

# Support Groups and Grief Resources

## Abbie Shelter

- <https://www.abbieshelter.org/>
- Phone: [\(406\) 752-7273](tel:4067527273) | Flathead County
- Helpline, counseling and court services for all survivors of domestic and sexual violence.

## Alzheimer's/Dementia Support Groups

### Immanuel Living Dementia Caregiver Support Group

- <https://www.ilcorp.org/alzheimers-caregiver-support-group/>
- Phone: [\(406\) 858-0653](tel:4068580653) | Email: [hbrown@ilcorp.org](mailto:hbrown@ilcorp.org) | The Terraces – 40 Claremont Street, Kalispell MT
- Support for family members who care for someone experiencing Alzheimer's /Dementia.

### The Springs Dementia Caregiver Support Group

- Phone: [\(406\) 826-8253](tel:4068268253) | 1001 River Lakes Parkway, Whitefish MT
- Meets the third Thursday of the month from 6 to 7 p.m. Call to register in advance.
- Support for family members who care for someone experiencing dementia.

## MS Support Group

- Phone: [\(406\) 858-0653](tel:4068580653) | Email: [hbrown@ilcorp.org](mailto:hbrown@ilcorp.org) | Immanuel Living Terraces – 40 Claremont St, Kalispell MT
- Meets the second Saturday of each month at 2 p.m.

## Cancer Support Montana

- <https://cancersupportmontana.org>
- Phone: [\(406\) 582-1600](tel:4065821600) | 102 S. 11th Ave., Bozeman MT
- Providing support, education and hope for youth and adults touched by cancer.

## Parkinson's Support Groups

### Flathead Valley Parkinson's Support Group

- <http://flatheadvalleyparkinsons.com>
- Email: [flatheadvalleyparkinsons@gmail.com](mailto:flatheadvalleyparkinsons@gmail.com)
- Supporting people with Parkinson's Disease.

### Immanuel Living Parkinson's Caregiver Support Group

- Phone: [\(406\) 858-0653](tel:4068580653) | email: [hbrown@ilcorp.org](mailto:hbrown@ilcorp.org) | The Terraces – 40 Claremont Street, Kalispell MT
- Meets the fourth Wednesday of every month at 1:30 p.m.
- Support group for caregivers of individuals experiencing Parkinson's.

### NAMI Flathead - Gateway Community Center

- <https://namimt.org/nami-montana-affiliates/#namiflathead>
- Phone: [\(406\) 854-2323](tel:4068542323) | [\(406\) 250-3795](tel:4062503795) | 1203 Hwy 2 West, Kalispell MT

### Grief Support Group

- Phone: [\(406\) 752-9624](tel:4067529624) ext. 1112 | Email: [ajensen@ilcorp.org](mailto:ajensen@ilcorp.org) – Pastor Al Jensen | Immanuel Living Terraces – 40 Claremont Street, Kalispell MT
- Eight-week grief support sessions for healing after the loss of a loved one.

### Tamarack Grief Resource Center

- <https://www.tamarackgrc.org>
- Missoula Office – 405 South 1st Street West - Ph. 406-541-8472
- Kalispell Office - 17 Second Street East #203 - Ph. 406-261-0724/406-998-6383
- Browning Office - Ph. 406-239-8472
- Tamarack Grief Resource Center provides counseling, support groups and camps for youth, teens, adults, couples, and families. Treatment to stabilize, strengthen, and support individuals and families living with a wide variety of challenges, including bereavement, family or relational distress, work changes, suicide support, mental health challenges, and more. Offer counseling for individuals across Montana using telehealth counseling and in-person counseling at Kalispell, Missoula and Browning offices.

### Good Grief Groups and Camps

- [www.goodgriefcamp.org](http://www.goodgriefcamp.org)
- Phone: [\(406\) 755-6760](tel:4067556760) | Email: [goodgriefcamp@gmail.com](mailto:goodgriefcamp@gmail.com) | PO Box 7896, Kalispell MT

- Contact Jo Ann Graves-Gill, LCPC

### **TBI Support**

- <https://www.brainandspinalcord.org/support-groups-brain-injury-montana>
- Phone: [\(406\) 756-4725](tel:4067564725) | Logan Health Medical Fitness Center – 205 Sunnyview Lane, Kalispell MT
- Contact Sue Crawford

### **Montana Tobacco Quit Line**

- <http://www.quitnowmontana.com/>
- Phone: [1 \(800\) 784-8669](tel:18007848669)

### **My Life My Quit**

- <http://www.mylifemyquit.com/>
- Phone: [1 \(855\) 891-9989](tel:18558919989) | Text 36072