

The Support Groups at DuBois Regional Medical Center

All support group meetings are free to attend.

The DRMC Breast Cancer Support Group This group meets at 6 p.m. on the second Sunday of each month, except in December, on the ground floor of Hahne Regional Cancer Center at DRMC West. It is for breast cancer survivors only at any stage - newly diagnosed or long-time survivors. Its goal is to provide a comfortable place for listening, learning and sharing. For more information, call Hahne at 375-3535.

Cancer Caregivers Support Group Cancer touches everyone in a family. Created by Hahne Regional Cancer Center and Social Services at DRMC, this group is for family members and friends of those who care for someone who has cancer. It meets regularly at 1 p.m. on the first Monday and 10 a.m. on the third Tuesday of each month at Hahne. If someone is unable to attend the group during the given hours, please contact Social Services staff at Hahne at 375-3535.

The Diabetes Clinic Support Group This group is sponsored by the Regional Diabetes Clinic at DRMC and is open to anyone who is interested in learning about diabetes. The goal of these meetings is to provide support for the patients, families and friends as well as new information and education. The group meets at 6:30 p.m. on the third Tuesday of every month except July. It meets in St. Camillus Hall at DRMC West. For more information, call the clinic at 375-6383.

Healing After Loss Healing After Loss is a support group for adults dealing with the death of a loved one. The group is organized by DRMC's Home Health and Hospice. "Healing After Loss" provides information on the grieving process in a warm and caring atmosphere. It meets at 4 p.m. on the first Tuesday of each month in the first floor conference room in the Home Health & Hospice building at DRMC West. For more information, call 375-3300.

HUGS "Helping Understand Grief Stages," or HUGS, is a support group offered for children in grades kindergarten through 6, and for teens, grades 7-12, who have experienced the death of a loved one. Grieving children and teens have the opportunity to share their experiences and feelings in a safe and supportive atmosphere. The program aims to help gain coping skills. It is funded by The Gray Family Foundation. For more information, call DRMC Hospice at 375-3300.

Compassionate Friends Compassionate Friends is a support group dedicated to help parents cope with the death of a child at any age. Compassionate Friends includes the parents of older children, young children and infants, including those who were still born or miscarried. Parents meet quarterly. In December, Compassionate Friends holds a candlelight memorial service at the hospital chapel at DRMC West. For more information on meeting times, contact Rita and Fran Gutowski at 371-8667 or Anne and Greg Posteraro at 371-2747. Compassionate Friends is a part of an international program. Go to www.compassionatefriends.org.

Stroke Survivor Connection The Stroke Survivor Connection is for people who have suffered stroke, head trauma or similar illness and are struggling to cope with the effects on their speech, memory or thought process, mobility or other functions. The group meets every Monday at 1 p.m. in the dayroom of The Rehabilitation Center, fifth floor at DRMC West. The group is organized by Health Hope Network of Pittsburgh and is supported by the Rehabilitation Center at DRMC. It is open to anyone interested, no matter where they might have received previous care. For more information about the group, call The Rehabilitation Center at 375-3058.

Us Too - Prostate Cancer Education and Support Us Too is a prostate cancer education and support group that will help answer questions and give support before, during and after your treatment for prostate cancer with insight from a personal point-of-view.

The group meets monthly from 7-8:30 p.m. on the first Monday of every month in St. Camillus Hall at DuBois Regional Medical Center West. Spouses and friends are welcome, too. For more information, call 371-7073.

The Tri-County Multiple Myeloma Support Group This group is for those with multiple myeloma and their friends and families. It is one of only two support groups of its kind in Pennsylvania, according to the International Myeloma Foundation. Everyone - no matter where they receive treatment - is welcome. The group meets regularly on the fourth Tuesday of each month at DRMC West. For more information on the group, call Carole Levis at 372-2428.