

## Michigan Fibromyalgia/CFS Support Groups

(Information may have changed – **please call first**)

By Location:

**Allen Park:** Allen Park Fibromyalgia Support Group meets at the Allen Park Church of Christ at 23610 West Outer Drive, Allen Park, MI 48101. The group meets the 2<sup>nd</sup> Monday of the month from 10:00-12:30 PM. Contact Pat Turner: 313-381-5199.

**Alpena:** The Chronic Pain and Fibromyalgia Support Group meets in the First United Methodist Church, 167 South Ripley Blvd. in Alpena, at 2:00 PM, the 1<sup>st</sup> Thursday of the month. Call Karen Graham at 989-356-0085 or e-mail her at [kjg3@deepnet.com](mailto:kjg3@deepnet.com) for further information.

**Ann Arbor:** Fibromyalgia Education and Support Group meets 11-1 the 2<sup>nd</sup> Monday of the month. Call Christine Ramm at 810-229-0152 or Erica Dutton at 734-677-3056 for more information, a social support group meets at a restaurant the 4<sup>th</sup> Monday of the month.

**Bad Axe:** New Beginnings – FM, CFIDS, Lupus Support Group. Meetings are held on the second Wednesday of each month from 6:00-8:00 PM. Meetings are held at the Seventh-Day Adventist Church in Bad Axe, Michigan. Offers speakers, group help, as well as individual help.

Group Leader: Lynne Gucwa - 517-269-8697, address: Lynne Gucwa, 2890 S. Thomas Road, Bad Axe, MI 48413. Group Co-Leader: Marilyn Luedke-517-269-9396, Group Alternate: Carol Campbell – 517-269-6575. All welcome, including caregivers.

**Cadillac:** The Cadillac Area CFIDS and Fibromyalgia Support Group meets at Mercy Hospital McAuley Center in Cadillac, from 7-9 PM, the 2<sup>nd</sup> Thursday of the month. Contacts: Evert Hancock – 231-775-1950, e-mail – [hancock@netonecom.net](mailto:hancock@netonecom.net); Lois Ellens – 231-825-8243; Maxalee Anderson – 231-768-4692.

**Calhoun County:** For information on meetings in Kalamazoo, Paw Paw, Three Rivers, Battle Creek and Marcellus, call Margaret Crummel at 616-949-9938 during the day, or e-mail [info.mi@arthritis.org](mailto:info.mi@arthritis.org).

**Charlotte:** Fibromyalgia Support Group meets in the Charlotte Public Library 12-2 PM the 3<sup>rd</sup> Saturday of the month. The Charlotte Public Library is located at 226 S. Bostwick. Call Brenda Schofield at 517-543-1050, ext. 251 during the day for more information.

**Davison:** Those interested in a support group getting started in the Davison, Michigan area, contact Carol at 810-653-1879.

**East Lansing:** Arthritis and Fibromyalgia Support Group, Central Michigan Region, 2900 Hannah Blvd., B105, East Lansing, MI 48823. Phone: 517-336-4598, Fax: 517-324-9874. Fibromyalgia Support Group meets the 1<sup>st</sup> Tuesday of each month 7:00-8:30 PM.

**Farmington:** H.O.P.E. – Helping Our Pain and Exhaustion, Inc. is a non-profit organization whose mission is to enhance knowledge and awareness of Fibromyalgia and Chronic Fatigue Syndrome. Monthly lectures are held at the Farmington Public Library, 32737 W. 12 Mile Road, in Farmington Hills. Presentations start at 6:30 PM. **(Fee charged for lectures.)** For information, see their web site: [www.hffcf.org](http://www.hffcf.org).

**Fenton:** A Fenton area Fibromyalgia Support Group meets at 13589 S. Horrell Street on the third Wednesday of every month. Call 810-714-0366 for more information.

