

# ACMC Support Groups

## Mom2Mom

Meets 3rd Thursday of each month

Call 440-997-6655 or 997-7515

Dedicated for mothers to connect with other, new, expectant, and experienced breastfeeding moms and to share experiences.

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## Stroke Support Group

Meets quarterly, 4th Thursday, 2-3 p.m.

Call 440-997-6710

Dedicated to education and support for those who have suffered a stroke. Family members and Caregivers welcome.

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## Better Breathers Group

Meets 1st Wednesday, Feb/Apr/Jun/Aug/Oct/Dec.

Call 440-997-6425

Dedicated to education/support for those with asthma, COPD & other breathing disorders.

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## Autism Support Group

Meets monthly

Call 440-997-6680

Help for caregivers with children on the autism spectrum. Share, discuss, learn.

## Classes by request

### Be Health Wise

A group dedicated to education about healthy living with diabetes or pre-diabetes.

Call 440-994-7596.

### Freedom from Smoking

A group dedicated to smoking cessation. Meets for individual and group sessions.

Call 440-998-3488.

**Ashtabula County  
Medical Center**  
ACMC Healthcare System

An affiliate of

 **Cleveland Clinic**