

SITE	GROUP	LOCATION	DATE/TIME	CONTACT	PROGRAM OVERVIEW
Sentara Princess Anne Hospital	American Cancer Society's Look Good Feel Better	Sentara Princess Anne Hospital - 1st Floor Conference Room	4th Monday of every month except Memorial Day – 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.
	Pancreatic Cancer Awareness & Support Group	Thalia United Methodist Church, 4321 Virginia Beach Blvd.	3rd Wednesday of every month at 7:00 pm	Jim Sullivan 757-499-8083	Offers emotional and educational support to patients with pancreatic cancer.
	Unique Boutique	Sentara Princess Anne Hospital	By appointment	757-525-5268	Provides wigs, hats and scarves for patients who have lost their hair due to treatment. This is a free service.
Sentara Virginia Beach General Hospital	American Cancer Society's Look Good Feel Better	1060 First Colonial Road, Virginia Beach, VA 23454 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 Clay Community Health Educator 757-395-6317 Cindi Willoughby 757-395-8421	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 Clay Community Health Educator 757-395-6317	Offers emotional and educational support to prostate cancer patients and their families.
	Wings in Motion	Virginia Beach Rescue Squad #8 – Bayne Drive off of Old Donation	Every Monday and Wednesday – 10am (Arriving 15 minutes prior to class recommended)	757-395-8686 for more information. Judy Holland, 481-5998	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 Clay Community Health Educator 757-395-6317	Before your first class, please call Stephanie Howell, Yoga Instructor, for more information at 757-816-4199.
	Unique Boutique	1060 First Colonial Road, Virginia Beach, VA 23454	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 23462	Third Saturday of most months from 10 am – 12 pm	757-406-1470	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 Streeper, 571-247-3079 Kerry Clay, 757-395-6317	Emotional support for patients and their families while providing education on treatment and management of lymphoma.
	Living Beyond Cancer Survivorship Program	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.
Sentara Williamsburg Regional Medical Center	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 Creager for location and times	Contact Hannah Creager for location and times	Hannah Creager 757-206-1177 or williamsburghospice.org	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 Survivorship Program	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.

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



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.

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Online Support Groups	Breast Cancer Facebook Support Group	24 hours/7 days a week	24 hours/7 days a week	Search for "Sentara Breast Cancer Support" on www.Facebook.com	Offers emotional and educational support for breast cancer patients. Closed group so that privacy is protected; please submit request online.
	Get Off Your Butt: Stay Smokeless for Life	24 hours/7 days a week	24 hours/7 days a week	1-800-736-8272 or visit Optimahealth.com/quit smoking to access the free program	GOYB is a self-paced workbook and MP3 audio at home educational program offering support for anyone who wants to quit tobacco use.
	Prostate Cancer Facebook Support Group	24 hours/7 days a week	24 hours/7 days a week	Search for "Sentara Prostate Cancer Support" on www.Facebook.com	Offers emotional and educational support for prostate cancer patients. Closed group so that privacy is protected; please submit request online.
	Sentara Gynecologic Cancer Support Group	24 hours/7 days a week	24 hours/7 days a week	Search for "Sentara Gynecologic Support Group"	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.
Telephone Support Group	Caregiver Support Group	These meetings are by teleconference	1st Thursday of each month Noon – 1:00 pm	Elana Campbell, LCSW Oncology Social Worker 757-388-4390 to register and be given an access code	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 a loved one.
	Lung Cancer Support Group	These meetings are by teleconference	2nd Tuesday of every month except July 1:00-2:00 pm	Connie Bush, BSN, RN Community Outreach Coordinator (757) 827-2438	Open to current lung cancer survivors, their families, and friends to meet their unique needs. Assists patients in dealing with the diagnosis, treatment, and nutritional aspects.

