

Topic	Contact Person:	Phone Number	E-mail:	Location:		Meeting Times:
Mental Health						
TLC Mental Health Ministry	Jill Gibbs	218-692-4141	jill@crosslakesales.com	The Log Church	37218 Co Rd 66, Crosslake, MN 56442	Tuesday 7-8pm
Emotions Group	Warren	218-575-2824		1st Congregational Church	415 Jupiter Street, Brainerd MN 56401	Tuesdays at 2pm
Emotions Anonymous				First Congregational Church	415 Juniper St. N., Brainerd.	7-9 p.m. Tuesdays
NAMI-North Central Region		(888) NAMI-HELPS (press 6#)		606 Front St., Brainerd		7 p.m. second Thursday
Overcoming life's struggles	Angie		angielea077@gmail.com	The Sanctuary, 217 Eighth St., Brainerd		Meets 6:30 p.m. every second and fourth Thursdays
Wellness Anonymous	Kathie Kinder-Goble	218-839-3057		324 South Fifth St., Suite B, Brainerd		6:30-8 p.m. Mondays and Thursdays
Balancing Your Emotions		218-454-1082		13969 Cypress Dr. Suite 1A Baxter, MN 56425		Wednesdays 7-8 pm
Survivors of Suicide Loss	Jeri Borgwarth		jeriborg@hotmail.com	Lutheran Church of the Cross	5064 County Road 13, Nisswa MN 56468	First and third Mondays of month 7:00-8:30pm

Grief						
Grief Support	Deb Bergstrom	701-678-4053 Church office- 218-828-9734		Lord of Life Lutheran Church	6190 Fairview Rd N, Baxter	Mondays 6:30
Coping with Grief		218-828-4772		St. Joseph's Medical Center	523 North third Street, Brainerd	Mondays 3:00-5:00
Families in Grief		218-828-4772		St. Joseph's Medical Center	523 North third Street, Brainerd	4:00-6:00
Hope for the Holidays		218-828-4772		St. Joseph's Medical Center	523 North third Street, Brainerd	4:00-6:00
Grief path	Samantha	218-828-5668		Bethany Good Samaritan	804 Wright St, Brainerd	Second Thursdays of the month 10:00AM
Lakes Area Ecumenical Bereavement	Donna	218-692-3246		Immaculate Heart Parish Hall	35208 Co Rd 37, Crosslake	First Thursdays of the Month 4:00 PM
Listening Ears Widow and Widowers	Doris	218-829-7565				
Staples Grief Support		218-894-1546		Faith Lutheran Church	430 12th St NE, Staples	Tuesdays 7:00-8:30 PM
Grief and Loss		218-454-1082		13969 Cypress Dr. Suite 1A Baxter		Thursdays 7-8 pm

Family and Parenting						
Divorced and Separated Group		218-454-1082		13969 Cypress Dr. Suite 1A Baxter		Tuesdays 7-8pm
Post-abortion support	Janeen or Terri.	218-825-0793		Lakes Area Pregnancy Support Center (LAPS)		
Mothers of Multiples	Shari	(218) 961-5885		Lord of Life Church, Brainerd		7 p.m. every third Tuesday
Families Anonymous	Sue	(218) 831-2364		Gloria Dei Lutheran Church, Pequot Lakes.		6:30-7:30 p.m. Mondays
DivorceCare		218- 829-7251		Lakewood Evangelical Free Church		6:30 to 8 p.m. Wednesdays
Circle of Parents		218-821-6429		First Lutheran Church	424 South Eighth St., Brainerd	5:30-7 p.m. Mondays
Brainerd Lakes Area Adoption	Kim	218-855-1373		Call for meeting location		6:30-8 pm 3rd Tuesday
Adoptive Parents Support Group	Kim Goff	320-749-2727		Rose Room, St. Gabriel's Hospital, Little Falls		7-9 p.m. second Thursday

Adoptive, Foster & Respite Parents	Amy M. Wyant	218-825-7682	amy@bridgesofhopemn.org	Timberwood Church	23084 MN-371, Nisswa	Every other Month on the 3rd Tuesday. 5:30-8:00
Learning and Support Community		ext. 1011				
Pregnant Mothers who have struggled with Substance Use	Aimee Tagtmeier	218-824-1149	aimee.tagtmeier@crowwing.us	Please contact Aimee for information regarding location and meeting times		Mondays-late mornings
Brainerd Area FASD Caregiver	Sheila	218-820-5903		Caribou Coffee, East Brainerd Mall		9 a.m. first Saturday
Disease/ Illness/ Disability						
Alzheimer's Caregiver	Samantha	218-828-5886		Bethany Good Samaritan, Brainerd		3-4 p.m. first Tuesday
American Cancer Society		(800) 227-2345				
Brainerd HIV-AIDS	Minnkota Health Project	(877) 871-4636		Call for meeting location		Noon to 2 p.m. second and fourth Thursdays.
Breast Cancer Survivors Support	Donna	218-825-9109		St. Joseph's Medical Center, 503		6 p.m. second Thursdays and