**Garden City:** The Garden City Fibromyalgia/CFS support group meets at 1:00 PM, the 1<sup>st</sup> Thursday of the month at the Merriman Road Baptist Church at 2055 Merriman Road, Garden City. The group tries to stay very positive, and offers support through friendships. Donations are collected at meetings to help cover costs of some of our expenses, such as pamphlets, copies, refreshments, mailings and a free, no-charge lending library. Whatever amount you can give will be appreciated. Contact Tina Wing: 734-495-0226.

**Grand Haven:** The FMS/CFIDS Support Group meets the 1<sup>st</sup> Tuesday of every month at 7:00 PM at St. John's Lutheran Church, located at 527 Taylor Avenue, Grand Haven, MI 49417. Call Carla for directions at 616-844-4427.

**Grandville:** The Ivanrest Fibromyalgia Support Group meets at the Ivanrest Christian Reformed Church at 3777 Ivanrest SW on the 1<sup>st</sup> Thursday of the month at 7:00pm. This group welcomes all fibromyalgia members, their families, and friends. Casual, supportive. No children under 13, please. Contact Gordon or Judy Ellens at (616)-534-3114 during the day, or (616)-534-5913 in the evening for more information.

**Greater Western Michigan:** The Greater Western Michigan Fibromyalgia/Chronic Illness Support Group meets at Spring Lake Wesleyan Church in Room 115, Downstairs. They meet the 3<sup>rd</sup> Monday of the month from 12:30-2:00 PM. Serving the Grand Haven, Holland, Spring Lake, Muskegon and Grand Rapids area. Call Carla Stevens at 616-844-4427 for more information.

**Hillsdale:** HCHC Fibromyalgia Support Group meets at the Reading Emergency Unit Training Center on 30 Monroe Street in Hillsdale on the 4<sup>th</sup> Tuesday of the month from 6-7pm. The group's mission is to offer support, not only for those with fibromyalgia, but also to their loved ones. It is our attempt to help find understanding, knowledge and support of this painful disease and the effects of this illness. Contact Marcia Monahan at (517)437-5289 for more information. Best time to contact: 8:30am-2:30pm.

**Ionia County/Saranac:** The FMS/MPS Chronic Pain Support Group of Ionia County – contact Carrie Thomas at [cthomas@remc8.k12.mi.us](mailto:cthomas@remc8.k12.mi.us) or [painhelp@iserv.net](mailto:painhelp@iserv.net). This group is for those who need support for Fibromyalgia &/or Myofascial Pain Syndromes, Muscular Pain, or Chronic Pain of some form. Meetings are the 2<sup>nd</sup> Tuesday of each month, 6:30-8:00 PM. Bring whatever supportive devices needed to remain comfortable. Meetings held at the Saranac High School, 150 S. Pleasant Street, Board of Education Room, Saranac, MI 488881. Saranac is located in Ionia County, just minutes off I-96 about ½ way in between Lansing and Grand Rapids. Surrounding area communities include: Lowell, Ionia, Belding, Greenville, Clarksville, Palo, Portland, and Lake Odessa. Mail may be sent to: FMS/MPS Chronic Pain Support Group, P.O. Box 255 Saranac, MI 48881.

**Iron Mountain:** Arthritis support group for people with arthritis and related disorders. Meets at Dickinson Memorial Hospital at 1717 S. Stephenson Ave. at 1:00 PM on the 2<sup>nd</sup> Tuesday of the month. There are only meetings in March, May, Sept, and November. For information, call Renee Lindow at 906-779-1559.

**Jackson:** The H.E.L.P. Fibromyalgia Support Group meets at Passages, 3305 Spring Arbor Road, #400, Jackson, from 1-2:30 PM and 6-7:30 PM the 3<sup>rd</sup> Wednesday of the month. Contact Sue Stevens at 517-414-6310; e-mail: [hsupportg@aol.com](mailto:hsupportg@aol.com).

