Support Groups provided by
Jefferson Healthcare Medical Center

**CPAP, BiPAP and ASV Users** | Join this open forum to get the most from your PAP therapy.
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**WHEN** | 1st Thursday of the month, 11:00 am – 12 noon
**PLACE** | Jefferson Healthcare, Puget Rm., 834 Sheridan St., Port Townsend
**CONTACT** | Sleep Medicine, 360.379.2249

**Diabetes Support** | A monthly meeting with a variety of topics and speakers.
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**WHEN** | 3rd Tuesday of the month, 12:00 noon – 1:30 pm
**PLACE** | Avemere, 1201 Hancock Road, Port Townsend
**CONTACT** | Jennifer Newell, 360.385.2200 ext. 1240

**Parkinson’s Support** | For those with Parkinson’s disease and their caregivers.
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**WHEN** | 4th Thursday of the month, 3:00 pm – 4:30 pm
**PLACE** | Jefferson Healthcare, Dirksen Rm., 834 Sheridan St., Port Townsend
**CONTACT** | Lorena Bess, MSW, 360.385.2200 ext. 2042

**Better Breather’s Support** | Providing information, discussion and inspiration.
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**WHEN** | 3rd Monday of the month, 2pm – 3pm
**PLACE** | Jefferson Healthcare, Pulmonary Rehab Office, 834 Sheridan St., Port Townsend
**CONTACT** | Hilary Metzger, RN, 360.385.2200 ext. 1220

**Grief Support** | Facilitated support for those experiencing grief due to the loss of a loved one.
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**WHEN** | 1st & 3rd Wednesday, 6 pm- 7:30pm. 2nd & 4th Wednesday of the month, 3pm – 4:30pm, 5th Wednesday in May, July and October 3pm - 4:30pm
**PLACE** | Jefferson Healthcare, Home Health Conference Room 2500 Sims Way, Port Townsend
**CONTACT** | Carolyn Cristina Manzoni, MA 360 385 2200 ext. 4615

**Breast Cancer Support** | Support for patients with current or past breast cancer diagnosis.
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**WHEN** | Tuesdays, 5:15 pm - 7 pm
**PLACE** | Jefferson Healthcare, Oncology Clinic, 3rd Fl
**CONTACT** | Tess Taft, LICSW, 360.385.2200 ext. 2040

**Cancer Support** | Support for patients with advanced cancer diagnosis.
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**WHEN** | 1st & 3rd Thursdays, 12:30 pm - 2 pm
**PLACE** | Jefferson Healthcare, Garden Row Cafe Meeting Room
**CONTACT** | Tess Taft, LICSW, 360.385.2200 ext. 2040

**Cancer Caregivers Support** | Support for caregivers who need to be there for the ones they love.
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**WHEN** | 1st & 3rd Thursdays, 2 pm - 3:30 pm
**PLACE** | Jefferson Healthcare, Garden Row Cafe Meeting Room
**CONTACT** | Tess Taft, LICSW, 360.385.2200 ext. 2040