

# Support Groups

*Together, offering support throughout the region*



SUPPORT GROUP	HOSPITAL LOCATION	GROUP DESCRIPTION	DATES, TIMES & LOCATION	CONTACT INFORMATION
<b>Alcoholics Anonymous</b>	St. Elizabeth's Belleville	Support for those who want to stop drinking.	Mondays and Wednesdays 6:30 pm 4th Floor Conference Room Prairie Heart Institute Bldg., 340 W. Lincoln St., Belleville	618-234-2120, ext. 1555
<b>Alzheimer's Support Group</b>	St. Joseph's Breese	Support for caregivers of persons with Alzheimer's or dementia.	4th Thursday, January - October 3rd Thursday, November, December 1:30 pm HealthPlex, Senior Renewal Area	618-526-5699 sandy.radford@hshs.org
<b>Breast Cancer Support Group</b>	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
	The Cancer Treatment Center Swansea	<b>"Hope Blooms"</b> - Self-help group for women, of any age, who have had lumpectomy or mastectomy surgery.	2nd Tuesday of the month 6:00 pm PET/CT Program Room at the Cancer Treatment Center in Swansea	618-236-1000 Laura
<b>Breastfeeding Support Group</b>	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 Women's 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
	St. Joseph's Highland	Support for breastfeeding moms or those interested in breastfeeding. Offered by Certified Lactation Consultant.	2nd Wednesday of each month; 7:00 pm St. Francis Conference Room	618-526-5785 shirley.spaeth@hshs.org
<b>Cancer Support Group</b>	St. Anthony's Effingham	<b>C.H.A.T. Cancer Support Group</b> A year-round open enrollment group for those who have been diagnosed with and/or are undergoing treatment for cancer.	1st Monday of every month 6:00 - 7:30 pm Auditorium	217-347-1571 maddie.johnson@hshs.org
	St. Joseph's Breese	<b>Cancer Care Closet</b> - 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 kathy.timmermann@hshs.org

# Support Groups (Continued)

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<b>Cancer Support Group (continued)</b>	St. Joseph's Highland	Support for individuals with new cancer diagnosis or have a history of cancer, their family & friends.	2nd Thursday of every month 6:00 - 8:00 pm Call for meeting location.	618-651-2885 debbie.elledge@hshs.org or Pastoral Care at 618-651-2980
	Cancer Treatment Center Swansea	Programs aimed at providing support, hope and encouragement to cancer patients, cancer survivors, cancer caregivers any anyone whose life has been touched by cancer.  Sessions led by a social worker and cancer survivor, Kathy Harvey, MSW, LCSW.	3rd Thursday of each month; Noon - 1 pm PET/CT Program Room at the Cancer Treatment Center in Swansea	618.236.1000 Laura  Call to confirm meeting dates. RSVPs requested, but walk ins are welcome.
<b>Diabetes Support Group</b>	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	618-526-5743 barbara.voss@hshs.org
	St. Elizabeth's Belleville	Support for those who have high blood sugar and are interested in managing their diet and medications. Led by a Certified Diabetes Educator.	Tuesdays and Thursdays, Call for meeting times and locations.  Exercise sessions also offered.  Cardiac Rehab Gym, Prairie Heart Institute Bldg., 340 W. Lincoln St., Belleville	618-234-2120, ext. 2426 julia.schimmelpfennig@hshs.org
<b>Gluten-Free Support Group</b>	St. Joseph's Highland	Support for persons who require or are interested in a gluten-free diet. Led by the hospital's registered dietician.	Special sessions held throughout the year. Call for more information.	618-651-2743 cindy.hartman@hshs.org
<b>Grief Support Group</b>	St. Anthony's Effingham	<b>Bridges for Healing Hearts-</b> 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 6:00 - 7:30 pm Auditorium	217-347-1571 maddie.johnson@hshs.org
	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	<b>Grief Share</b> - 11 week program dealing with the stages of grief for adults who have lost a loved one.	11 Week Sessions offered in Spring and Fall. Call for dates and times. Evangelical United Church of Christ, 2520 Poplar St. Highland	618-651-2980 Pastoral Care  or 618-531-6342 Debi May
<b>Grief Support - Loss of a Child</b>	St. Anthony's Effingham	<b>SHARE</b> - 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

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<b>Grief Support - Loss of a Child (continued)</b>	St. Joseph's Breese	<b>SHARE</b> - Support for anyone who has lost a child.	2nd Tuesday of each month 7:00 pm Board Room	618-228-7665 or 618-709-2878 sharestjosephs@yahoo.com
<b>Look Good - Feel Better</b>	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
	Cancer Treatment Center Swansea	Program for women undergoing cancer treatment conducted by cosmetology professionals who will teach participants how to use make-up to cope with appearance - related side effects of treatment. Each participant will receive a complementary make-up kit valued at \$300 and will also learn to care for and use wigs, scarves, turbans and hats.	Once per month on Tuesdays. 2:00 - 4:00 pm Call for dates.	(618) 236-1000 Laura Please RSVP as seating is limited
	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 kathy.timmermann@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.	618-651-2980 Pastoral Care
<b>Southern Illinois Dfibbers Support Group</b>	St. Elizabeth's Belleville	Support group for defibrillator patients and their loved ones.	3rd Thursday of March and September 6:30 pm Millennium Room, Prairie Heart Institute Bldg., 340 W. Lincoln St., Belleville	618-233-6044, ext. 4531 Arranged through Prairie Cardiovascular Consultants.
<b>Stroke Support Group</b>	St. Elizabeth's Belleville	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.	1st Wednesday, every other month (Feb. 1, April 5, June 7 August 2 and October 4 in 2017) 2:00 pm Millennium Room, Prairie Heart Institute Bldg., 340 W. Lincoln St., Belleville	618-234-2120, ext. 1519



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	St. Joseph's Breese	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.	3rd Tuesday, every other month (February 21, April 18, June 20, August 15, October 17 and December 19 in 2017) 2:00 - 3:00 pm HealthPlex	618-234-2120, ext. 4837 Amanda
	St. Joseph's Highland	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.	3rd Tuesday, every other month (January 17, March 21, May 16, July 18, September 19 and November 21 in 2017) 2:00 - 3:00 pm St. Francis Conference Room	618-234-2120, ext. 4837 Amanda

