

# 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 7:00 pm Room 722 of hospital	618-234-2120, ext. 1555
<b>Alzheimer's Support Group</b>	St. Elizabeth's Belleville	Support for caregivers of persons with Alzheimer's or dementia	2nd Wednesday of each month 6:30 pm Staff Conference Room	618-234-2120, ext. 1156
	St. Joseph's Breese	Support for caregivers of persons with Alzheimer's or dementia	4th Thursday of each month 1:30 pm Healthplex Senior Renewal Area	618-526-5486 618-526-5699 sradford@sjb.hshs.org
	St. Joseph's Highland	Support for caregivers of persons with Alzheimer's or dementia	3rd Thursday of each month 6:30 pm Jehle hall (cafeteria)	618-651-2833 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 7:00 pm Staff Conference Room	618-234-2120, 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 6:00 pm Jehle Hall Conference Room	618-651-2980, 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  Saturdays 12:00 pm Room 722 of hospital	618-234-2120, ext. 1338
<b>Diabetes Support Group</b>	St. Elizabeth's Belleville	Support for those who have high blood sugar, interested in managing their diet	1st Tuesday even numbered months 6:30 pm  2nd Thursday odd numbered months 1:00 pm  Cypress Room	618-234-2120, ext. 5498 outpatientnutrition@sebh.org
	St. Joseph's Breese	Support for those who have high blood sugar, interested in managing their diet	1st Monday of odd numbered months 6:00 pm HealthPlex	618-526-5743 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) 7:00 pm Jehle Hall (cafeteria)	618-651-2766 teversge@sjh.hshs.org



**St. Joseph's Hospital**  
Breese, Illinois

**St. Elizabeth's Hospital**  
Belleville, Illinois

**St. Joseph's Hospital**  
Highland, Illinois

Affiliates of Hospital Sisters Health System

<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 7:00 pm Managers Conference Room	618-526-5327 sniemann@sjb.hshs.org
<b>GROW</b>	St. Elizabeth's Belleville	Self-help group for persons with mental health problems	Weekly. Mondays 7:00 pm 7th Floor, Rm 740	618-977-1133 Sharon
<b>HIV/AIDS Support Group: "It's All About Us"</b>	St. Elizabeth's Belleville	Support for persons with HIV/AIDS	Weekly. Tuesdays. 5:00-7:00 pm 7th Floor, Rm 722	618-234-2120, 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) 7:30 pm Millennium Room	618-473-2313 Betty
<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	April 12 6:30 pm July 12 1:30 pm October 18 10:00 am Board Room	618-526-5672 ktimmermann@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; Nov. 15 10:00 am Board Conference Room	618-651-2980, Pastoral Care
<b>Mended Hearts</b>	St. Elizabeth's Belleville Chapter 226	Support for persons with heart disease or those who have undergone cardiac surgery, and their family/friends	3rd Monday of each month* 6:30 pm Millennium Room (*alternates months at Memorial Hospital)	618-234-2120, ext. 1620
	St. Joseph's Highland	Support for persons with heart disease or those who have undergone cardiac surgery, and their family/friends	3rd Tuesday of each month 1:30 pm Jehle Hall	618-651-2755 Patricia 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 6:00 pm 7th Floor, Rm 740	618-234-2120, 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. Call for dates.	618-651-2980, 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 1:30 pm PSOP (211 N. Church St. Belleville)	618-234-2120, 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 7:00 pm Cypress Room	618-346-0509 sharemetroeast@gmail.com
<b>Southern Illinois Dfibbers Support Group</b>	St. Elizabeth's Belleville	Support group for defibrillator patients and their loved ones.	Arranged through Cardiology Consultants	618-233-6044, 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 3:00 pm Millennium Room	618-234-2120, ext. 1519