

LIVING BEYOND CANCER

SENTARA CANCER NETWORK SUPPORT GROUPS - 2020 EDITION

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.

SITE	GROUP	LOCATION	DATE/TIME	CONTACT	PROGRAM OVERVIEW
Sentara Princess Anne Hospital	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	Breast Cancer Support Group	1060 First Colonial Rd. Virginia Beach, VA Health Education Center	2nd Monday of every month – 6:30 pm	Kerry Clay Community Health Educator 757-395-6317 Sara Williams 757-395-8421	Offers emotional and educational support to breast cancer patients and their families.
	Prostate Cancer Support Group	1060 First Colonial Rd. Virginia Beach, VA	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 yoga and wellness program designed for women who are dealing with or recovering from cancer.
	Yoga for Cancer Survivors & Caregivers	1060 First Colonial Rd. Virginia Beach, VA 23454	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 Rd. Virginia Beach, VA	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	Thalia Lynn Baptist Church 4392 Virginia Beach Blvd.	Third Saturday of most months from 10 am – 12 pm	Tom Glass 757-406-1470 Brenda Riggs 757-409-7518	Emotional support for patients and their families while providing education on treatment and management of myeloma.
	Blood Cancer Support Group	1060 First Colonial Rd. Virginia Beach, VA Health Education Center	2nd Tuesday of Each Month – 6:30 pm	Carol Hodies, 757-395-8684 Kerry Clay, 757-395-6317	Emotional support for patients and their families while providing education on treatment and management of leukemia and 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	Bereavement Support Group	Contact Abby Embry for location and times	Contact Abby Embry for location and times	Abby Embry 757-206-1177 or williamsburghospice.org	Offers emotional support for anyone who has lost a loved one.
	Unique Boutique	100 Sentara Circle Williamsburg, VA	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 Center	Schedule posted on sentara.com/Events	1-800-SENTARA	Providing patients and families with information about transitioning to life after active treatment.

SITE	GROUP	LOCATION	DATE/TIME	CONTACT	PROGRAM OVERVIEW
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.
Telephone Support Group	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.
	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 Health Educator 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.

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

Please call the contact associated with your support group to confirm schedule changes due to weather.

Times and locations subject to change. Please call first.



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	SITE	GROUP	LOCATION	DATE/TIME	CONTACT	PROGRAM OVERVIEW
Sentara CarePlex Hospital	Bereavement Support Group	3000 Coliseum Dr. Hampton, VA 23666 Conference Rooms	Meets twice monthly. Please call for dates/times.	Sentara CarePlex Hospital Chaplain Services 757-736-1201 SCHChaplain@sentara.com	Offers emotional support for anyone who has lost a loved one. Share your feelings, listen to the experiences of others, learn how to heal.	Sentara Norfolk General Hospital	Bereavement Support Group	Woodlawn Funeral Home 6329 E. Virginia Beach Blvd. Norfolk, VA 23502	Every Wednesday 2:00 pm – 3:30 pm	Susan E. Thompson, LCSW 757-388-2631 sethoms@sentara.com Paul Bennett, 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.
	Breast Cancer Support Group	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	4th Tuesday of every month 6:00-7:30 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.		Women's Breast Cancer Support Group	600 Gresham Drive Norfolk, VA 23507	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.
	ColoRectal Cancer Support Group	3000 Coliseum Dr. 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.		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	Paul Bennett, LCSW 757-388-7817	Offers emotional and educational support to patients and their families diagnosed with head and neck or oral cancers.
	Living Beyond Cancer Survivorship Program	3000 Coliseum Dr. 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.		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.
	Esophageal Cancer Support Group	830 Kempsville Rd. 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.		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.
Pink, POWERFUL, & Perky Breast Cancer Support Group	830 Kempsville Rd. Norfolk, VA 23502 Conference Room	2nd Thursday of every month 6:00 pm - 8:00 pm	Clayres Johnson, RN, BSN, CBCN 757-261-5404 Facilitator Director, Jennifer Reed, MD	For breast cancer survivors under age 50 and their needs with families, careers, education, body image, intimacy, sexuality, and breast cancer treatment.	Unique Boutique		Sentara Norfolk General Hospital 600 Gresham Drive Norfolk, VA 23507	By appointment, 3rd Wednesday of each month.	MaryMendon, RN,BSN Oncology Nurse Navigator 757-388-0221	Provides wigs, hats and scarves for patients who have lost their hair due to treatment. This is a free service for qualifying patients.	
Swinging Survivors Breast Cancer Support Group	830 Kempsville Rd. Norfolk, VA 23502 Conference Room	4th Wednesday every month 6:00 pm - 8:00 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.	Living Beyond Cancer Survivorship Program		Sentara Norfolk General Hospital	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	830 Kempsville Rd. 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.	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)		
Colorectal Cancer & Ostomy Support Group	830 Kempsville Rd. Norfolk, VA 23502 Conference Room	3rd Saturday of every month 10:00 am – 11:00 am	Morag Corrigan 757-261-8575	Open to colorectal cancer patients and patients with bowel diversion/ostomy, their families, and caregivers. Provides physical and emotional support through peer participation and educational resources.	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	Jaclyn Bunte Community Health Educator (757) 934-4395	Offers educational and emotional support to women.		
						PROS Men's Cancer Support Group	2800 Godwin Blvd. Suffolk, VA 23434 Garden Level	4th Tuesday of every month 6:30 - 8:00 pm	Jaclyn Bunte Community Health Educator (757) 934-4395	Offers emotional and educational support to male cancer patients and their families.	
						Living Beyond Cancer Survivorship Program	2800 Godwin Blvd. 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.	

Please note: In case of inclement weather, if the public schools and libraries are closed, support groups will not meet. Please call the contact associated with your support group to confirm schedule changes due to weather.

Times and locations subject to change. Please call first.

Please note: In case of inclement weather, if the public schools and libraries are closed, support groups will not meet. Please call the contact associated with your support group to confirm schedule changes due to weather.

Times and locations subject to change. Please call first.