

Support Groups

Together, offering support throughout the region



SUPPORT GROUP	HOSPITAL LOCATION	GROUP DESCRIPTION	DATES, TIMES & LOCATION	CONTACT INFORMATION
Alzheimer's Support Group	St. Joseph's Breese	Support for caregivers of persons with Alzheimer's or dementia.	4th Thursday of the month, November and December groups are subject to change based on the holiday 1:30 pm HealthPlex, Senior Renewal Area	618-526-5699 sandy.radford@hshs.org
Breast Cancer Support Group	St. Anthony's Effingham	Support and education for those individuals with new breast cancer diagnosis or have a history of breast cancer, their family and friends.	Call for dates.	217-347-1601 Women's Wellness Center
Breastfeeding Support Group	St. Anthony's Effingham	Offers support, encouragement and education to all breastfeeding mothers and expecting mothers who are considering breastfeeding. Led by Certified Lactation Counselors with visiting speakers.	Last Wednesday of the month; 5:00 pm Women's Wellness Center, Suite 108	217-347-1601 Womens Wellness Center
	St. Joseph's Breese	Support for breastfeeding moms or those interested in breastfeeding. Offered by Certified Lactation Consultant.	Last Wednesday of each month; 7:00 pm Heritage Room	618-526-5785 shirley.spaeth@hshs.org
Cancer Support Group	St. Joseph's Breese	Cancer Care Closet - For individuals with hair loss as a result of cancer. Free wigs, hats, scarves and American Cancer Society information available to those in need.	Call for appointment.	618-526-5672 maggie.timmermann@hshs.org megan.korte@hshs.org
	St. Joseph's Highland	Support for individuals with new cancer diagnosis or have a history of cancer, their family & friends.	2nd Thursday of each month 2 pm St. Francis Conference Room	618-651-2885 debbie.elledge@hshs.org or Pastoral Care at 618-651-2980
Diabetes Support Group	St. Anthony's Effingham	Support for those who have high blood sugar, interested in managing their diet.	2nd Monday of each month (February – November) 5:30 pm, Auditorium	217-347-1529 Community Programs
	St. Joseph's Breese	Support for those who have high blood sugar, interested in managing their diet.	1st Monday of odd numbered months 6:00 pm Heritage Room	618-526-5336 kayla.barnes@hshs.org or 618-526-5325 john.elliott@hshs.org
Grief Support Group	St. Anthony's Effingham	Bridges for Healing Hearts - A program for adults who have experienced a loss through the death of a loved one Offered year-round with open enrollment.	1st Thursday of every month 6 pm Auditorium	217-347-1571 maddie.johnson@hshs.org

Support Groups (Continued)

SUPPORT GROUP	HOSPITAL LOCATION	GROUP DESCRIPTION	DATES, TIMES & LOCATION	CONTACT INFORMATION
	St. Joseph's Breese	Support for those looking for comfort and understanding after a loss, no matter how recent or long ago.	By appointment.	618-526-5327 joan.markus@hshs.org
	St. Joseph's Highland	Grief Support - 8 week program dealing with the stages of grief for adults who have lost a loved one.	8 Week Sessions offered in Spring and Fall. Call for dates. 6 pm St. Francis Conference Room	618-651-2980 jean.korte@hshs.org Pastoral Care
Grief Support - Loss of a Child	St. Anthony's Effingham	SHARE - Support for parents who have experienced the loss of an infant through miscarriage, stillbirth or newborn death.	Call to schedule a phone appointment with a SHARE counselor or to receive a packet of information.	217-347-1529 Community Programs
	St. Elizabeth's O'Fallon	SHARE - Support for parents who have experienced the loss of an infant through miscarriage, stillbirth or newborn death.	Call for dates, locations and information.	618-234-2120, ext. 31260
	St. Joseph's Breese	SHARE - Support for anyone who has lost a child.	2nd Tuesday of each month 7 pm Board Room	618-709-2878 sharestjosephs@yahoo.com
Look Good - Feel Better	St. Anthony's Effingham	This program teaches beauty techniques to women who are actively undergoing cancer treatments.	Call for dates.	217-347-1601 Women's Wellness Center
	St. Joseph's Breese	For women in active cancer treatment. Teaches beauty techniques for appearance-related side effects of chemo and radiation. Cancer Care Closet (wigs, hats, scarves) available to participants following session.	Offered quarterly. Call for a schedule. 6:00 pm HealthPlex	618-526-5672 maggie.timmermann@hshs.org megan.korte@hshs.org
	St. Joseph's Highland	For women in active cancer treatment. Teaches beauty techniques for appearance-related side effects of chemo & radiation.	Offered quarterly. Call for schedule and location.	618-651-2885 Debbie Elledge
M.O.M. to Mom Support Group	St. Joseph's Highland	Support group for Moms covering a wide range of topics around motherhood.	2nd Wednesday of each month 7:00 pm St. Francis Conference Room	618-651-2600 emily.korte@hshs.org
Nar-Anon Support Group	St. Elizabeth's O'Fallon	Family support for those affected by addiction. All are welcome.	Sunday evenings, weekly 6:30 - 8:00 pm Boardroom, located to left inside main Hospital Entrance	618-604-8050 Anna P. For more information visit http://www.naranonmidwest.org/
Southern Illinois Difibbers Support Group	St. Elizabeth's O'Fallon	Support group for defibrillator patients and their loved ones.	Call for dates and locations.	618-233-6044, ask for "Device Clinic" Arranged through Prairie Cardiovascular Consultants.
Stroke Support Group	St. Elizabeth's O'Fallon	Support and education for those recovering from stroke. Helps foster a better understanding of stroke recovery, rehabilitation and prevention of recurrent strokes. Caregivers and family members welcome.	Call for dates and locations.	618-234-2120, ext. 52004