**Kentwood:** The FM/CFS support group is not yet meeting, but will start up soon. For more information, please contact Janet Wildeboer at 616-281-3088. Snail mail: 5385 Effingham SE Kentwood, MI 49508

**Lansing:** The Southside Fibromyalgia Support and Education Group meets at the South Church of the Nazarene, located at 401 Holmes Road, in the conference room. Meetings take place from 7-8 PM, the 1<sup>st</sup> Tuesday of the month. Call Kendra Monroe or staff at 517-336-4598 during the day for further information.

**Livonia:** The Livonia CFS/Fibromyalgia Group meets on the 2<sup>nd</sup> Wednesday of the month from 6:45pm – 9:00pm at the Livonia Civic Center Library located at 32777 Five Mile Road, Livonia, MI 48154. The group provides support through educational meetings – friendly and uplifting while providing emotional strength.

Website: <http://www.geocities.com/Livoniacfsfms>

E-mail: [Livoniacfsfms@yahoo.com](mailto:Livoniacfsfms@yahoo.com)

Call Peggy Bowers at 248-346-3164 for further information.

**Midland and Tri-Cities Area:** The Midland Fibromyalgia Support Group meets on the 2<sup>nd</sup> Wednesday of the month (except for August and December) and alternates between 1: 00 and 7:00 PM to allow all to come when they can. Meetings are held at the Trinity Lutheran Church, 3701 Jefferson, Midland. The group promotes a positive, compassionate approach to support each member. Guidance in self-help and personal care management is encouraged. Co-Leaders to contact: Betty Wallway at 989-835-5992, Jan at 989-935-8197 or Joanne at 989-832-3276.

**Monroe:** The Monroe Significant Other, Spouse, Family/Friends of Persons with Chronic Pain & Illness group meets on the 2<sup>nd</sup> Monday of each month at 7pm. The meeting place is the First Baptist Church at 1602 North Custer Road, and the church phone number is: 734-242-1272. This group is a community outreach group which discusses issues related to being a spouse, significant other, family member or friend of persons with chronic pain or illness. The contact person is Joyce Amazeen, and her phone number is: 734-289-4549 (best time to contact early morning or evening).

**Muskegon:** Shoreline CFIDS, Fibromyalgia and Chronic Pain Chapter meets at Muskegon General Hospital at 3:30 PM, 3<sup>rd</sup> Thursday of the month, no meetings in December or January. Call Bob Dixon at 231-798-4433 for further information.

**Oscoda:** The Lake Huron Fibromyalgia Support Group meets at 8205 Florida, Unit C on the 1<sup>st</sup> Monday of each month at 6:30pm (there is an ad listed in the Oscoda paper). Contact Bev Demners at (989)739-8075 during the day to get more information.

**Owosso:** The Fibromyalgia Support & Education Group meets the 1<sup>st</sup> Wednesday of each month from 6:30-8:30pm. The meeting place is the Memorial Health Care Center (first floor north conference room) at 826 West King Street in Owosso. The main focus is fibromyalgia. Group shares what works. Educational speakers on occasion. North conference room located by Elevator C. King St. runs E/W crossing M-52. Follow hospital signs. For more information please call Lil Toomey at (989)-723-6970. The best time to contact is in the evenings.

**Paw Paw:** The Fibromyalgia Support Group meets on the 3<sup>rd</sup> Tuesday of each month at 5pm. They meet at the Lakeview Community Hospital at the Rehabilitation Department, 505 Hazen Street. The meetings are held in the basement, classroom #1, 2 or 3. The meeting schedule is posted on the outside next to the classroom door. Meetings are informal. They occasionally have speakers on related topics. For more information, contact Erik Matheny at (269)-657-1390 during the day.

**Prudenville:** The Prudenville Fibromyalgia Support Group is for people with Fibromyalgia; family and friends. For information call Helen Bonner at 989-539-6682 or e-mail Helen at [hbonner@ejourney.com](mailto:hbonner@ejourney.com). The best time to call is from 9am-5pm. Group meets at Mercy Community Health Center at 2585 West Houghton Lake Dr. in Prudenville, from 7-9 PM the 2<sup>nd</sup> Tuesday of the month.

