

# Ongoing Support Groups for Separated & Divorced

Check out one of the many support groups we have available to you in the Diocese. Below is a list of times, dates and contact information to get you started. No matter where you are in the journey you will find strength, hope, courage and unconditional acceptance in a safe environment where you can share your story without judgment.

## FIND HOPE AND HEALING IN OUR SUPPORT GROUP COMMUNITY

*(Times subject to change – We suggest you confirm with contact person listed.)*

### SYRACUSE AREA SUPPORT GROUPS:

#### *Branch Out and Grow*

Bishop Ludden High School, Room 121  
815 Fay Rd., Syracuse, NY  
1st and 3rd Wednesdays of the month, 7 - 8:30 p.m.  
For information call Patty at 315-720-7008.

#### *Safe Harbor Surviving Divorce*

Immaculate Conception, Fayetteville, NY  
Every other Thursday, 7 - 8:30 p.m.  
For information call Patty at 315-761-9504.

### HIGHER GROUND SUPPORT GROUP

Higher Ground is a group designed to create a caring, compassionate and supportive environment for men and women who have experienced divorce or separation and seek healing.

### GREATER BINGHAMTON AREA:

#### *Our Lady of Good Counsel, Endicott, NY*

2nd and 4th Monday of the month, 7 - 8:30 p.m.  
For information call Angela at 607-239-8248 or  
Joe at 607-748-9205.

### OTHER RESOURCES

If you prefer to talk one-on-one:

- Binghamton Area: Kathy Colligan 607-748-4743
- Syracuse Area: Dean Brainard at 315-472-6754

### UTICA/ROME SUPPORT GROUP:

#### *Good News Foundation*

10475 Cosby Manor Rd., Utica, NY  
Sundays, 5 - 6:30 p.m.  
For information call Judy at 315-735-6210.

#### STEP-PARENT ISSUES

Call Dean at 315-472-6754.

#### CATHOLIC DIVORCED MINISTRY

[www.nacsd.org](http://www.nacsd.org) for resources  
and conference information.



## Family/Respect Life Office

240 E. Onondaga Street, Syracuse, NY 13202-2608 • 315-472-6754

