

CROW WING COUNTY SUPPORT GROUPS

MENTAL HEALTH

Balancing Your Emotions | Birchwood Therapy Services | 218-454-1082 | 13969 Cypress Dr. Baxter, MN 56425
www.birchwoodtherapyservices.com

Emotions Anonymous | Warren 218-575-2824 | 1st Congregational Church 415 Jupiter St. Brainerd, MN 56401
<https://emotionsanonymous.org/>

Emotions Group | Warren 218-575-2824 | 1st Congregational Church 415 Jupiter St. Brainerd, MN 56401

Heart Link | Region 5 Mental Health | Zoom ID: 449-846-8853
<https://www.region5mentalhealth.com/events/heart-link-support-group>

NAMI North Central Region | Mary Marana 218-828-4877 | mary.crisisline@brainerd.net | PO Box 283 Brainerd, MN 56401
<http://www.naminorthcentralregion.org/>

NAMI Open Door Anxiety and Panic | 651-645-2948 | supportgroups@namimn.org Virtual
<https://namimn.org/support/support-groups-adults-living-mental-illness/>

National Alliance on Mental Illness (NAMI) | 800-950-NAMI (6264)
<https://namimn.org/support/nami-minnesota-support-groups/>

Overcoming Life's Struggles | American Behavioral Center | 888-862-6016 | Support@americanbehavioralcenters.com
<http://americanbehavioralcenters.com/minnesota/brainerd-behavioral-centers>

Survivor of Suicide Loss | Jeri Borgwarth 763-442-2671 | jeriborg@hotmail.com
Luthern Church of the Cross 5064 Co. Rd. 13 Nisswa, MN 56486

TLC Mental Health Ministry | Jill Gibs 218-692-4141 | jill@crosslakes.com | Log Church 37218 Co. Rd. 66 Crosslake, MN 56442
<https://crosslakeefc.org/mental-health-ministry/>

Wellness Anonymous | Kathie Kinder-Goble | 218-839-3057 | 324 South Fifth St., Suite B, Brainerd, MN 56401

GRIEF

Coping with Grief | Essentia Health | 218-828-7442
Essentia Health-St. Joseph's Medical Center 523 N 3rd St., Brainerd, MN 56401
<https://www.essentiahealth.org/classes-events/search-results-detail/>

Families in Grief | Essentia Health | 218-828-7442
Essentia Health-St. Joseph's Medical Center 523 N 3rd St., Brainerd, MN 56401
<https://www.essentiahealth.org/classes-events/search-results-detail/>

Grief and Loss | Birchwood Therapy Services | 218-454-1082 | 13969 Cypress Dr., Baxter, MN
www.birchwoodtherapyservices.com

Grief Path | Samantha 218-828-5886 | Bethany Good Samaritan, 804 Wright St., Brainerd, MN 56401

Grief Support | Deb Bergstrom 701-678-4053 or 218-828-9374 (church office)
Lord of the Life Luthern Church 6190 Fairview Rd. N Baxter, MN 56425

Hope for the Holidays | 218-828-7362 | Essentia Health-St. Joseph's Medical Center 523 N 3rd St., Brainerd, MN 56401

Lakes Area Ecumenical Bereavement | Donna 218-692-3246
Immaculate Heart Parish Hall, 35208 Co. Rd. 37, Crosslake, MN 56441

Listening Ears Widow and Widowers | Dorris 218-829-7565

Staples Grief Support | 218-894-1546 | Faith Lutheran Church, 430 12th St. NE, Staples, MN 56479

Suicide Loss Support Group - ON LINE search | American Foundation for Suicide Prevention | 800-273-8255
<https://afsp.org/find-a-support-group>

Tree of Life Ceremony | Essentia Health-St. Joseph's Foundation | 218-828-7362

Crow Wing
energized

www.CrowWingEnergized.org



FAMILY AND PARENTING

Adoptive Foster and Respite Parents | Bridges of Hope MN | 218-825-7682 info@bridgesofhopemn.org
Timberwood Church, 23084 MN-371, Nisswa, MN 56468

Adoptive Parents Support Group | Kim Goff 320-749-2727 | St. Gabriels Hospital, 815 2nd St. SE, Little Falls, MN 56345

Brainerd Area FASD Caregiver | PROOF Alliance | 651-917-2370 | <https://www.proofalliance.org>

Brainerd Lakes Area Adoption | Kim 218-855-1373

Circle of Parents | Barb Sorum 507-383-8842 | bsorum@pcamn.org | circleofparents.org