				North Third, Brainerd		11:30 a.m. second Fridays
CRMC Breast Cancer	Gail	(218) 546- 4302		Tunnel Conference Room CRMC, 320 East Main St., Crosby		3 p.m. second Thursday
Diabetic Support Groups AITKIN				Riverwood Center for Outpatient Services 601 Bunker Hill Drive		5-6 p.m. second Thursday
Diabetic Support Groups CROSBY	Sarah	218-546- 4302		Tunnel Conference room, CRMC		7 p.m. second Tuesdays
Diabetic Support		218-927- 5152		United Methodist Church.		3 p.m. third Thursday
Disability Linkage Line Disability	Sharon or Keith	(866) 333- 2466		Workforce Center- Vocational Rehabilitati on Services 204 Laurel St., Brainerd		2nd and 4th Thursdays 1-4 pm
Linkage Line Options Counselors						
Fibromyalgia and Chronic Pain		218-829- 9567.		304 E. River Road Room No. 3, Brainerd		10 a.m. first Monday

Fibromyalgia Group PEQUOT LAKES		218-568- 5621		St. Alice Catholic Church, Pequot Lakes		1-3 p.m. first Thursday
Food allergies Support	Krista	218-568- 6092				
Multiple Sclerosis	Carol Ann	218-568- 5972 or (218) 232- 3279.		Sawmill Inn, Brainerd MN		9:30 a.m. second Tuesday
Ovarian Cancer Support				Nisswa American Legion (lower level meeting room).		6-7:30 p.m. second Thursday
Overeaters Anonymous		(218) 839- 1231		First Congregati onal Church, 5th and Juniper, Brainerd		5:30 p.m. Tuesdays
Parkinson's BAXTER				Excelsior Place, Baxter		1:30 p.m. first Thursday,
Parkinson's AITKIN	Louise Hasskamp	218-927- 2623		Aicota Health Care Center, Aitkin		1:30 p.m. third Tuesday
Trigeminal Neuralgia	Mary	(320) 252- 4498		CentraCare Health Plaza, St. Cloud		10 a.m. to noon second Saturday of odd months

Memory Café Baxter (caregivers/loved ones)	Teresia	218-839- 2869		Northern Lakes Senior Living, Baxter MN		10:30-11:45 2nd Tuesday of each month
Memory Café Pine River (caregivers/loved ones)	Natalie Brown Emmalee Foss	218-546- 3462 218-587- 4423		Lifehouse Coffee 306 Barclay Ave Pine River, MN		10:30-11:45 Last Tuesday of month, beginning April 24th
Dementia Choir	Diane Guidi		dmguidi @outlo ok.com	Zion Lutheran church, Brainerd		7 pm Mondays
Caregiver Support	Pam Wachholz			Home Instead Senior Care. 108 s 6th Street, Brainerd MN		11:30-12:30 4th Wednesday of each month
Addiction						
Celebrate Recovery		218-587- 2021		Life Center, Pine River		6:30 p.m. Fridays
Dual Disorder	Gary	218-825- 8528.		Brainerd Alano Club		4-6 p.m. Fridays
Gamblers Anonymous	Sheila	218-820- 5903		St. Paul's Episcopal Church, Seventh and Juniper		7 p.m. Mondays
Gamblers Anonymous PALISADE	Mary G- after 9pm Pastor Bill	218-768- 4462 218-845- 2429		Bethel Lutheran Church, Palisade		7 p.m. Thursdays
Narcotics Anonymous				Upfront Alano Club.		8 p.m. Thursdays

