

**South Heartland District Health Department
Community Resource Guide**

(Last updated December 2012)

Support Groups

Alzheimer's Support Group: Blue Hill

Blue Hill Care Center

414 North Wilson

Blue Hill, NE 68930

(402) 756-2080

- Third Thursday of January, March, May, July, and September at 7:30 pm

Alzheimer's Support Group: Hastings Information Session

Mary Lanning Memorial Hospital

715 North St Joseph Ave., Classroom G

Hastings, NE 68901

(402) 463-4521

- Second Monday of each month except December at 6:30 pm

Compassionate Friends

First St Paul Youth Center

918 West 4th Street

Hastings, NE 68901

(402) 726-2207

- Support Group for parents who have lost a child of any age for any cause and siblings
- Fourth Tuesday of each month 7:30 pm

Diabetes Education & Support Group

Mary Lanning Memorial Hospital

715 N. St. Joseph Ave., Classroom C

Hastings, Ne. 68901

(402) 463-4521

- Hastings Area Diabetes Education & Support Group

Gamblers Anonymous

Mary Lanning Memorial Hospital

715 St. Joseph Ave., Classroom G

Hastings, Ne 68901

(402) 463-4521

- Support group for those who have a gambling addiction.
- Meet every Monday of each month from 6:30 pm-7:30 pm.

Mothers of Preschoolers (MOPS)

First St Paul Lutheran Church

501 North Burlington Avenue

Hastings, NE 68901

(402) 463-1329

- Support group for mothers with young children

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MS Support Group

Mary Lanning Memorial Hospital
715 N. St. Joseph Ave. Classroom G
Hastings, Ne 68901
(402) 463-4521

- Support group for those who are affected by multiple sclerosis.

NAMI-FORSE

Mary Lanning Memorial Hospital
715 North Saint Joseph Ave., Classroom G
Hastings, NE 68901
(308) 751-2226

- Support groups for persons and family members affected by bipolar, schizophrenia, depression or other mental illnesses
- First Fri of the month 7 pm-9 pm

NAMI Connection

Goodwill Meeting Room
835 South Burlington
Hastings, NE 68901

- Support groups for persons and family members affected by bipolar, schizophrenia, depression or other mental illnesses
- Thu 7 pm-8:30 pm

PFLAG - Parents, Families and Friends of Lesbians and Gays

721 N Hastings Ave
Hastings, NE 68901
(402) 462-2961

- Support, Education, and Advocacy Group for parents, families, friends of gays, lesbians, bisexuals and transgender people, and GLBT persons themselves
- Third Monday of each month 7 pm

Sexual Abuse Sexual Assault Crisis Center (SASA)

220 South Burlington Avenue, Suite 4
Hastings, NE 68901
(402) 463-5810

- Support Groups for women and children who are victims/witnesses of domestic violence
- Thursday