



McLean County Recovers Together

This list of different support groups has been made by the McLean County ROSC and other collaborative members in the community. The list will be updated as much as possible but please make sure to contact specific meeting leaders to receive the most up to date information or have any questions. The McLean County ROSC does not endorse or support any meetings more than others. The list was created to serve the community.

Please note: If you or someone you know are in immediate danger or are in need of medical attention, please contact your local hospital, police station, or crisis team. Support groups cannot help with crisis situations or medical treatment because they are not a replacement for medical professionals or emergency assistance.

Bloomington-Normal Crisis Team: (309) 827-5351 or PATH (309) 827- 4005 during after hours
National Suicide Prevention Lifeline: 800-273-8255
Bloomington IL Police Department: (309) 820- 8888
Normal IL Police Department: (309) 454- 2444

Bloomington-Normal Area

General Recovery Meetings

These meetings are open to the public and serve a large variety of people that are in recovery from but not limited to substance use, sex addiction, pornography addiction, emotional codependancy, spiritual abuse, and more.

Celebrate Recovery

- Christ Centered
- Tuesday 7pm at First Assembly of God Church
- Thursday 7pm at Victory People Church (<https://victorypeople.org/celebrate-recovery>)
- More info on locations: <https://locator.crgroups.info>
- General Website: <https://www.celebraterecovery.com>

Bridges All Recovery and Family Group

- An online support group for anyone and everyone that is affected by recovery of all sorts. This is an open and safe place for people to get together and speak about their experiences where they can connect with others. This group welcomes all!
- Join on Zoom every Thursday from 7pm ct to 8pm ct.
 - Zoom ID: 182684538
 - Passcode: 2020

- Have any more questions? Contact Dan for more information: (309) 665-2067
- Facebook Event: <https://fb.me/e/2LissdMx8>

Alcoholic Support Groups

These groups are open to the public and serve people who are currently struggling and/or are in recovery from Alcohol abuse.

Alcoholics Anonymous

- Different daily meetings, time varies. See link for more info
- Cedar Lake Fellowship in Bloomington IL: <https://cedarlakefellowship.org/meetings/>
- [Bloomington-Normal IL & Surrounding Area](#)
- [Nationwide AA Meeting Directory](#)

Substance Abuse Groups

These groups are open to the public and serve people who are currently struggling and/or are in recovery from substance abuse

Narcotics Anonymous

- Different daily meetings, time varies. See link for more info
- Cedar Lake Fellowship in Bloomington: <https://cedarlakefellowship.org/meetings/>
- [Nationwide NA Meeting Directory](#)

Illinois Area of Cocaine Anonymous

- Different daily meetings, time varies. See link for more info
- <https://www.illinoisareaca.org/meetings>

Mental Health and/or Behavioral Health Groups

This is a list of various different support groups for Mental and/or Behavioral Health Support Groups. Some are for specific populations, some are more general.

Bloomington-Normal Obsessive Compulsive Disorder Support Group

- Support group for people who have Obsessive Compulsive Disorder (OCD) and those who have symptoms of OCD that have not been formally diagnosed. The group's purpose is to provide support, encouragement, and sharing of resources
- Open To: Individuals with OCD, aged 18 & older
- Due to COVID-19, meetings are virtual via Zoom on Fri: 7:00 pm - 9:00 pm
- Contact Linda Tide iat knitterlefty@gmail.com or call (309) 533- 9796
- [Click for more info](#)

Surviving To Thriving Support Group

- A free, peer-to-peer support group for pregnant and postpartum people up to two years, who are experiencing symptoms of perinatal mood and anxiety disorders. This group focuses on mental health and parenthood.
- 1st and 3rd Saturday of every month at The Mental Wellness Center at 205 N Williamsburg Dr Suite A, Bloomington, IL 61704
- Contact s2tmoms@gmail.com or call 815-310-0637
- Get connected with their Facebook Group: <https://www.facebook.com/S2TMOMS/>

NAMI Family Support and Connections

- In person at MorningStar United Methodist Church
- Every Third Saturday of the month at 1pm
- More info: <http://www.namimidcentral.org/support-groups.html>

Codependency Support Groups

Al-Anon

- Different daily meetings, time varies. See link for more info
- Southern Illinois Al-Anon Family Groups: <http://www.siafg.org/district-10.html>
 - Bloomington-Normal Intergroup 24-Hour Hotline: (309) 828-7092
- Nationwide meeting search: [Nationwide Al- Anon Meeting Directory](#)

Sexual Assault/Domestic Violence Support Groups

Countering Domestic Violence through The MCCA

- (309) 829- 0691
- Open but have to register beforehand
- Monday for victims/survivors of domestic violence from 6-7:30 pm
- [Click link for more info](#)

Sexual Assault Support Groups through STEPPING STONES - YWCA

- (309) 585-3631 or mporz@ywcamclean.org
- FREE AND CONFIDENTIAL
- Groups are on-going and meet at Stepping Stones in-person at various times and days
- Group size is limited. Sessions are free and pre-registration is required. To learn more or to register, please contact Matt: mporz@ywcamclean.org

Other Support Groups

Queer Support Group: A Central Illinois Connection for Healing

- The group is a safe and welcoming space for people at least 18 years old who want to talk about, and explore issues related to sexual orientation, or gender identity and expression. LGBTQIA+ means Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, and Allies, as well as those of alternate sexual orientations or identities and gender expressions. The sessions will provide virtual space to develop connections in the community for discussion or healing!
- 1st and 3rd Fridays @ 6-7 pm on Zoom
 - <https://illinoisstate.zoom.us/j/94654151434>
- Contact: ci.lgbtq@gmail.com for meeting questions or to offer feedback (topic suggestions, meeting etiquette, etc.)
- Facebook Event: <https://fb.me/e/1XmLmULVN>

Dads Uplifting Dads

- Weekly group where fathers can gather virtually to talk about the ups and downs of fatherhood, share resources and network with other dads. This group is free and open to any father anywhere!

- Welcomes mothers that fit in a more “father-like role” as well
- Via Zoom on Thursday from 5:30pm to 6:30pm
 - Zoom ID: 914 6623 5708
- Contact David Lewis for more info: dlewis@childrenshomeandaid.org

Neighboring Towns in McLean County Area

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Substance Abuse Groups

- *Narcotics Anonymous*
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 - <https://www.na.org/meetingsearch/>

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To find more meetings, support groups or any other resources, try contacting your local United Way 211. The United Way in McLean County is run through PATH. You can call them at 2-1-1 or (888) 865- 9903. Want to just look for resources on your own? Use PATH's online database <https://www.pathcrisis.org/resources/database> or <https://www.navigateresources.net/path/>