



Support Groups and Grief Support

Domestic Violence Support Groups

Abbie Shelter

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

The Refuge Ministries

- Faith based support group for women who would like to find healing from either current or past domestic abuse. Offers Refuge Kids for support for children of women participating. Meets weekly.

Locations:

- Kalispell, Montana | Phone: (406) 890-2168
- Hot Springs, Montana | Phone: (406) 741-2451 | Email: ljmnhunter@hotmail.com

Alzheimer's/Dementia Support Groups

Immanuel Living Dementia Caregiver Support Group

- <https://www.ilcorp.org/alzheimers-caregiver-support-group/>
- Phone: (406) 858-0653 | Email: 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 | 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 | Immanuel Living Terraces, 40 Claremont St, Kalispell MT
- Email: hbrown@ilcorp.org
- Meets the second Saturday of each month at 2 p.m.

Cancer Support Montana

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



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Parkinson's Support Groups

Flathead Valley Parkinson's Support Group

- <http://flatheadvalleyparkinsons.com>
- Email: flatheadvalleyparkinsons@gmail.com
- Supporting people with Parkinson's Disease.

Immanuel Living Parkinson's Caregiver Support Group

- Phone: (406) 858-0653 | The Terraces – 40 Claremont Street, Kalispell MT
- Email: hbrown@ilcorp.org
- 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 | (406) 250-3795 | 1203 Hwy 2 West, Kalispell MT

Grief Support Group

- Phone: (406) 752-9624 ext. 1112 | Immanuel Living Terraces – 40 Claremont Street, Kalispell MT
- Email: ajensen@ilcorp.org – Pastor Al Jensen
- 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.

TBI Support - Coffee with Survivors

- Phone: (406) 871-2942 | Gateway Community Center – 1203 Hwy 2 West in Kalispell
- Email: coffeewithsurvivors@gmail.com
- Meets every Saturday at 10 a.m.
- Support group for individuals with traumatic brain injury and their families/caregivers.



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Good Grief Groups and Camps

- <http://www.goodgriefcamp.org/>
- Phone: (406) 755-6760 | Email: goodgriefcamp@gmail.com | PO Box 7896, Kalispell MT
- Contact Jo Ann Graves-Gill, LCPC

Montana Tobacco Quit Line

- <http://www.quitnowmontana.com/>
- Phone: 1 (800) 784-8669

My Life My Quit

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

LGBTQ Support Groups

Community Care Collective

- www.glacierqueeralliance.org/cccommunity-care-collective
- Email: CommunityCareCollective406@gmail.com
- Provides vouchers to LGBTQ individuals for mental and physical wellness care.

Glacier Queer Alliance

- www.glacierqueeralliance.org
- Gateway Community Center, 1203 Highway 2 West, Suite 33, Kalispell, MT
- Email: info@glacierqueeralliance.org
- Provides education, support meetings and socialization activities for LGBTQ individuals.

Volunteers of America Northern Rockies

- <https://www.voanr.org/>
- Phone: (406) 314-4150 | 431 1st Avenue West, Kalispell, MT 59901
- Supportive Services for Veteran Families (SSVF): <https://www.va.gov/homeless/ssvf/supportive-services/>
- Staff Sergeant Parker Gordon Fox Suicide Prevention Grant & Moral Injury: <https://www.voanr.org/services/moral-injury>

Brain Injury Alliance of Montana

- <https://biamt.org/>
- Phone: (406) 541-6442 | Helpline: (800) 241-6442 | PO Box 16503, Missoula, MT 59808
- Email: info@biamt.org
- Information, resources and services for individuals with brain injury and their families/caregivers



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Postpartum Resource Group

- <https://www.postpartumresourcegroup.org/contact-us>
- Free monthly peer support groups for mothers who are experiencing postpartum mood disorders, including depression, anxiety and OCD and for mothers who are or have experienced loss, trauma or hardship from pregnancy into the postpartum period.
- Ph. 406-282-1160
- Email. thenetwork@postpartumresourcegroup.org
- Free monthly peer support groups for mothers who are experiencing postpartum mood disorders, including depression, anxiety and OCD and for mothers who are or have experienced loss, trauma or hardship from pregnancy into the postpartum period.
- The Circle – Postpartum peer support groups offered in Kalispell, Bigfork, Whitefish and Great Falls.
- Perinatal Loss and Grief peer support group meets monthly in Kalispell.
- Medical Mamas peer support group geared towards Moms of medically complex kids meet monthly in Kalispell.
- The Network – an integrated mental health network of vetted and independently licensed providers who will provide timely and high-quality support. Includes a dedicated social worker, psychiatric nurse practitioners and mental health counselors.
- Mother In Need Fund – offers a small one-time scholarship to reduce some financial burden for things like counseling, self-care, groceries and baby supplies. Online application available.