

# LIVING BEYOND CANCER

## SENTARA CANCER NETWORK SUPPORT GROUPS - 2021 EDITION

From screenings and presentations 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	Kerry Clay Community Health Educator 757-395-6317	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	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	Brenda Riggs 757-409-7518 seva@imfsupport.org	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 BSN, RN, OCN, Oncology Nurse Navigator 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.
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.
Living Beyond Cancer Survivorship Program	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.

SITE	GROUP	LOCATION	DATE/TIME	CONTACT	PROGRAM OVERVIEW
Online Support Groups	Breast Cancer Facebook Support Group	Facebook	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	Facebook	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	Facebook	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.
	Gynecologic Cancer Support Group	Facebook	24 hours/ 7 days a week	Search for "Sentara Gynecologic Support" on www.Facebook.com	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	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.
	Peer Mentor Support	One on one via teleconference	For more information contact peermentor@sentara.com		The Peer Mentor program provides over the phone hope, inspiration, and courage to individuals newly touched by cancer.

**Please note: In case of inclement weather, if the public schools and libraries are closed, support groups will not meet in person. 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](http://sentara.com/cancer)  
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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 Dr. Hampton, VA 23666 Conference Rooms	3rd Tuesday of every month 6:00-7:30 pm	Belinda Risher, MS, RN, CBCN Oncology Nurse Navigator 757- 594-1939	Offers emotional and educational support to breast cancer patients and their families.		Women's Cancer Support Group	600 Gresham Drive Norfolk, VA 23507 Sentara Heart Hospital, 1st Floor Classroom	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		Thyroid 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.	
	Brain Tumor Support Group	3000 Coliseum Dr. Hampton, VA 23666 Conference Rooms	Last Thursday of every other month, 6:30pm - 8:30pm	Sam Hunter 757-656-9257	Enhance the quality of life for brain tumor patients and caregivers with intentional kindness and support.		Us Too Prostate Cancer Support Group	600 Gresham Drive Norfolk, VA 23507 Sentara Heart Hospital 1st Floor Classroom	4th 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.	
Sentara Brock Cancer Center	Esophageal Cancer Support Group	6251 E. Virginia Beach Blvd. Norfolk, VA 23502 1st floor Conference Room	2nd Tuesday of every month 7:00-8:00 pm	Catherine Finuliar BSN, RN, OCN Oncology Nurse Navigator 757-624-0193	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.	Sentara Norfolk General Hospital	Unique Boutique	Sentara Norfolk General Hospital 600 Gresham Drive Norfolk, VA 23507	By appointment, 3rd Wednesday of each month.	Mary McLendon, BSN, RN, 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.	
	Pink, POWERFUL, & Perky Breast Cancer Support Group	6251 E. Virginia Beach Blvd., Norfolk, VA 23502, 1st floor Conference Room	2nd Thursday of every month 6:00 pm - 8:00 pm	Clayres Johnson, BSN, RN, CBCN Oncology Nurse Navigator 757-624-0142 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.		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.	
	Swinging Survivors Breast Cancer Support Group	6251 E. Virginia Beach Blvd. Norfolk, VA 23502 1st floor Conference Room	4th Wednesday every month 6:00 pm - 8:00 pm	Clayres Johnson, BSN, RN, CBCN Oncology Nurse Navigator 757-624-0142	Offers emotional and educational support to breast cancer survivors over age 50 and their families.		Sentara Obici Hospital	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	Jaelyn Bunte Community Health Educator 757-934-4395	Offers educational and emotional support to women.
	Living Beyond Cancer Survivorship Program	6251 E. Virginia Beach Blvd. Norfolk, VA 23502 1st floor Conference Room	Schedule posted on sentara.com/Events	1-800-SENTARA	Providing patients and families with information about transitioning to life after active treatment.			PROS Men's Cancer Support Group	2800 Godwin Blvd. Suffolk, VA 23434 Garden Level	4th Tuesday of every month 6:30 - 8:00 pm	Jaelyn Bunte Community Health Educator 757-934-4395	Offers emotional and educational support to male cancer patients and their families.
	Wellness Beyond Cancer Classes	6251 E. Virginia Beach Blvd. Norfolk, VA 23502	6 week sessions	1-800-SENTARA	Yoga, Wellness and Fitness classes post cancer treatment.			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.
	Girl Talk: Breast Surgery Preoperative Class	6251 E. Virginia Beach Blvd. Norfolk, VA 23502 Patient Family Resource Center	2nd Wednesday every month 11:00 am - 12:30 pm	1-800-SENTARA	A preoperative class taught by our breast care navigator and lymphedema specialist to help you prepare for surgery and beyond.							
	Silhouette Mastectomy Boutique	6251 E. Virginia Beach Blvd. Norfolk, VA 23502 1st Floor	By Appointment Mon - Thur 8-4:30 pm, Fri 8-2 pm	Linda Williams, ABC Certified Fitter-Mastectomy, 757-586-3255	Provides wigs, hats, scarves for patients who have lost their hair due to treatment and breast prostheses.							
	Tidewater Lost Chord Club	6251 E. Virginia Beach Blvd., Norfolk, VA 23502 1st floor Conference Room	Every Monday, 1:00 pm	Helen Grathwohl 757-285-2992	Offers emotional and educational support to patients and their families diagnosed with head and neck cancers.							
	Colorectal Cancer & Ostomy Support Group	6251 E. Virginia Beach Blvd. Norfolk, VA 23502 1st floor Conference Room	3rd Saturday of every month 10:00 am – 11:00 am	Catherine Finuliar BSN, RN, OCN, Oncology Nurse Navigator, 757-624-0193 and Morag Corrigan (SLH 5E Clinical Manager) 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.							

**Please note: Due to COVID-19 protocol for group gatherings, meetings are being held virtually until restrictions are lifted. Please call the contact associated with your support group to confirm location.**

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