

Directory of Local Empath Support Groups

Mission Statement: Empath support groups are meant to provide a circle of support for empaths everywhere so we don't feel alone anymore. They are solution-oriented meetings, which will educate empaths about their gifts and the challenges of their sensitivities. Though it is important for empaths to express their feelings, the group functions best when it remains solution-oriented rather than simply a place vent.

The suggested time is 60-90 minutes. Have fun and grow strong!

You can download the Mission Statement at

<https://drjudithorloff.com/main/wp-content/uploads/2025/02/Empath-Support-Group-Mission-Statement.pdf>

*****PLEASE NOTE:** If you want to add a new group to this list contact Rhonda at rhonda@judithorloff.com. Also, this list is not maintained or current.

EAST COAST

Maryland - DC – Virginia

Evîn Phoenix, evinphoenix@gmail.com, meet every Sunday for empath support group, 700 members strong in Washington DC/ MD/ VA area! Meetings are free.

Natalie Anderson-Place District Heights, MD or Washington, DC area
nataliestainedglassdesigns777@gmail.com

MARYLAND: Deb James, Hagerstown MD (Frederick / Damascus / Rockville)
<https://www.facebook.com/thenewagerose>

NEW JERSEY

Ana Escgro - Montclair, NJ anaescudero_99@yahoo.com

Nidhi - Somerset, NJ nidhipshahs@gmail.com

Carol Ann Callahan Cammarata New Jersey
<https://www.facebook.com/carol.callahancammar1z1zqss,1z1qz1qz1EZ13zzzqa1za1zata>

New York

Karen Henry. D2d7adr41, NY karenhenry555@yahoo.com

Barbara De Florio Ludwig - Long Island, NY
<https://www.facebook.com/barbara.ludwig.96?fref=us22fOBITUARY>

Reiki_Luv2all@yahoo.com

Lindsey Pope - Harford County, Maryland, lindseypope8@gmail.com

Lisa Kerr - Baltimore County, Maryland, lisak10872@gmail.com

VIRGINIA; Mary Carol Cowger/ S.W. Virginia/ momzilla423@gmail.com

PENNSYLVANIA

Collegeville, Mary Naggy - marynaggy@yahoo.com

NEW HAMPSHIRE

Suzie Pantal2onge , Latrobe, PsA (Greater Pittsburgh)
Susan Essexdex64p@gmail.com

Carolina

Darlene Jzernigaun Anson, Scotland, Richmond County, NC-boondoxgal@gmail.com

z Kandace Dole Radess, Durham NC. Krdosszle@yahoo.com

Maris Pollero Greensboro, NC -

23MarisPollero@gmail.com e Elaine Estes.Cary,

ReeseNC.odetwojoy@yahoo.com

[Becky Reese 442becky_frazier2000@yahoo.com](mailto:BeckyReese442becky_frazier2000@yahoo.com) North Carolina Diana

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Baloch Myrtle Beach , SC 3e4 Zch@gmail.com eeede63

Walt West Ridgeville, SEssex 63C wtwiii42554@hotmail.com

Kelly Russell Beaufort, 7, e Carolina krussell1968@yahoo.com

Florida

Lithia, Florida - Claudine Williams - claudine.cottledge@gmail.com – Initially an online group

[SWFL: Michael W Davis, Naples info@socialgoodinnovationfund.com](mailto:info@socialgoodinnovationfund.com), I propose forming a group to jointly work on our most urgent issues. Depending on the response we may form sub-groups, 12-26-2024. In your correspondence pls identify times that you cannot meet.

Sue Hilley, Seminole County (UCF/Oviedo area) Join with other empaths to share and help each other resolve various situations we have in our lives...knowing we are in a safe space. swahilley1@yahoo.com.

Melanie Korpi, St Petersburg - would like to collaborate with someone to start a group
guthealthconnection@gmail.com

Frank Michael Tedesco, Largo- Bardmoor area- truedharma108@gmail.com

Desiree Peterson, Mc Alpin, FL (Live Oak/Lake City area) desiree059@yahoo.com

Bee Burg, Lakewood Ranch (Bradenton-Sarasota area) 2contact.bee@gmail.com

Valentina Morisoli - MIAMI, FL - Let's connect in South FL!
valentinamorisoli@gmail.com

Holly Davis, North Port, FL (30-40 minutes south of Sarasota) - hdavis9010@gmail.com
(I would like to start a group in my home. If there's not enough people here on this list I noticed on Meetups there's about 8 people interested in a Meetup for HSP/Empath in North Port area. Anyone willing to come to North Port for group please contact my email above

Georgia

Amber Camp - Columbus, GA - Would love to connect to others in the Georgia area.
amber.n.sewell@gmail.com

Massachusetts

Lisa Templeton Boston North Shore latemple2@yahoo.com

Alice Bernier Western MA area <https://www.facebook.com/alice.bern...>

Christine Anastasia - 45 mins south of Boston <https://www.facebook.com/christinel...>

Lindy Daley - Cape Cod lindydaley@comcast.net

Tara Therrien Merrimack Valley <https://www.facebook.com/thenewagerose>

Eveian Salmon - Boston (Dorchester) - eveian01@gmail.com - Would like to set up I know come back later I guess we'll virtual Facebook Group initially for members specifically in Boston/Greater Boston.