Divorce and Separated Group | Birchwood Therapy Service | 218-454-1082 | 13969 Cypress Dr., Baxter, MN 56425
www.birchwoodtherapyservices.com

DivorceCare | 800-489-7778 info@divorcecare.org | <https://www.divorcecare.org>

Families Anonymous | 800-736-9805 | <https://www.familiesanonymous.org>

Mothers of Multiples | Shari 218-961-5885 | Lord of Life Church, 6190 Fairview Rd N, Baxter, MN 56425

National Domestic Violence Hotline | 1-800-799-7233 | <https://www.thehotline.org>

National Parent Helpline | 1-855-472-2736 | <http://www.nationalparenthelpline.org>

Post-Abortion Support | Lakes Area Pregnancy Support Center | 218-825-0793 | Brainerd, MN 56401
<https://www.lakesareapregnancy.org/free-services/brainerd/parenting-information>

Postpartum Support International Helpline | 1-800-944-4773 | <https://www.postpartum.net>

Pregnancy Support | Lakes Area Pregnancy Support Center (LAPS) | 218-825-0793

Pregnant Mothers Who Have Struggled with Substance Use | Contact Aimee for information regarding location and meetings
218-824-1149 | aimee.tagtmeier@crowwing.us

Young Moms Group | For information contact Kayla Brooks with Crow Wing County | 218-824-1238

DISEASE/ILLNESS/DISABILITY

Alzheimers Caregiver | Jonathon @ BethanyGood Samaritan | 218-855-6639 |
meet at Bethany 1st Tuesday of every month @ 3:00 pm; NOT meeting in person yet

Alzheimers Support | Contact Bethany Good Samaritan | 218-829-1407 | 804 Wright St. Brainerd, MN 56401

American Cancer Society | 800-227-2345

Brain Injury and Stroke | Contact Cuyuna Regional Medical Center | 651-329-1371 |
<https://www.cuyunamed.org/wellnesss/brain-injury-stroke-support-group>

Brainerd HIV-AIDS | Minnkota Health Project | Call for more information 218-287-4636

Breast Cancer Survivors Support | Essentia Health | Contact for more information 218-829-2861 |
<https://www.essentiahealth.org>

Cancer Support-Brainerd/Baxter | Essentia Health | Contact for more information 218-829-2861 |
<https://www.essentiahealth.org/services/cancer-care-services/>

Cancer Support-Crosby | Cuyuna Regional Medical Center | Contact for more information 218-546-4319 or 218-546-4302
<https://www.cuyunamed.org/wellness/cancer-support-group>

Cardiovascular Support Group | Essentia Health | Contact for more information 218-829-2861

Caregiver Support | Home Instead Senior Care | Contact for more information 218-303-4056

CRMC Breast Cancer | Cuyuna Regional Medical Center | Contact for more information 218-546-4319 or 218-546-4302
<https://www.cuyunamed.org/wellness/cancer-support-group-1>

Dementia Choir | Diane Guidi | Contact for more information dmguidi@outlook.com

Diabetic Support Group-Aitkin | Riverwood Healthcare Center | 218-927-8280 | 200 Bunker Hill Dr, Aitkin, MN 56431

Diabetic Support Group-Crosby | Contact for more information 218-546-4302 | <https://www.cuyunamed.org>

Disability Linkage Line Disability | 866-333-2466 | Over the phone services

Fibromyalgia and Cronic Pain | 218-829-9567

Fibromyalgia Group-Pequot Lakes | St. Alice Catholic Church | Contact for more information 218-568-5621

Food Allergies Support | Krista | Contact for more information 218-568-6092 | Linkage Line Options Counselors

Memory Café-Baxter | Teresia 218-839-2869 | Northern Lakes Senior Living 8186 Excelsior Rd. Baxter, MN 56425
<https://www.memorycafedirectory.com/memory-cafes-in-minnesota/>

Memory Café-Pine River | Simon Whitehead | swhitehe@umn.edu |
The Lighthouse Café, 306 Barclay Ave., Pine River, MN 56474

Multiple Sclerosis

Ovarian Cancer Support | Nisswa, MN

Overeaters Anonymous | 218-839-1231 | First Congregational Church, 415 Juniper, Brainerd, MN 56401
<https://oahow.wordpress.com>

Parkinsons-Aitkin | Aicota Health Care Center | 218-927-2164 | 850 2nd St. NW, Aitkin, MN 56431 | aicota.com