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Sentara CarePlex Hospital	American Cancer Society's Look Good Feel Better	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	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.	Sentara Norfolk General Hospital	American Cancer Society's Look Good Feel Better	600 Gresham Drive, Norfolk, VA 23507 Radiation Oncology Conference Room 1st Floor River Pavilion	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 Counseling	3000 Coliseum Drive, Hampton, VA 23666	Contact the Counselor Resident	Sentara CarePlex Hospital Counselor Resident 757-736-2007	Offers emotional counseling and support to all patients and their families and friends.		Bereavement Support Group	Woodlawn Funeral Home 6329 E. Virginia Beach Blvd. Norfolk, VA 23502 River Pavilion	Every Wednesday 2:00 pm – 3:30 pm	Susan E. Thompson, LCSW 757-388-2631 sethoms@sentara.com Karen Woodhouse, LCSW 757-388-7817	Offers a safe place to mourn. You do not have to go through the grieving process alone. We will walk with you through one of life's most difficult experiences.
	Bereavement Support Group	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	Meets twice monthly Please call for dates/times.	Connie Bush, BSN, RN For more information, please call 757-736-2638	Offers emotional support for anyone who has lost a loved one. Share your feelings, listen to the experiences of others, learn how to heal.		Breast Cancer Support Group	600 Gresham Drive, Norfolk, VA 23507 2nd Floor, Breast Center	2nd Tuesday of every month 6:00 pm	Angela Duke Community Health Educator 757-388-2062	Offers emotional and educational support to breast cancer patients and their families. Free Valet Parking.
	Breast Cancer Support Group	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	4th Tuesday of every month 7:00 - 8:30 pm	Belinda Risher, RN, MS, AOCN Breast Cancer Patient Navigator, 757- 594-1939	Offers emotional and educational support to breast cancer patients and their families.		Oral Head & Neck Cancer Support Group	EVMS Hofheimer Hall 825 Fairfax Avenue Room 753 Norfolk, VA 23507	3rd Monday of every month 7:00 pm	Karen Woodhouse, LCSW 757-388-7817	Offers emotional and educational support to patients and their families diagnosed with head and neck or oral cancers.
	ColoRectal Cancer Support Group	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	3rd Wednesday of every month 1:00 - 2:30 pm	Nanette Sandberg, RN, MSN, COCN ColoRectal Program Coordinator, 757-736-1234	Offers emotional and educational support to patients diagnosed with colorectal cancer.		Thyroid Cancer (ThyCa) Cancer Support Group	600 Gresham Drive, Norfolk, VA 23507 Sentara Heart Hospital 1st Floor Classroom	3rd Wednesday of every month 6:30 pm – 8:00 pm	Angela Duke Community Health Educator 757-388-2062	Offers emotional and educational support to thyroid cancer patients and their families. Free Valet Parking.
	Living Beyond Cancer Survivorship Program	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	Schedule posted on sentara.com/Events	1-800-SENTARA	Providing patients and families with information about transitioning to life after active treatment.		Us Too Prostate Cancer Support Group	600 Gresham Drive, Norfolk, VA 23507 Sentara Heart Hospital 1st Floor Classroom	3rd Tuesday of every month 7:00 pm	Angela Duke Community Health Educator 757-388-2062	Provides timely information regarding prostate cancer. Provides a forum for sharing, caring and learning. Free Valet Parking.
								Unique Boutique	Sentara Norfolk General Hospital 600 Gresham Drive Norfolk, VA 23507	By appointment, 3rd Wednesday of each month.	Mary Mclendon, RN, BSN Oncology Nurse Navigator, 757-388-0221
Sentara Leigh Hospital	American Cancer Society's Look Good Feel Better	880 Kempsville Road, Breast Cancer Conference Room Norfolk, VA 23502	Classes every other month. 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.	Sentara Obici Hospital	American Cancer Society's Look Good Feel Better	2800 Godwin Blvd, Suffolk, VA 23434 Garden Level	Classes every other month. 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.
	Esophageal Cancer Support Group	830 Kempsville Road Norfolk, VA 23502 Conference Rooms	2nd Tuesday of every month 7:00-8:00 pm	Catherine Finuliar BSN, RN, OCN Oncology Patient Navigator, 757-261-5405	Open to esophageal cancer survivors, their families, and friends to meet their unique needs Assists patients in dealing with the diagnosis, treatment, and nutritional aspects.		Bereavement Support Group	2800 Godwin Blvd, Suffolk, VA 23434 Garden Level	1st Thursday of every month 6:00 - 7:15 pm	Regina Mitchell Chaplain 757-934-4142	Offers education, support and guidance for those who have recently lost a loved one. Not recommended for those still in the early stages of grief (first 2 months)
	Pink, POWERFUL, & Perky Breast Cancer Support Group	830 Kempsville Road Norfolk, VA 23502 5th Floor Conference Room	2nd Thursday of every month 7:00 pm-9:00 pm	Clayres Johnson, 757-261-5033 Facilitator Director, Jennifer Reed	For breast cancer survivors under age 50 and their needs with families, careers, education, body image, intimacy, sexuality, and breast cancer treatment.		Pink Passion Women's Cancer Support Group	2800 Godwin Blvd, Suffolk, VA 23434 Garden Level	1st Wednesday of every month 12:00 - 1:30 pm	Amy Peterson Community Health Educator (757) 934-4395	Offers educational and emotional support to women.
	Swinging Survivors Breast Cancer Support Group	830 Kempsville Road Norfolk, VA 23502 1st Floor Ortho Conference Room	4th Wednesday every month 6:00 pm	Clayres Johnson, RN, BSN Breast Cancer Patient Navigator (757) 261-5404	Offers emotional and educational support to breast cancer survivors over age 50 and their families.		PROS Men's Cancer Support Group	2800 Godwin Blvd, Suffolk, VA 23434 Garden Level	4th Tuesday of every month 6:30 - 8:00 pm	Amy Peterson Community Health Educator (757) 934-4395	Offers emotional and educational support to male cancer patients and their families.
	Living Beyond Cancer Survivorship Program	830 Kempsville Road, Norfolk, VA 23502	Schedule posted on sentara.com/Events	1-800-SENTARA	Providing patients and families with information about transitioning to life after active treatment.		Living Beyond Cancer Survivorship Program	2800 Godwin Boulevard, Suffolk, VA 23434 Classroom C & D	Schedule posted on sentara.com/Events	1-800-SENTARA	Providing patients and families with information about transitioning to life after active treatment.

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