

Support - Peer/Groups

Alcoholics Anonymous

(O) = open group; (C)=closed group
Meetings are held every day of the week.
Closed and open meetings are offered.
For a current list of groups scan the QR code
or call 605-886-9070 for more information.



AL-ANON

humanserviceagency.org//aameetings or
605-886-0123

Lutheran Church of Our Redeemer

2001 2nd St. NW
Mon. 6:45pm (A)
Thurs. 5:15pm (Book Study)(A)

Gilbert House

1021 Gilbert Ave. NE
Tues. 10:00am (A)

Baby Café

Prairie Lakes Hospital
401 9th Avenue NW
605-882-7000

The Prairie Lakes Baby Café meets every Tuesday from 10 a.m. to 1 p.m. in the waiting area of the Labor and Delivery department. The Baby Café is a welcoming and informal space for expecting and new moms to connect and receive free breastfeeding support. Enjoy complimentary snacks and beverages while receiving guidance from certified lactation counselors.

Breast Cancer Support Group

Contact: Colita Remmers
605-881-9485
Email: colita.remmers@gmail.com
A group that provides emotional and financial support.

Cancer Support Group

Prairie Lakes Cancer Center
401 9th Ave NW
605-882-6800

This support group is open to those living with cancer, those who have survived, and caregivers. We have speaker presentations, opportunities to meet others in similar situations, and cancer education and insight. Please call or visit prairielakes.com for more information and meeting dates/times.

Cancer Support Group Online

Holden Counseling, LLC

605-880-9251
sdcancersupport.com
We believe support groups are a very critical component to the healing process. Meet the second and fourth Mondays of the month from 4:30-6:30pm CST. Space is limited. Visit the website or call for more information.

Celebrate Recovery

Email: info@midwestministries.org

A Christ-centered program that provides care and support to those struggling with hurts, habits, and hang-ups. On Tuesdays at Midwest Bible Camp, there will be a potluck at 6pm, big group worship at 6:30, men's & women's small groups at 7:30pm. Bring your family, bring a friend, bring yourself...Celebrate Recovery is for everyone!

Codependency

humanserviceagency.org//aameetings or call 605-886-0123
Encounter Group at 5:30PM on Monday (open); Holy Name Parish Center, 435 10th Ave NW
Boundaries CoDa at 6:45PM on Wednesday (open); Ledgers, 9 S Broadway

Divorce Care

1350 11th St NE (Cornerstone Church)
cornerstonewtn.com/group
Mentoring is Available.
Don't go through separation or divorce alone. You can go to their website to sign up for this group.

Divine Providence of South Dakota

605-880-6201
divineprovidencesd.com
divineprovidence@gmail.com
Facebook: Divine Providence of South Dakota
Leads people, especially those wounded by child sexual abuse and sexual assault into a thriving relationship with Jesus Christ and strengthens local churches in Northeast South Dakota through four ministries: Hope, Healing and Prints; Hope In God - for adult survivors of child sexual abuse and sexual assault; Pulpit Supply & Providence Solutions-Provide SWOT Analysis and Strategic Planning.

Face It Together

855-539-9375
wefaceittogether.org
Free, effective support from people who've been there. For families impacted by addiction.

Financial Peace

1350 11th St NE (Cornerstone Church)
cornerstonewtn.com/group to sign up.
Mentoring is Available.
A simple yet effective framework for managing personal finances.

Gamblers Anonymous

Meetings are on Mondays at 6:00pm at the Human Service Agency, 123 19th St NE in the West group room.

GriefShare

Contact: Mark Tracy
605-777-720 (text "grief")
GriefShare is a grief support group that meets weekly for 13 weeks to help and provide encouragement after the death of a spouse, child, family member or friend. GriefShare meets seasonally on Thursday evenings from 6-8pm at Cornerstone Church. You are welcome to begin attending the group at any

point. Each session is self-contained so you do not have to attend in sequence. There is no cost. Workbooks are available for \$15.

