

Sentara Cancer 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. 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.



Times and locations subject to change. Please call first.

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 at 6 pm	Lindsay Rushing, RN, OCN Breast Cancer Patient Navigator (757) 507-0667	Teaches grooming techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit valued at \$250.
	Breast Cancer Survivor's Support group	The Breast Center 1950 Glenn Mitchell Dr. Suite 206 VB, VA 23345	2nd Tuesday of every month 7 pm	Cindi Willoughby, RN, CBCN (757) 395-8421 Carol Hodies, RN, BSN, OCN (757) 395-8684 (757) 507-0667	For patients that have completed active treatment and are making the transition into survivorship. We focus on healthy living and moving forward after your cancer diagnosis.
	Pancreatic Cancer Awareness & Support Group	Sentara Princess Anne Hospital 1st Floor Conference Room	1st Tuesday of every month 7 pm	Courtney Vaught (757) 270-8250	Offers emotional and educational support to patients with pancreatic cancer.
	Yoga for Cancer Survivor's & Caregivers	Sentara Princess Anne Hospital 3rd Floor Main Office Building	2nd & 4th Tuesday of every month <i>(Please call ahead before attending your first class)</i>	Kerry Clay Community Health Educator (757) 395-6317	Yoga for Cancer is a gentle approach to body awareness. In this support-based class, we honor your unique challenges with a cancer diagnosis through postures & relaxation techniques. Cancer caregivers encouraged to attend.
Sentara Virginia Beach General Hospital	American Cancer Society's Look Good Feel Better	1060 First Colonial Road, VB, VA 23454 Health Education Center	4th Monday of every month 10 am – Noon	Cancer Resource Center (757) 395-8686	Teaches grooming techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit valued at \$250.
	Breast Cancer Support Group	1060 First Colonial Road, VB, VA 23454 Health Education Center	2nd Monday of every month 6:30 pm	Kerry Clay Community Health Educator (757) 395-6317	Offers emotional and educational support to breast cancer patients and their families
	General Cancer Support Group	1060 First Colonial Road, VB, VA 23454 Health Education Center	2nd Monday of every month 5:00 pm	Kerry Clay Community Health Educator (757) 395-6317	Offers emotional and educational support to cancer patients and their families.
	Prostate Cancer Support Group	1060 First Colonial Road, VB, 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 Resque Squad #8 Bayne Drive off of Old Donation	Every Monday and Wednesday 10:30 am	(757) 395-8686 for more information.	A fitness program designed for women who are dealing with or recovering from cancer.
Sentara Williamsburg Regional Medical Center	American Cancer Society's Look Good Feel Better	100 Sentara Circle, Williamsburg, VA 23188 Yorktown Conference Room	2nd Monday bi-monthly	American Cancer Society (757) 591-8330	Teaches grooming techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit valued at \$250.
	Bereavement Support	Contact Allison DeLaney for location and times	Contact Allison DeLaney for locations and times	Allison DeLaney (757) 206-1177 or williamsburghospice.org	Offers emotional support for anyone who has lost a loved one.
	Bereavement Support Group	Williamsburg	Thursday 1:00 pm - 2:30 pm	Karl West (757) 736-0700	Offers emotional support for anyone who has lost a loved one.
Patient Resources	Breast Education Class	Sentara Norfolk General Hospital, 600 Gresham Drive, Norfolk, VA 23507	Every other month	Virginia Richards, RN Breast Cancer Patient Navigator 757-388-0221	Open to newly diagnosed breast cancer patients.
	Surgical Dress Rehearsal	Radiation Oncology Conference Room 1st Fl. River Pavilion Horse Shoe	3rd Friday of every month 10:00 – 11:30am	Virginia Richards, RN Breast Cancer Patient Navigator 757-388-0221 Pre-registration required	Open to newly diagnosed breast cancer patients.
	Unique Boutique - provides wigs, hats and scarves for patients who have lost their hair due to treatment. This is a free service. Locations: SPAH - by appointment only (757) 525-5268 SWRMC - by appointment only (757) 345-4439 SNGH - 3rd Wednesday of each month, by appointment only (757) 388-0221				

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

SITE	GROUP	LOCATION	DATE/TIME	CONTACT	PROGRAM OVERVIEW
On-Line Support groups	Bereavement Support Group	24 hours/7 days a week	24 hours/7 days a week	www.sentara.com	Offers emotional support for anyone who has lost a loved one.
	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.
	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.

