Living Beyond Cancer
Sentara Cancer Network Support Groups

From screenings and lectures that lead to early detection, to support groups for survivors, we recognize that true cancer care expands beyond the boundaries of cancer treatment. The Sentara Cancer Network sponsors and participates in numerous classes and outreach programs to promote education at community events and to provide support and encouragement to patients, survivors and their families free of charge. As an important part of a comprehensive cancer network, support services are reviewed as part of the American College of Surgeons Commission on Cancer accreditation survey.

For the most recent additions, visit sentara.com/cancer

Times and locations subject to change. Please call first.

SITE GROUP LOCATION DATE/TIME CONTACT PROGRAM OVERVIEW
American Cancer Society’s Look Good Feel Better Sentara Princess Anne Hospital - 1st Floor Conference Room 4th Monday of every month with Memorial Day at - 6 pm American Cancer Society 1-800-227-2345 Teaches beauty techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit.

Palliative Care Support Group Thalia United Methodist Church, 4221 Virginia Beach Blvd. 3rd Wednesday of every month at 7:00 pm Jim Sullivan 757-499-8003 Offers emotional and educational support to patients with pancreatic cancer.

Unique Boutique Sentara Princess Anne Hospital By appointment 757-525-5288 Provides wigs, hats and scarves for patients who have lost their hair due to treatment. This is a free service.

American Cancer Society’s Look Good Feel Better Sentara Virginia Beach General Hospital Health Education Center Every other month Please call for appointment at 10am American Cancer Society 1-800-227-2345 Teaches beauty techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit.

Breast Cancer Support Group 1060 First Colonial Road, Virginia Beach, VA 23454 Health Education Center 2nd Monday of every month – 6:30 pm Kerry Day Community Health Education 757-395-8317 Cindy Willoughby 757-395-8425 Offers emotional and educational support to breast cancer patients and their families.

Prostate Cancer Support Group 1060 First Colonial Road, Virginia Beach, VA 23454 Health Education Center 3rd Thursday of every month – 6:30 pm Kerry Day Community Health Education 757-395-6317 Offers emotional and educational support to prostate cancer patients and their families.

Wings in Motion Virginia Beach Rescue Squad #4 – Bayne Drive off of Old Donation Every Monday and Wednesday – 10am (Arriving 15 minutes prior to class recommended) 757-395-8896 for more information Judy Holland, 481-6599 A fitness program designed for women who are dealing with or recovering from cancer.

Yoga for Cancer Survivors & Caregivers 1060 First Colonial Road, Virginia Beach, VA 23454 Health Education Center For class times please call Kerry Clay Kerry Day Community Health Education 757-395-8317 Before your first class, please call Stephanie Hinck, Yoga Instructor, for more information at 757-816-4199

Unique Boutique 1060 First Colonial Road, Virginia Beach, VA 23454 Health Education Center By appointment 757-395-8731 Provides wigs, hats and scarves for patients who have lost their hair due to treatment. This is a free service.

Multiple Myeloma Support Group Catholic Charities Building 4855 Princess Anne Rd, Virginia Beach, VA 23454 Third Saturday of most months from 10 am – 12 pm 757-408-1410 Emotional support for patients and their families while providing education on treatment and management of myeloma.

Lymphoma Support Group 1060 First Colonial Road, Virginia Beach, VA 23454 Health Education Center 2nd Tuesday of Each Month – 6:30 pm Lynne Stropner, 757-247-3079 Kerry Clay, 757-395-6317 Emotional support for patients and their families while providing education on treatment and management of lymphoma.

Living Beyond Cancer Support Group Sentara Virginia Beach General Hospital Schedule posted on sentara.com/Events 1-800-SENTARA Providing patients and families with information about transitioning to life after active treatment.

American Cancer Society’s Look Good Feel Better 100 Sentara Circle Williamsburg, VA 23188 Yorktown Conference Room Classes quarterly Please call for appointment American Cancer Society 1-800-227-2345 Teaches beauty techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit.

Bereavement Support Group Contact Hannah Croager 757-206-1177 or williamsburgospace.org Contact Hannah Croager for location and times 757-206-1177 for Williamsburg Space or Hannah Croager offers emotional support for anyone who has lost a loved one.

Unique Boutique 100 Sentara Circle Williamsburg, VA 23188 By appointment 757-345-4439 Provides wigs, hats and scarves for patients who have lost their hair due to treatment. This is a free service.

Living Beyond Cancer Support Group Sentara Williamsburg Regional Medical Hospital Schedule posted on sentara.com/Events 1-800-SENTARA Providing patients and families with information about transitioning to life after active treatment.

Cancer Support Group These meetings are by teleconference 1st Thursday of each month Noon – 10 pm American cancer 1-800-227-2345 Experience our Cancer Support Group, a support group for caregivers who are taking care of a loved one with cancer to come together, in a safe environment and share their experiences with others going through a similar journey. It will give caregivers the opportunity to give and receive support while navigating the unique challenges of caring for an ill loved one.

Sentara Gynecologic Cancer Support Group 26 hours/7 days a week 24 hours/7 days a week Search for “Sentara Gynecologic Cancer Support” on www.facebook.com

Get Off Your Butt: Stay Smokefree for Life 26 hours/7 days a week 24 hours/7 days a week 1-800-716-8272 or visit OptiHealth.com to access the free program

Prostate Cancer Support Group 26 hours/7 days a week 24 hours/7 days a week Search for “Sentara Prostate Cancer Support” on www.facebook.com

This group is intended for current patients and survivors of gynecologic cancer throughout Hampton Roads. We invite you to use this forum as a “comfort zone” for communicating with fellow survivors.

Offerings emotional and educational support for patients and caregivers. Closed group so that privacy is protected; please submit request online.

DVA is a self-paced workbook and MP3’s audio at home educational program offering support for anyone who wants to quit tobacco use.

Online Support Groups

Please note: In case of inclement weather, if the public schools and libraries are closed, support groups will not meet.

2018 Edition
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## PROGRAM OVERVIEW

### Support Groups

- **American Cancer Society’s Look Good Feel Better**
  - **Group:** Support Group
  - **Program:** Sentara Leigh Hospital
  - **Location:** 880 Kempsville Road, Norfolk, VA 23502
  - **Time:** 4th Tuesday of every month 

- **Sentara CarePlex Hospital**
  - **Group:** Support Group
  - **Program:** Norfolk General Hospital
  - **Location:** 1515 Mariners Crossing Drive, Norfolk, VA 23507
  - **Time:** Every Wednesday 2:00 pm – 3:30 pm

- **Swinging Survivors**
  - **Group:** Support Group
  - **Program:** Sentara Heart Hospital
  - **Location:** 600 Gresham Drive, Norfolk, VA 23507
  - **Time:** 4th Tuesday of every month at 7:00 pm

### Locations

- **Sentara CarePlex Hospital**
  - **Address:** 880 Kempsville Road, Norfolk, VA 23502
  - **Conference Rooms:**
    - 2nd Floor, Breast Center
    - 1st Floor, Breast Center
  - **Coordinator:** Catherine Finuliar BSN, RN, OCN
  - **Phone:** 757-934-4142

- **Sentara Heart Hospital**
  - **Address:** 880 Kempsville Road, Norfolk, VA 23502
  - **Conference Room:**
    - 1st Floor Classroom
  - **Coordinator:** Angela Duke Community Health Educator
  - **Phone:** 757-388-2062

### Additional Information

- **Please note:** In case of inclement weather, if the public schools and libraries are closed, support groups will not meet.