

# Support Groups

*Together, offering support throughout the region*



SUPPORT GROUP	HOSPITAL LOCATION	GROUP DESCRIPTION	DATES, TIMES & LOCATION	CONTACT INFORMATION
<b>Alzheimer's Support Group</b>	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
<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
<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 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
<b>Cancer Support Group</b>	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 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
<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	618-526-5336 kayla.barnes@hshs.org or 618-526-5325 john.elliott@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 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	<b>Grief Support</b> - 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
<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
	St. Elizabeth's O'Fallon	<b>SHARE</b> - 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	<b>SHARE</b> - Support for anyone who has lost a child.	2nd Tuesday of each month 7 pm Board Room	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
	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
<b>M.O.M. to Mom Support Group</b>	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
<b>Southern Illinois Difiibbers Support Group</b>	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.
<b>Stroke Support Group</b>	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