6:30PM, 8 weekly sessions

Process life as a LGBTQ+ teen. Learn and practice ways to cope for when life gets tough. Talk about ways to have healthy relationships. Current Diagnostic Assessment required for group participation.

Pride Counseling Services, PLLC Contact: 507-246-2667

## **Mental Health**

[Back to Top](#)

**NAMI Online Support** for all ages diagnosed with mental illness and those who support them.

Website: <https://namimn.org/support/nami-minnesota-support-groups/>

### **Depression, Anxiety, Chronic Pain - JOURNEYS CARE GROUPS**

Teaches hope and coping techniques for those suffering from chronic pain, depression and/or anxiety.

Tuesday evenings in person 5-8:00pm; Hosanna, 105 Hosanna Drive, Mankato

(Meal 5-5:45pm, Journeys Worship 5:50-6:20pm, Small Groups 6:30-8:00)

Free childcare for infants through children in kindergarten

Contact [journeys@hosanna.church](mailto:journeys@hosanna.church) for more information: or 507-388-1766

Website: [Journeys - Hosanna Lutheran Church Mankato](#)

## **Parenting**

[Back to Top](#)

### **Hope for Hurting Parents - JOURNEYS CARE GROUPS**

Gives encouragement and support for parents with children of any age suffering from a variety of issues such as addiction to drugs, alcohol, food, pornography, cutting, anger, depression etc.

Tuesday evenings in person 5-8:00pm at Hosanna, 105 Hosanna Drive, Mankato

(Meal 5-5:45pm, Journeys Worship 5:50-6:20pm, Small Groups 6:30-8:00)

Free childcare for infants through children in kindergarten

Contact [journeys@hosanna.church](mailto:journeys@hosanna.church) for more information: or 507-388-1766

Website: [Journeys - Hosanna Lutheran Church Mankato](#) or <https://hopeforhurtingparents.com/>

### **JourneysKids and JourneysYouth - JOURNEYS CARE GROUPS**

Groups for children grades K-6 and youth grades 7-12<sup>th</sup> who may struggle with troubled family dynamics, divorce, bullying, depression, stress, peer pressure, grief, or struggles with smoking, alcohol or drugs, as well as self-harming tendencies.

Tuesday evenings 5-8:00pm at Hosanna, 105 Hosanna Drive, Mankato

(Meal 5-5:45pm, Journeys Worship 5:50-6:20pm, Small Groups 6:30-8:00)

Contact [journeys@hosanna.church](mailto:journeys@hosanna.church) for more information: or 507-388-1766

Website: [Journeys - Hosanna Lutheran Church Mankato](#)

## **Single and Parenting - JOURNEYS CARE GROUPS**

There aren't many people who truly understand the unique challenges single parents face. You deeply desire to do what's best for your kids, but sometimes it's all you can do to survive from one day to the next. Single & Parenting is a special weekly group that will bring hope to your life.

Tuesday evenings in person 5-8:00pm

(Meal 5-5:45pm, Journeys Worship 5:50-6:20pm, Small Groups 6:30-8:00)

Free childcare for infants through children in kindergarten

Hosanna, 105 Hosanna Drive, Mankato

Contact [journeys@hosanna.church](mailto:journeys@hosanna.church) for more information: or 507-388-1766

Website: [Journeys - Hosanna Lutheran Church Mankato](#) or <http://www.singleandparenting.org/>

## **Recovery/Chemical Dependency**

[Back to Top](#)

**ALCOHOLICS ANONYMOUS (AA);** Website: <http://www.mankatoaa.com/>

On this site, you can find an AA meeting, view the calendar of events, check out the 12 Steps and 12 Traditions of Alcoholics Anonymous, or contact a member of Alcoholics Anonymous

Currently scheduled AA meetings- <https://mankatoaa.com/calendar/>

AA Helpline: 507-388-8989

## **AL-ANON/Alateen FAMILY GROUPS**

Website: <https://al-anon.org/al-anon-meetings/>

## **Celebrate Recovery**

A ministry for anyone who feels stuck with life's hurts, habits, and hang-ups.

Hillside Church Mankato - 502 S. Victory Dr., Mankato, MN

Thursday nights at 6:30pm, meal served every 1st and 3rd Thursday of the month at 5:45.

Hosanna Mankato - 105 Hosanna Drive, Mankato

Tuesday evenings in person 5-8:00pm; Separate groups for men and women.

(Meal 5-5:45pm, Journeys Worship 5:50-6:20pm, Small Groups 6:30-8:00)

Free childcare for infants through children in kindergarten

Contact [journeys@hosanna.church](mailto:journeys@hosanna.church) for more information: or 507-388-1766

Website: [Journeys - Hosanna Lutheran Church Mankato](#) or [celebraterecovery.com](http://celebraterecovery.com)

## **RECOVERY SUPPORT GROUP**

Fountain Centers Mankato - Virtual Meetings

Sundays 7pm Zoom Meeting ID: 91954341028 Password: 036519

Tuesdays 7pm Zoom Meeting ID: 91705749143 Password: 192020

Contact : 646-876-9923 (Sunday meetings) or 507-625-3372

[Back to Top](#)