**Rochester Hills:** Fibromyalgia Support Group meets at Barclay Physical Therapy, Midway Office Building, 555 Barclay Circle, Suite 110 in Rochester Hills. Meetings are at 7 PM the 2<sup>nd</sup> Tuesday of the month. No January, February or March meetings. Call Joanne at 248-651-0612 during the day for further information.

**St. Clair Shores/East Side:** The East Side Fibromyalgia Support Group meets in Grosse Pointe Park, MI on the 3<sup>rd</sup> Saturday of each month at 11:00 AM. Meetings are held at 15112 Kercheval. The group is led by Shirley Newbold, MSW, CSW, a clinical social worker and fellow sufferer of FMS. For more information call Shirley at 313-920-5383 or e-mail at [newbolds@comcast.net](mailto:newbolds@comcast.net).

**Standish:** The Arenac County Fibromyalgia Self-Help/Mutual Support Group meets at Standish Community Hospital. Call Pauline Ledford at 989-654-2233 during the day for more information.

**Tecumseh:** The FMS/CFIDS/Arthritis & Fibromyalgia Support Group meets at the Carter Rehabilitation Center at 109 Herrick Park Drive, Tecumseh, MI 49286. They meet the last Monday of the month from 5:30-6:30 PM. The group is a quarterly educational group, and they focus on the support aspect through group interaction. Call Sally or Amy at 517-423-7722 during the day, 517-467-9038 in the evening. The best time to contact is 8am-5pm MWF.

**Temperance:** The Bedford Fibrobuddies meet at Ivor J. Lindsay Housing, 8745 Lewis Avenue, Temperance, MI 48182. Contact Jeannie Poorman at 734-847-8938 for meeting information.

**West Bloomfield:** Westside Beaumont Fibromyalgia Education Support Group meets at Beaumont West Medical Center at 6900 Orchard Lake Road, Downstairs in Classroom B in West Bloomfield, 10:30-12:30 the 1<sup>st</sup> Tuesday of the month. Call Joan Ballantyne at 248-344-2219 or e-mail [jsbwings@att.net](mailto:jsbwings@att.net) for more information.

**Warren:** The Fibromyalgia Support Group at St. John Macomb Hospital is led by Sharon Waldrop – 248-235-1221. The group meets from 7:00-9:00 PM on the second Monday of each month (call for info on January and May dates) at the Physical Rehab Services Building at St. John Macomb Hospital at 12000 East 12 Mile Road in Warren, MI. The group provides education and support to persons with Fibromyalgia and their families, and is very positive. The FIRST meeting is FREE, thereafter, an ANNUAL MEMBERSHIP FEE of \$12 is charged to offset resource expenses.

**Wayne:** The Southeast Michigan FMS/CFS Support and Recovery Group:

The focus of this recovery group is to enable each member to take control of their own recovery by following Dr. St. Amand's Guaifenesin Protocol. The meetings are an open format for group participation, with a "topic of the day" for discussion. Feel free to bring friends or family members who would like to understand the guai protocol and how others are coping with the illness. Our meetings will be held on the third Sunday of each month, from 2 to 4 in the afternoon. New members should plan to arrive at 1:30. We will have a mapper trained by Claudia Marek available to map you during the meetings, for a fee of \$30, by appointment only. All are welcome! For more information contact Linda Meier at (734) 722-6220, or send inquiries via email to [RecoverOnGuai@aol.com](mailto:RecoverOnGuai@aol.com)

**Ypsilanti:** The Fibromyalgia Education & Support Group meets the 2<sup>nd</sup> Monday of each month from 11-1pm. The meeting place is St. Joseph Mercy Hospital at the Sr. Health Building, 5361 McAuley Drive. People with fibromyalgia and family/friends are welcome. Group mixes education, support, and fun in all its meetings. For more information, please contact Jane Philo-Bisaccia at (734)-434-8743 during the day.