



The Self-Helper

News and Notes from the Self-Help Center

Summer 2013



Family Service Self-Help Center 25th Anniversary!

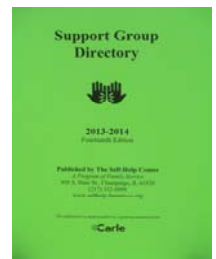
The Self-Help Center grew out of the Natural Support Network Project, started over 25 years ago by Gary Laumann and funded by the Champaign County Mental Health Board. It was such a success, that all the partners worked together to develop a permanent center to assist support groups in central Illinois. In July of 1988, Family Service of Champaign County assumed responsibility for the new Self-Help Center. Since that first year, we have compiled a database of local groups and provided them with publicity by publishing the Support Group Directory. In 1994, Self-Help Center Advisory Committee member, Mark Zinzow, developed the first website for self-help clearinghouses in the country. We've come a long way

since those early days of "dialing up" the Internet and now have our support-group database online for easy access by anyone looking for support through a local group.

Self-help groups can be a great source of support during voluntary and involuntary times of transition and change in our lives. They provide a place for people to connect, share experiences and feel understood as well as gain more expanded awareness and new insights. Visit our website, call, e-mail or stop by the Self-Help Center to access local support group information and other self-help resources.

2013 Directory Now Available!

We've added over 20 new groups to our latest **Support Group Directory** and updated over 200 local group listings. The 14th edition of the Support Group Directory is available at no charge* if you pick up copies at Family Service, 405 S. State St., Champaign during office hours M-F, 8:30 a.m. to 5:00 p.m. Mailed copies cost \$3.00 pre-paid to Family Service Self-Help Center with a notation stating quantity of support group directories ordered. An online version is also available at www.selfhelp.famservcc.org. *Suggested donation of \$5 per copy after the first copy.



Updated specialized lists of groups by topic are also available. Lists include the following group categories: Addiction and Dependency; Sexual Orientation; Parenting and Family; Mental Health; Disabilities; Physical and Emotional Abuse; Health; Caregivers; Teens, Students and Youth; Bereavement / Grief. Copies are available at the Self-Help Center or on our website at www.selfhelp.famservcc.org. These lists are available at the Self-Help Center, printed on colored paper. They're great for posting on bulletin boards or for resource display racks!

New Book now in our Lending Library

The SHC Lending Library is a great resource for group leaders and self-helpers. We have over 100 titles with books ranging from topics such as communication and group facilitation to dealing with chronic illness, grief and life transitions. Feel free to stop by and browse our collection.

We have just added Jennifer Smith's new book, [What You Might Not Know: My Life as a Stage IV Cancer Patient](#), to our lending library. Jennifer was the keynote speaker at our January, 2013 Self-Help Conference, and shared her inspiring story and passion for living with attendees. In this, her second book, Jen shares what it's like to live day-to-day with a terminal diagnosis. You can connect with Jen Smith and find resource information on her website: www.livinglegendary.org. The Young Survivors Support Group can be found on Facebook at: www.facebook.com/YSCChampaignUrbana.

The Young Survival Coalition Support Group, co-founded by Jen, meets on the last Tuesday of the month at 7:00 p.m., at Jupiter's at the Crossing, 2511 Village Green Pl., Champaign. The group provides support to premenopausal

women with breast cancer and their families, and is affiliated with an international organization that focuses on the issues unique to young women with breast cancer. Spouses, partners, and children are welcome to attend to discuss issues that members face and to socialize.



Group Updates

Looking for a Particular Group? / Willing to Start a Group?

The Self-Help Center often gets calls from individuals looking for groups on particular topics or willing to start a group if there is enough interest in a topic.

Below is a list of recent areas of interest. If you would like to be added to a “group in-formation” list or to a list of “leaders willing to start a group”, please call the Self-Help Center at (217) 352-0099. We will keep your information on file and can assist with getting a group started if there is sufficient interest. Group information is for Champaign County unless otherwise noted.

Looking for groups for:

Chronic pain
Parents involved in custody battles
Acid reflux
Celiac Disease

Groups currently in - formation

Veterans
Parkinson's
Breast Cancer (Vermilion County)
Cancer Prayer and Support (Vermilion County)



New Staff at the Self-Help Center

Mary Anne Wilson, Self-Help Center Coordinator, has been with the Self-Help Center since January 29, 2013. Mary Anne has a long history with the Self-Help Center and is excited to be back at Family Service after leaving in 2002 to work at United Way and then Community Elements. You can contact Mary Anne by phone at (217) 352-0099 or Email: mawilson@familyservicecc.org.

We'll be sending out newsletters monthly, so let us know if you have ideas for future articles or news you'd like to share about your group. Feel free to contact the Center by e-mail, phone or in person. Your questions, information requests, suggestions and feedback are welcome!

Self-HelpCenter, 405 S. State St., Champaign, IL 61820 Phone: (217) 352-0099
Website: <http://selfhelp.famservcc.org>

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We're on Facebook! <https://www.facebook.com/selfhelpcenter?ref=hl>