Kentucky

Angela Robinson, Georgetown, KY dreamcatcher@gmail.com

WEST COAST

California

Julia Morrow, Sylmar, CA...athas17@gmail...

Alexis Moreno, Sierra Madre, CA. You may reach me at lexmoreno@sbcglobal.net.
Look forward to connecting! (near Los Angeles)

Paula Davanzo Gaudet, Santa Monica, CA, paula@gaudetconsulting.com or IM me on Facebook - Be sure to mention Dr. Orloff or Empath Group in message. Let's connect to serve our health and well-being, and thrive in peace and endless energy. Looking forward to meeting you wherever you are at. Lets build our support team. Monday evening groups starting soon.

Becky Green San Diego, CA becky.green1202@gmail.com

Nick Z, San Diego, CA nickz@nickzmusic.com Interested in starting a meetup!

Sarah Nissen North San Diego County. I've got a HSP meetup if anyone is interested!

Barbara Horn- Los Angeles Ca/Burbank Area Barbara.horn11@yahoo.com

Patricia Lane patricialane213@gmail.com Manhattan Beach, California

Leah Cohen- Huntington Beach, CA leahs.heart2012@gmail.com

Angie Koenigsberg - angelakoenigsberg@me.com - Pasadena, CA

Marilyn Robinson Moshos Marilyn...San Bernardino country, Yucaipa, Ca.
irishrose777@hotmail.com

Louise McKee Downey, CA zotsie@yahoo.com

Licia Wise - Long Beach, CA - liciaw@hotmail.com

Carla Colwell Cook - Tehachapi, California Casadecook@gmail.com

Erica Huggett - Los Angeles/Mission Hills eihuggett@hotmail.com

Carla Mantecon - Corona, CA <https://www.facebook.com/carla.cuin?fref=ufi>

Amy Hallowes - Los Angeles, CA <https://www.facebook.com/hallowesamy?fref=ufi>

Shelbie Primrose - Tustin, CA (North Orange County near Irvine). shelbie9@gmail.com

Laura Waldman - San Diego, CA - laurawaldman@gmail.com

Northern California

Tina Cavallaro - Oakland CA tinajcavallaro@yahoo.com

Martin Arkenstone - Nevada County, CA martinarkenstone@gmail.com

Molly May - Sacramento / Davis CA - maire.may123@gmail.com

Jillane Nelson - Monterey, CA - miss.jillane@gmail.com

George Eads - Monterey, Ca - georgeeads53@yahoo.com Lilianna

Taylor, Pleasant Hill, CA Itaylor607@comcast.net Nancy Rhine Mill

Valley, CA nrhine@gmail.com

Michelle Reese, Walnut Creek, CA

Solana Liu, Sunnyvale - solana790k@gmail.com

Hawaii

Danielle Toft yogagirl1020@gmail.com Oahu, Hawaii

Stacy Feliciano stacy@stacyfeliciano.com Oahu, Hawaii

Oregon

Victoria Wallingford, Portland Oregon can be reached @ queensinsync@gmail.com

Carole Ivy - SW Portland Oregon - ciweaver@msn.com

Washington

Kristy Lang Miller --Pacific Northwest Empath Support--Quisp22@comcast.net

Marcia Skinner - Redmond, WA/Bellevue, WA - martravski@earthlink.net We can gather in my home in the sacred space already created for my Reiki practice. After attending Dr. Orloff's workshop at East West Books, I'm ready for a support group experience. Are you? Contact me, please.

Lori H., Kirkland, WA, spiritgold@hotmail.com

Lorrie Bauer Olympia, WA lenlor@comcast.net

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Janet Burgad, Spokane, WA littletreespiritarts@gmail.com

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Montana

Rita Wills Brown Whitehall, Montana

rmb6886@hotmail.com Laurie Heninger, Bigfork, MT

lauriejune10@gmail.com

Elaine Anderson-Wood: Missoula, MT stay@bluemountainbb.com

SOUTHWEST

Arizona

Amy Stephens - Scottsdale/Phoenix Amy@yogaamy.net

Hilari Weinstein Scottsdale hilari@highimpactcommunication.com

Danielle D. Minerva - Mesa, AZ (Are You An Empath? Meetup Group)
danielleminerva78@gmail.com

Susan Blum, Glendale - sblum1964@gmail.com

Krista Hackley Phoenix, AZ hackster@gmail.com

Darlene Moore - Scottsdale, AZ - dablmo@hotmail.com - Empath Support Group at
Unity of Mesa, Mesa, AZ - Beginning Sunday Sept. 24th, at 4:00 p.m. and after that 3rd
Sunday of each month at 4:00 p.m.

