

Disability Network Southwest Michigan Peer Support Groups



Autistic Adult Peer Support Group

Meets on alternating Tuesdays & Thursdays

This group meets online and provides an opportunity for Autistic adults to enjoy authentic social interactions in a safe and non-judgmental space. All Autistic adults are welcome to attend. Visit our website or contact the facilitator for meeting details and Zoom links.

Max Hornick: (269) 345-1516 ext.126 or hornickm@dnswm.org



Brain Injury Survivors Group

Meets every Thursday, 1:30 – 3:30 PM

Adults with a brain injury are welcome to attend this Brain Injury Survivors Group. This group is a chapter of the Brain Injury Association of Michigan and is a very active group that meets weekly to discuss a variety of topics, host speakers and attend outings. This group meets in person in the Community Building at our Kalamazoo office and also offers a virtual participation option.

Anne Kooy: (269) 345-1516 ext.109 or kooya@dnswm.org



Chronic Pain Support Group

Meets every Wednesday, 2:00 – 3:00 PM

This group is open to individuals who experience life with chronic pain. This solution-focused group provides a safe space to connect, learn, and improve self-esteem. You will have the opportunity to talk about struggles, share tips and learn how to better manage your pain and energy. This group meets virtually at this time. Contact the facilitator for meeting details and Zoom links.

Sarah Powless: (269) 345-1516 ext.116 or powless@dnswm.org



Phenomenal Women

A Women with Disabilities Support Group

Meets every Tuesday, 11:00 AM – 12:00 PM

Phenomenal Women is open to women with any type of disability. Women are welcome to come share experiences of living with a disability, support other women living with a disability, and discuss a variety of topics of interest in a safe, non-judgmental environment. Please join us! The group offers the option to meet either in person or virtually. Contact the facilitator for the meeting details and Zoom links.

Sarah Powless: (269) 345-1516 ext.116 or powless@dnswm.org

