

# Support Groups

offered by HSHS Southern Illinois Division

| SUPPORT GROUP                               | HOSPITAL LOCATION          | DESCRIPTION  | ROOM LOCATION   | CONTACT INFORMATION                                   |
|---|----------------------------|--|---|---|
| <b>Alcoholics Anonymous</b>                 | St. Elizabeth's Belleville | Support for those who want to stop drinking.   | Mondays and Wednesdays; 6:30 pm<br>Room 722 of hospital   | 618-234-2120,<br>ext. 1555                            |
| <b>Alzheimer's Support Group</b>            | St. Joseph's Breese        | Support for caregivers of persons with Alzheimer's or dementia   | 4th Thursday of each month<br>1:30 pm<br>Healthplex<br>Senior Renewal Area  | 618-526-5486<br>618-526-5699<br>sradford@sjb.hshs.org |
|   | St. Joseph's Highland      | Support for caregivers of persons with Alzheimer's or dementia   | 3rd Thursday of each month<br>6:30 pm<br>Jehle hall (cafeteria)   | 618-651-2833<br>jashcrof@sjh.hshs.org                 |
| <b>Belleville Area Ostomy Association</b>   | St. Elizabeth's Belleville | Reassurance & emotional support for those who have undergone ostomy surgery, their family & friends    | 4th Tuesday of each month<br>7:00 pm<br>Staff Conference Room   | 618-234-2120,<br>ext. 1440                            |
| <b>Cancer Support Group</b>                 | 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<br>6:00 pm<br>Jehle Hall<br>Conference Room  | 618-651-2980,<br>Pastoral Care                        |
| <b>Depression and Bipolar Support Group</b> | St. Elizabeth's Belleville | Support and education in dealing with depression, bipolar and other mood disorders                     | Tuesdays 7:00 pm<br><br>Saturdays<br>12:00 pm<br>Room 722 of hospital   | 618-234-2120,<br>ext. 1338                            |
| <b>Diabetes Support Group</b>               | St. Joseph's Breese        | Support for those who have high blood sugar, interested in managing their diet                         | 1st Monday of odd numbered months<br>6:00 pm<br>HealthPlex  | 618-526-5743<br>bvoss@sjb.hshs.org                    |
|   | St. Joseph's Highland      | Support for those who have high blood sugar, interested in managing their diet                         | 1st Tuesday of each month (Sept.-May)<br>7:00 pm<br>Jehle Hall (cafeteria)  | 618-651-2766<br>teversge@sjh.hshs.org                 |
|   | St. Elizabeth's Belleville | Support for those who have high blood sugar, interested in managing their diet                         | 1st Tuesday even numbered months<br>6:30 pm<br><br>2nd Thursday odd numbered months<br>1:00 pm<br>Millennium Room | 618-234-2120,<br>ext. 2426                            |
| <b>Grief Support Group</b>                  | St. Joseph's Breese        | Support for those looking for comfort and understanding after a loss, no matter how recent or long ago | 3rd Tuesday of each month<br>7:00 pm<br>Managers Conference Room  | 618-526-5327<br>sniemann@sjb.hshs.org                 |

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| <b>GROW</b>  | St. Elizabeth's Belleville                | Self-help group for persons with mental health problems  | Thursdays.<br>7:00 pm<br>7th Floor, Rm 722   | 618-977-1133<br>Sharon                             |
| <b>HIV/AIDS Support Group: "It's All About Us"</b> | St. Elizabeth's Belleville                | Support for persons with HIV/AIDS  | Thursdays.<br>5:00-7:00 pm<br>7th Floor, Rm 743  | 618-234-2120,<br>ext. 1338                         |
| <b>Life After Breast Cancer</b>                    | St. Elizabeth's Belleville                | Self-help group for women, of any age, who have had lumpectomy or mastectomy surgery                                     | 4th Monday of each month (except May & Dec)<br>7:30 pm<br>Millennium Room                            | 618-632-6595                                       |
| <b>Look Good - Feel Better</b>                     | St. Joseph's Breese                       | For women in active cancer treatment. Teaches beauty techniques for appearance-related side effects of chemo & radiation | Offered quarterly.<br>Call for a schedule.<br>Board Room   | 618-526-5672<br>ktimmermann@<br>sjb.hshs.org       |
|  | St. Joseph's Highland                     | For women in active cancer treatment. Teaches beauty techniques for appearance-related side effects of chemo & radiation | May 24; Aug. 23;<br>Nov. 15<br>10:00 am<br>Board Conference Room                                     | 618-651-2980,<br>Pastoral Care                     |
| <b>Mended Hearts</b>                               | St. Elizabeth's Belleville<br>Chapter 226 | Support for persons with heart disease or those who have undergone cardiac surgery, and their family/friends             | 3rd Monday of each month*<br>6:30 pm<br>Millennium Room<br>(*alternates months at Memorial Hospital) | 618-234-2120,<br>ext. 1620                         |
|  | St. Joseph's Highland                     | Support for persons with heart disease or those who have undergone cardiac surgery, and their family/friends             | Contact Cardiac Rehab for further information.<br>Jehle Hall   | 618-651-2755<br>Cardiac Rehab<br>pnoe@sjh.hshs.org |
| <b>Narcotics Anonymous</b>                         | St. Elizabeth's Belleville                | For women. Support for those with a history of narcotics abuse.  | Weekly. Tuesdays<br>6:00 pm<br>7th Floor, Rm 740   | 618-234-2120,<br>ext. 1338                         |
| <b>New Day Grief</b>                               | St. Joseph's Highland                     | 9-week program dealing with the stages of grief for adults who have lost a loved one                                     | Spring & Fall Sessions.<br>Call for dates.   | 618-651-2980,<br>Pastoral Care                     |
| <b>Parkinson's Support Group</b>                   | St. Elizabeth's Belleville                | For individuals with Parkinson's Disease, caregivers, family and friends   | 2nd Monday of each month<br>1:30 pm<br>PSOP (211 N. Church St. Belleville)                           | 618-234-2120,<br>ext. 1156                         |
| <b>SHARE</b>                                       | St. Elizabeth's Belleville                | Support for parents/siblings who have experienced the loss of an infant through miscarriage or early infant loss         | 2nd Thursday of each month<br>7:00 pm<br>Cypress Room  | 618-346-0509<br>sharemetroeast@<br>gmail.com       |
| <b>Southern Illinois Difibbers Support Group</b>   | St. Elizabeth's Belleville                | Support group for defibrillator patients and their loved ones.   | Arranged through<br>Cardiology Consultants   | 618-233-6044,<br>ext. 4531                         |
| <b>Stroke Support Group</b>                        | St. Elizabeth's Belleville                | Support and education for those recovering from a stroke, and their families   | 1st Wednesday every other month<br>3:00 pm<br>Millennium Room  | 618-234-2120,<br>ext. 1519                         |



**St. Anthony's  
Memorial Effingham**

**St. Elizabeth's  
Belleville**

**St. Joseph's  
Breese**

**St. Joseph's  
Highland**