Jennifer Arnspiger - Scottsdale, AZ - arnspigerj@gmail.com

Richard Schickel Tuson, Arizona richardschickel2@gmail.com

Sue Bozzo, Snowflake, AZ – bozzosc@yahoo.com

Summer 2023: I'm starting a new empath group for the White Mountains area of
Arizona (Holbrook, Snowflake-Taylor, Show Low, Lakeside, Pinetop, and nearby).
Please join our FB group, if you're interested in coming to the in-person meet-ups:
[White Mountains Empaths | Facebook](#)

Colorado

Anneva NK Garner, Longmont, CO, <https://www.garnerguidance.com/contact>

Susan Schwerdtfeger, Colorado Springs, CO, soakingingrace@q.com

Jennifer Lusk, MS, LPC, CAC III ~ Broomfield, CO ~
jenniferlusk.livingyourdance@gmail.com

Leilani Ahava Denver, Colorado <https://www.facebook.com/leilani.ahava?fref=ufi>

C.A. (Cheri) CA Lootens Author, Denver, Colorado. chlootens@live.com

Nevada

Denika Hutchings - Fallon, NV (Reno, or Western Nevada) - denikaeads@gmail.com

Shannon Lynch theyrejusthuman@gmail.com - Reno, NV

Utah

Stacy Bush- Draper Utah tskc4@comcast.ne

Andrea Davenport SLC, UT costumes60@gmail.com

New Mexico

Brooke Tatum - Taos - brooke@fierceempath.com

Jo Ann Rebo, Las Cruces, NM, jpi22@aol.com.

Texas

Toinette Phares - Houston Tx Toinettephares@aol.com

Shari Asay DFW -Bedford, TX area. asaystudio@yahoo.com

Donna Marie Vance - Fort Worth, TX donnamarievance@sbcglobal.net

Suzanne Bowen - Mansfield, TX. suzanneb33@gmail.com

Amy Faltinek - Lubbock, TX1amyfaltinek@hotmail.com

Scott Vicenzi - Fort Worth, TX <https://www.facebook.com/scott.vicenzi.9>

MIDWEST

Illinois

Barbara L. Farr - Palos Hills, IL. (Southwestern Suburbs of Chicago)
granny.farr@yahoo.com

Tara Sparks - Chicago, IL sparkium@yahoo.com

Kari Boyer - Chicago, IL Rogers Park karielizabethboyer@gmail.com (I would like to set up or take part in a book study)

Iowa

Michele Lundstrom - Des Moines, IA, Michele@luminoushope.com

Ohio

Posted 2/22/2020 - Jennifer Kucera, Westside empaths, new group forming, Bera (Cleveland westside), jenniferkucera134@gmail.com

Angelic Vickers - Grove City Ohio (Columbus) avsnowangel@gmail.com

Caroline Perez - Cincinnati, OH - cperez@alignedbycaroline.com

Cindy Biggs, Wooster, OH - cindyjbiggs@gmail.com

Jill Stine, Englewood, OH - J5672415@woh.rr.com

Sandra G. Coffman, Toledo, OH Sandra.Coffman.Phd@gmail.com
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Michigan

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Katie Lynne Young Minneapolis MN, chickenlady61@comcast.net

Kris Bethea Isanti County, MN kris.bethea@gmail.com

Nebraska

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Missouri

Kathleen M Laster-Orea SW Missouri <https://www.facebook.com/kathleen.o...>

INTERNATIONAL

Canada

Vancouver - Mayur Jobanputra - empathsurvivalguide.com - FB:
<https://mayur.ca/facebook> - I'm an empath but new to coaching. I'm embarking on a journey of empath coaching and support as of October 2022. No prior experience coaching as an empath. If you are an empath coach, I would love to connect with you and apprentice and learn. 

Nur Kumru, Ottawa, Ontario, Canada, ekumr015@uottawa.ca,
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Australia

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Pakistan. hinas0035@gmail.com **Saudi Arabia**

Riem Farahat, email : riem@al-faroukgroup.com (Jeddah & Riyadh)

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Kim Wetzl - Johannesburg, South Africa
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Tanzania (Africa)

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