

SUPPORT GROUPS 2016

Bereavement Support Group

For family members coping with loss from the death of a loved one

Days: Second and Fourth Wednesday of the month

Time: 3:00 to 4:30 pm.

Place: Home Health and Hospice, 2500 W. Sims Way, 3rd Floor, (round-about at Howard)

Contact: Bernie Ward-Crixell, Bereavement Coordinator, 360-385-2200, ext. 4684

Better Breathers Support Group

For people with lung and breathing problems

Day: Third Monday of the month

Time: 2:00 to 3:00 pm

Place: Jefferson Healthcare Hospital, Olympic Room, on the first floor by the Physical Therapy department

Contact: Hilary Metzger, RN, 360-385-2200, ext. 1220

Cancer Support Group

Supporting people dealing with cancer of any kind

Day: Second Thursday of the month

Time: 6:00 to 7:30 pm

Place: Jefferson Healthcare Hospital Puget Room

Contact: Lisa Lawrence, LICSW, 360-385-2200 ext. 2040

Caregivers Support Group

Combined meeting with Alzheimer's support for family, friends, and caregivers of people with memory loss or medical debility

Day: Fourth Friday of the month

Time: 10:30 am to 12 noon

Place: Jefferson Healthcare Hospital, Olympic Room, on the first floor by the Physical Therapy department

Contact: Karen Elliott, MSW, 360-385-2200, ext. 2017

CPAP, BiPAP and ASV Users Group

For users and their families and any patient doing treatment for sleep disordered breathing

Day: First Wednesday of the month

Time: Noon to 1:30 p.m.

Place: Home Health and Hospice, 2500 W. Sims Way, 3rd Floor, (round-about at Howard)

Contact: Dave Wilson 360-385-2200, ext. 3233

Diabetes Support Group

Meets for brown bag lunch

Day: Second Monday of the month

(no meeting in December)

Time: 12:00 to 1:30 pm - Bring a sack lunch

Place: Seaport Landing, 1201 Hancock Road, Port Townsend

Contact: Amber Benner, RN, 360-385-2200, ext. 1240

Notifications: to be added email to abenner@jgh.org

Look Good, Feel Better

This program is to help women deal with the physical side effects of cancer treatment. Sponsored by the American Cancer Society, it provides assistance with skin, hair, nutrition, wigs, and head wraps.

Days: May 2, July 11, September 12 and November 7, 2016

Time: 10:00 am to 11:30 am

Place: Jefferson Healthcare Hospital, Olympic Room, on the first floor by the Physical Therapy department
Register by calling: 1-800-395-5665 (LOOK).

Parkinson's Support Group

This is for those with Parkinson's disease and their family members. The monthly educational programs are offered by the Northwest Parkinson Foundation through the tele-health program.

Day: Second Monday of the month

Time: 2:00 to 3:30 pm

Place: Jefferson Healthcare Hospital Puget Room

Contact: Karen Elliott, MSW, 360-385-2200, ext. 2017