				Brainerd, MN		
Nicotine Anonymous - Nic Of Time	Jan	(218) 963-1214 or (218) 537-0081 cell.		Oak Street Club, 1601 Oak Street, Brainerd		10 a.m. Tuesdays
- Nisswa Nic of Time	Jan	(218) 963-1214 or (218) 537-0081 cell.		Christophe r's House, St. Christophe r's Church, Nisswa		10 a.m. Thursdays
Sex Addicts Anonymous				P.O. Box 454, Ironton, MN 56455		
Lighthouse Support Group		218-270-2995		14387 Edgewood Drive, Baxter		first Thursday of each month at 6:30 p.m.
Al-Anon Meetings		218-825-3770		Lakes Area Alano Club 7829 MN-210 Baxter		Tuesday 7pm- step by step Wednesday 7am- early bird Friday- 7pm steps to recovery Saturday- 9:30am- help and hope
NA Meetings		218-825-3770		Lakes Area Alano Club 7829 MN-210 Baxter		Monday 7pm rebels with a cause Tuesday 7pm It works and why Wednesday 8pm- Hugs and drugs

						Thursday 7 PM- Addicts Friday 8:30- Friday night hope Saturday 7pm- Saturday night live Sunday 5pm- CMA
Dual Recovery Meetings		218-825-3770		Lakes Area Alano Club 7829 MN- 210 Baxter		Monday 10:30 AM Wednesday 10:30 Am Friday 10:30 AM
Codependency Meetings		218-825-3770		Lakes Area Alano Club 7829 MN- 210 Baxter		Thursday 8:30 PM Saturday 8 PM Sunday 6:30 PM
Debtors Anonymous		218-825-3770		Lakes Area Alano Club 7829 MN- 210 Baxter		Friday 5:30 PM- Starting May 10th
A.A. Meetings		218-825-3770		Lakes Area Alano Club 7829 MN- 210 Baxter		7 days a week- multiple different opportunities from 8:30am-7PM
LGBTQ						
LGBTQ+ Youth Group	Cindy Moore	218-454-0009	cindy@t heshopb rainerd. org	TheShop 723 Washingto n St, Brainerd		Tuesdays 5:30 - 7:30
Brainerd Lakes PFLAG			brainerd pflag@h otmail.c om	First Congregati onal Church, Brainerd		7 p.m. third Monday

GLBT Equality Coalition People	Chrissy	218-829-4261	glbtequality@hotmail.com			
Northern Lakes Gay and Bisexual		(218) 675-5535	NLakesGayMen@netscape.net.			
Weight Loss						
MIMIS bariatric weight loss	Cindy	218-546-2339		Hallett Community Center, 470 8th Street NE, Crosby.		7:15-8:30 p.m. third Tuesday
SJMC Weight Loss Surgery	Julie Smith	218-828-7570		St. Joseph's Medical, Brainerd MN		6-7:30 p.m. third Tuesdays
TOPS 1116 TOPS MN No. 1116				Bethany Good Samaritan Chapel. Brainerd MN		Weigh-in, 5-6 p.m.; meeting, 6:10 p.m.
TOPS No. MN 1449	Janet	218-855-1944		Oak Lawn Town Hall		5:30 p.m. Thursdays
TOPS 1659 Ironton	Mabel	218-546-6523		Immanuel Lutheran Church, 600 Fourth St. SW, Crosby		Weigh-in 4-4:30 p.m. Tuesdays with meeting from 4:30-5:30 p.m.
TOPS 1684 Pequot Lakes	Debbie	(218) 851-8014		Grace United Church, south		8 a.m. Wednesdays

				Highway 371		
TOPS MN 1706, Garrison				Garrison Community Alliance Church		Thursdays weigh-in at 8:15 a.m. Meeting at 9 a.m.
TOPS	Linda	218-829- 2129		Bethlehem Lutheran Church		6:15 p.m. Thursdays, weigh- in at 5:45 p.m.
Domestic Violence						
Domestic Violence	Shelter any advocate	218-828- 1216	advocat es@wo mensce nteronli ne.org	1414 Maple St. Brainerd MN 56401		Tuesday 6 p.m. to 8 p.m.
Battered Women		218-828- 1216		Call for meeting location		6-8 p.m. Tuesdays
Survivors of Sexual Violence	Rose or Jerowen	218-828- 0494, or toll free (888) 458- 0494		Sexual Assault Services office, suite 114. Brainerd MN		2:30 p.m. Thursdays
Youth						
Young Women's	Deanna	218-828- 0494		Sexual Assault Services, Downtown Mall Brainerd, MN		6-7:30 p.m. Tuesdays

Youth Resiliency Group		218-828-4383		Brainerd Public Library Crosby Public Library Pequot Lakes School		4 p.m. Wednesdays
Misc.						
PCA and Client Group				Northwind Grill in Brainerd		12:30-1:30 p.m. Thursday
Veterans		218-454-1082		13969 Cypress Dr. Suite 1A Baxter		Saturdays 1-2 pm