Site	Group	Location	Date/Time	Contact	Program Overview	Site	Group	Location	Date/Time	Contact	Program Overview		
Sentara CarePlex Hospital	American Cancer Society’s Look Good Feel Better	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	2nd Monday of every month 2:00 - 4:00 pm	Connie Bush, BSN, RN Community Outreach Coordinator (757) 827-2438	Teaches grooming techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit valued at \$250.	Sentara Norfolk General Hospital	American Cancer Society’s Look Good Feel Better	600 Gresham Drive, Norfolk, VA 23507 Radiation Oncology Conference Room 1st Flr. River Pavilion	3rd Monday of every other month 10:00 am – Noon	Angela Duke Community Health Educator (757) 388-2062	Teaches grooming techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit valued at \$250.		
	Bereavement Counseling	3000 Coliseum Drive, Hampton, VA 23666	Contact Counselor Resident	Sentara CarePlex Hospital Counselor Resident (757) 736-2007	Offers emotional counseling and support to all patients and their families and friends. FREE.		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 sethomp@sentara.com Janet Creef, LCSW (757) 388-7817 jucreef@sentara.com	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	1st & 3rd Sunday of every month 2:30 - 4:00 pm	Connie Bush, BSN,RN Community Outreach Coordinator (757) 827-2438	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, River Pavilion	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		
	Bereavement Support Group	Hampton, VA 23666	Tuesday 1:00 pm - 2:30 pm	Karl West (757) 736-0700	Offers emotional support for anyone who has lost a loved one.		Cancer Caregiver Support Group	600 Gresham Drive, Norfolk, VA 23507 Sentara Heart Hospital Radiation Oncology Conference Room 1st Flr. River Pavilion	2nd Friday of every month 10:00 – 11:30 am Phone Conference: 938-0500 Access#: 159735	Janet Creef, MSW, LCSW (757) 388-7817	Offers emotional and educational support to caregivers of cancer patients.		
	Bereavement Support Group	Hampton, VA 23666	Tuesday 7:00 pm - 8:30 pm	Karl West (757) 736-0700	Offers emotional support for anyone who has lost a loved one.		Free Yoga for Cancer Survivor’s	Sentara Norfolk General Hospital 600 Gresham Drive Norfolk, VA 23507	Please call for more information	Angela Duke Community Health Educator (757) 388-2062	A gentle/restorative approach to body awareness. Modified poses for those who are post-surgical and have limited mobility. This class begins with creating an even & deep breath in order to stimulate the parasympathetic nervous system.		
	Breast Cancer Support Group	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	3rd 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.		Leukemia and Lymphoma Support Group	600 Gresham Drive, Norfolk, VA 23507 Radiation Oncology Conference Room 1st Flr. River Pavilion	3rd Wednesday of every month 6:30pm – 8:00pm	Pre-registration required for this free program 757-459-4670	Offers emotional and educational support to blood cancer patients and their families.		
	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.		Oral Head & Neck Cancer Support Group	Hofheimer Hall EVMS	3rd Monday of every month 7:00 pm	Angela Duke Community Health Educator (757) 388-2062	Offers emotional and educational support to patients and their families diagnosed with head and neck or oral cancers.		
	Lung Cancer Support Group	These meetings are by teleconference	2nd Tuesday of each month 1:00 pm - 2:00 pm	Connie Bush, BSN, RN To join the teleconference, please call 1-877-466-2185 Access Code 892285	Open to lung cancer survivors, their families, and friends to meet their unique needs. Assists patients in dealing with the diagnosis, treatment, and nutritional aspects.		Thyroid Cancer (ThyCa) Cancer Support Group	600 Gresham Drive, Norfolk, VA 23507 Sentara Heart Hospital 1st Flr. Class Room	3rd Wednesday of every month 6:30 pm – 8:00pm	Angela Duke Community Health Educator (757) 388-2062	Offers emotional and educational support to thyroid cancer patients and their families.		
	Nutrition & Physical Activity Before & During Cancer Treatment	3000 Coliseum Drive, Hampton, VA 23666 Conference Rooms	Bi-annually, 2:00 pm	Connie Bush, BSN, RN Pre-registration required Sentara.com (classes & events) (1-800-SENTARA)	For patients, survivors and caregivers. Covers diet, side effects, nutrition, supplements and practical tips.		Us Too Prostate Cancer Support Group	600 Gresham Drive, Norfolk, VA 23507 Sentara Heart Hospital Conference Room 1	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.		
	Young Adult Cancer Survivor Group	Varies	Meets Monthly	Please call (800) 766-0797 for location and times or Facebook at Young Adult Cancer Survivors and Patients	Open discussion and planned program topics geared specifically to 18 - 35 year-old survivors of all cancer types.								
	Sentara Leigh Hospital	American Cancer Society’s Look Good Feel Better	880 Kempsville Road, Conference Room Norfolk, VA 23502	2nd Monday every month 6:00-8:00 pm	Pat Thomton, RN, OCN, CBCN Breast Cancer Patient Navigator (757) 261-5404		Teaches grooming techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit valued at \$250.	Sentara Obici Hospital	American Cancer Society’s Look Good Feel Better	2800 Godwin Blvd, Suffolk, VA 23434 Garden Level	2nd Monday of every month Call for appointment and time	Angie Conary (757) 934-4791 Cancer Support Services	Teaches grooming techniques that can help patients cope with appearance changes that may occur. Participants receive a complimentary makeup kit valued at \$250.
		Esophageal Cancer Support Group	880 Kempsville Road, Conference Room Norfolk, VA 23502	2nd Tuesday of every month 7:00-8:00 pm	Debora Jones, RN, BSN, MPH, 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	Jen Maritz Palliative Care Social Worker (757) 934-4504	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, Conference Room Norfolk, VA 23502	2nd Thursday of every month 7:00 pm-9:00 pm	Pat Thomton, RN, OCN, CBCN Breast Cancer Patient Navigator (757) 261-5404		For breast cancer survivors under age 50 and their needs with families, careers, education, body image, intimacy, sexuality, and breast cancer treatment.		Pink Passion Breast 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 breast cancer patients.
Swinging Survivors Breast Cancer Support Group		880 Kempsville Road, Conference Room Norfolk, VA 23502	4th Wednesday every month 6:00 pm	Pat Thomton, RN, OCN, CBCN Breast Cancer Patient Navigator (757) 261-5404	Offers emotional and educational support to breast cancer survivors over age 50 and their families.	PROS (Prostate Obici Support) 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 prostate cancer patients and their families.		