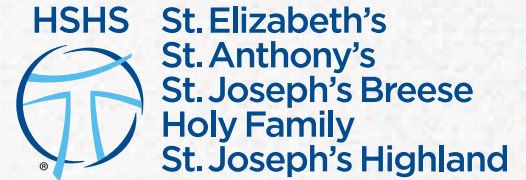


Support Groups

Together, offering support throughout the region



SUPPORT GROUP	HOSPITAL LOCATION	GROUP DESCRIPTION	DATES, TIMES & LOCATION	CONTACT INFORMATION
Alcoholics Anonymous	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
Alzheimer's Support Group	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
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
	The Cancer Treatment Center Swansea	"Hope Blooms" - 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
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. Anthony's Effingham	C.H.A.T. Cancer Support Group 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	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 kathy.timmermann@hshs.org
	St. Joseph's Highland	Support for individuals with new cancer diagnosis or have a history of cancer, their family & friends.		618-651-2885 debbie.elledge@hshs.org or Pastoral Care at 618-651-2980

Support Groups (Continued)

SUPPORT GROUP	HOSPITAL LOCATION	GROUP DESCRIPTION	DATES, TIMES & LOCATION	CONTACT INFORMATION
Cancer Support Group (continued)	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; 1 pm - 2 pm PET/CT Program Room at the Cancer Treatment Center in Swansea	618.236.1000 Laura RSVPs requested, but walk ins are welcome.
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	618-526-5743 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
Gluten-Free Support Group	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
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
	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 Share - 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
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 Belleville	SHARE - Support for parents who have experienced the loss of an infant through miscarriage, stillbirth or newborn death.	2nd Wednesday of the following months: January, March, May, July, September and November. 7-9 pm Millennium Room, Prairie Heart Institute Bldg., 340 W. Lincoln St., Belleville	618-234-2120, ext. 3106 jennifer.mueller@hshs.org
SUPPORT GROUP	HOSPITAL LOCATION	GROUP DESCRIPTION	DATES, TIMES & LOCATION	CONTACT INFORMATION

Support Groups (Continued)

Grief Support - Loss of a Child (continued)	St. Joseph's Breese	SHARE - 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
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 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
Southern Illinois Dfibbers Support Group	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.
Stroke Support Group	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. 3, April 6, June 1, August 3, October 5 and December 7 in 2016) 2:00 pm Millennium Room, Prairie Heart Institute Bldg., 340 W. Lincoln St., Belleville	618-234-2120, ext. 1519
	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.	Contact for schedule and location.	618-234-2120, ext. 1924
	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.	4th Thursday, every other month 6:00 pm Sullivan Conference Room	618-234-2120, ext. 1924