Parkinsons-Baxter | Lynda Erickson | 218-829-4017 | lyndak.erikson@gmail.com
Edgewood Vista, 14211 Firewood Dr, Baxter, MN 56425

Prostate Cancer Group | Essentia Health | Contact for more information 218-829-2861

Trigeminal Neuralgia | 320-252-1399 | CentraCare Health Plaz | 1900 CentraCare Circle. St. Cloud, MN 56301
Type 1 Diabetes Support Groups | Tracy Tuper | Contact for more information 218-546-7462 or 888-420-2778 | Crosby, MN
<https://www.cuyunamed.org/patient-care/diabetes>
Womens Suport Group | Essentia Health | Call for more information 218-829-2861

ADDICTION

AA Meetings | Contact for more information | 7829 MN Hwy 210, Baxter, MN 56425 | aacentrallakes.org/meetings/
AA Meetings | John Mattson 218-828-4811 | <https://upfront-alano-society-of-brainerd.business.site> |
302 4th Ave NE; Brainerd, MN 56401
AA Online Intergroup of AA | <https://aa-intergroup.org/>
AA Staples Meeting | Staples | Fairth Lutheran Church; 430 12th St NE; Staples, MN 56479
AA Support | John Mattson | 218-828-4811 | <https://upfront-alano-society-of-brainerd.business.site> |
302 4th Ave NE; Brainerd, MN
AA Support | Steve Norman | 218-330-1158 | riverviewchurch@tds.net | 304 Barclay Ave., Pine River, MN 56474
Al-Anon Family Groups | John Mattson | 218-828-4811 | <https://upfront-alano-society-of-brainerd.business.site> |
302 4th Ave NE; Brainerd, MN 56401
Al-Anon Meetings | Lakes Area Alano Club, 7829 MN Hwy 210, Baxter, MN 56425 |
<https://www.minnesotanorth-al-anon.org>
Celebrate Recovery | 218-587-2021 | riverviewchurchpr@gmail.com | Life Center, 306 Barclay Av., Pine River, MN 56474
Contact or go to Facebook page for more information
Codependency Meetings | John Mattson | 218-828-4811 | 302 4th Ave NE; Brainerd, MN 56401
<https://upfront-alano-society-of-brainerd.business.site>
Codependency Meetings | Contact for more information | 7829 MN Hwy 210, Baxter, MN 56425 |
aacentrallakes.org/meetings/
Debtors Anonymous | Contact for more information | 7829 MN Hwy 210, Baxter, MN 56425 | aacentrallakes.org/meetings/
Dual Disorder | 218-825-8528 | Alano Club, 302 4th Ave NE, Brainerd, MN 56401 | Contact for more information
Dual Recovery Meeting | John Mattson | 218-828-4811 | <https://upfront-alano-society-of-brainerd.business.site> |
302 4th Ave NE; Brainerd, MN 56401
Dual Recovery Meeting | Contact for more information | 7829 MN Hwy 210, Baxter, MN 56425 |
aacentrallakes.org/meetings/
Gamblers Anonymous Palisade | 218-768-4462 | Bethel Leutheran Church, 4th and Main St. Palisade, MN 564698
Lighthouse Support Group | 218-624-4828 | 4505 West Superior St., Duluth, MN 55807 | <https://www.lcvl.org>
NA Meetings | John Mattson | 218-828-4811 | <https://upfront-alano-society-of-brainerd.business.site> |
302 4th Ave NE; Brainerd, MN 56401
NA Meetings | Contact for more information | 7829 MN Hwy 210, Baxter, MN 56425 | aacentrallakes.org/meetings/
NA Meetings - Staples | Staples | Faith Lutheran Church, 430 12th St. NE, Staples, MN 56479
NAMI Minnesota Dual Diagnosis | 651-645-2948 or 888-NAMI-HELPS |
namihelps@namimn.org | NAMI Minnesota, 1919 University Ave W, Suite 400, St. Paul, MN 55104 | <https://namimn.org>
Narcotics Anonymous | John Mattson | 218-828-4811 | <https://upfront-alano-society-of-brainerd.business.site> |
302 4th Ave NE; Brainerd, MN 56401
Narcotics Anonymous | Lakes Alano Club, 7829 State Hwy 210, Baxter, MN 56425
Nicotine Anonymous-Nic of Time-Nisswa | Not recent meetings | St. Christopher's Episcopal Church, Nisswa, MN
Sex Addicts Anonymous
Sober Support | John Mattson | 218-828-4811 | <https://upfront-alano-society-of-brainerd.business.site> |
302 4th Ave NE; Brainerd, MN 56401
Women's AA | Contact for more information | 7829 MN Hwy 210, Baxter, MN 56425 | aacentrallakes.org/meetings/