3 Harbors

1350 11th St NE (Cornerstone Church)
cornerstonewtn.com/group

This Christian community meets weekly to help those struggling with chronic pain and illness. You can go to their website to sign up for this group.

IBS Support Group

605-880-5213

This support group works to educate those who are living with Irritable Bowel Syndrome (IBS) and to increase awareness of the disorder. The group will meet in the west conference room of Prairie Lakes Hospital. Attendance is free. There is no advance registration. Everyone is welcome. Please call with questions and meeting times and dates.

Mama's Matter Group

Watertown Regional Library
160 6th St. NE

Are you a new or expecting mother? Join us for a weekly conversation in the Library Community Room about navigating motherhood in a safe and confidential space. Each month, we will also welcome guest speakers from the community. Space is limited. Registration is required. Register on the Watertown Regional Library Website: watertownsd.us/189/Programs-and-Events

Narcotic Anonymous

www.humanserviceagency.org//aameetings or 605-886-0123
Mon. 7pm Salvation Army 621 4th St SE
Wed. 8pm Salvation Army

NAMI Watertown Connection & Family Support Group

605-886-7799 or 605-595-6415
Email: dnkranz4@gmail.com
namisouthdakota.org

Support and educational meetings are held on the first Monday of each month. Meetings begin at 7:00pm at Immaculate Conception Parish Hall, 309 2nd Ave SE.

Parent(s) Grief Support Group

1350 11th St NE (Cornerstone Church)
cornerstonewtn.com/group

Support for those who have lost a child. You can go to their website to sign up for this group.

Post Overdose Response Team (PORT)

A program designed to follow up with individuals who have recently experienced an overdose. We connect survivors with Peer Support Specialists within 48 hours of an overdose event, ensuring swift assistance during a critical period. PORTs is here to ensure that individuals and their loved ones receive the support they need, helping them navigate a path toward recovery. PORT is a free and confidential program within Codington County. To refer yourself or a loved one, you can call or text 605.215.0654 or visit us online at www.emilyshope.charity/port.

Prairie Lakes Grief Support Group

401 9th Ave NW
605-882-7714

Prairie Lakes offers a grief support group, where those who have experienced the death of a loved one, can find comfort, support, and hope. Learn about the process of grief, meet others who are dealing with losses, and share stories of your loved one. The meetings are open to the community and free of charge. Learn more & register at prairielakes.com.

Prairie Lakes Healthcare System Support Groups & Education

Prairie Lakes Healthcare System
401 9th Ave NW
605-882-7000

Support groups offer information to help cope with a chronic disease or life event. But a big benefit of support groups is meeting people in a similar situation. Go to prairielakes.com for various groups including Grief support, Expecting Parent classes, Memorial Butterfly Release, free classes, events and more.

Samson Society

1350 11th St NE (Cornerstone Church)
cornerstonewtn.com/group

A community for men who are realizing their need for honest conversation, community, and support. You can go to their website to sign up for this group.

Watertown Memory Care Support Group (formerly the Alzheimer's Support Group)

Contact: Connie Lake
Email: cl.memory.group@gmail.com

Meets at the Watertown Event Center the first Wednesday of each month at 7:00pm. Please enter through the Event Center doors.

Women's Domestic Violence Support Group

605-886-4304
beaconcentersd.com

This is a safe place where your voice will be heard, your story will be respected, and healing can begin. Meetings are every Wednesday 6:30 – 7:30pm at the Beacon Center - 801 Jenson Ave.

Wounded Hearts

1350 11th St NE (Cornerstone United Methodist Church)
Contact: Susan Buhler
605-520-6743

cornerstonewat.churchcenter.com/groups This class offers hope and guidance in the midst of confusion to adult victims of childhood sexual abuse. This is an intensely personal and specific look at this most 'soul deadening' form of abuse.