LGBTQ

Brainerd Lakes PFLAG | Parents, Families and Friends of Lesbians and Gays | brainerdpflag@hotmail.com |
Contact for more information | <https://pflag.org>

GLBT Equality Coalition People

LGBTQ Connection Support Group | Contact for more information
<https://namimn.org/education-public-awareness/lgbtq-community/>

LGBTQ+Youth Group | 218-454-0009 | info@theshopbrainerd.org | The Shop, 723 Washington St, Brainerd, MN 56401

Northern Lakes Gay and Bisexual | 218-675-5535 | NLakesGayMen@netscape.net

Rainbow Road | 218-454-0009 | info@theshopbrainerd.org | The Shop, 723 Washington St, Brainerd, MN 56401
<https://pflag.org>

WEIGHT LOSS

MIMIS Bariatric Weight Loss | Hallet Community Center, 470 8th St. NE, Crosby, MN 56440 (Contact for meeting information)
218-546-2616 | info@hallettcenter.com | <https://hallettcenter.com>

SJMC Weight Loss Surgery | 218-828-2880 | Call for more information | 2024 S 6th St, Brainerd, MN 56401

TOPS MN No. 1116 | 414-482-4620 (headquarter number) | Visit website for meeting details |
<https://www.tops.org/tops/TOPS/Default.aspx>

TOPS MN No. 1449 | 414-482-4620 (headquarter number) | Visit website for meeting details |
<https://www.tops.org/tops/TOPS/Default.aspx>

TOPS MN No. 1648 | 414-482-4620 (headquarter number) | Visit website for meeting details |
<https://www.tops.org/tops/TOPS/Default.aspx>

TOPS MN No. 1659 | 414-482-4620 (headquarter number) | Visit website for meeting details |
<https://www.tops.org/tops/TOPS/Default.aspx>

TOPS MN No. 1706 | 414-482-4620 (headquarter number) | Visit website for meeting details |
<https://www.tops.org/tops/TOPS/Default.aspx>

WoW | Grace United Methodist Church (contact for information) 218-568-5755 | graceumc@tds.net |
29318 Patriot Ave, Pequot Lakes, MN 56472 | <https://www.graceumcpequotlakes.org>

DOMESTIC VIOLENCE

Battered Women | 218-828-1216 info@womenscenteronline.org | PO Box 602, Brainerd, MN 56401 |
<https://www.womenscenteronline.org>

Circle of Change | Any Shelter advocate | 218-828-1216

Domestic Violence | Linda | 218-829-2129 | Bethlehem Lutheran Church

Survivors of Sexual Violence | Marianne Washburn | 218-828-0494 info@sexualassaultservices.org |
211 S 4th St, Brainerd, MN 56401 | <https://sasmn.org>

YOUTH

Independent Living Skills | Lutheran Social Services | 888-828-4383 brainerdyouth@lssmn.org |
716 E St NE, Brainerd, MN 56401 | <https://www.lssmn.org>

Kids Resiliency Group | Lutheran Social Services | 218-297-2020 | 13401 Birch Dr S, Baxter, MN 56425 |
<https://www.lssmn.org>

Life Talks | The Shop | 218-454-0009 | 723 Washington St, Brainerd, MN 56401

Sex Talks | The Shop | 218-454-000 | 723 Washington St, Brainerd, MN 56401

Teen Group | Sexual Assault Services | 218-828-0494 | info@sexualassaultservices.org | 211 4th St, Brainerd, MN 56401
Contact for meeting information | <https://sasmn.org>

Life Talks | 800-950-NAMI (Helpline) | <https://www.nami.org/Your-Journey/Teens-Young-Adults>

Young Women's | Marianne Waashburn | 218-828-0494 | info@sexualassaultservices.org
211 4th St, Brainerd, MN 5640 | Contact for meeting information | <https://sasmn.org>

Youth Resiliency Group

MISC.

Disaster Distress Helpline | 800-985-5990

PCA and Client Group

Veterans | 218-454-1082 | Birchwood Therapy 13969 Cypress Dr. Suite 1A Baxter, MN 56425
<http://www.birchwoodtherapyservices.com/>