

The Support Groups at DuBois Regional Medical Center

All support group meetings are free to attend.

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 the Multipurpose Room on the second floor of DRMC East. The group is led by a volunteer. 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.

The sessions are 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. Compassionate Friends includes the parents of older children, young children and infants, including those who were still born or miscarried. Parents meet in the OB Conference Room on the third floor of DRMC West near maternity at 7 p.m. on the second Tuesday of each month except in July, August and November. In December, Compassionate Friends holds a candlelight memorial service at the hospital chapel at DRMC West.

Compassionate Friends is a part of an international program. There is a web site: www.compassionatefriends.org. The group also has a free newsletter.

Stroke Survivor Connection

The Stroke Survivor Connection is for people who have suffered strokes, head trauma or a 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 from 1-4 p.m. in the day room 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.

More support groups on back.

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NICU Parents' Support Group

The NICU Parents' Support Group is for parents of premies, past and present, to get together, exchange information and experiences and to get support from each other,

Having a baby in the NICU is an emotional roller-coaster. Meeting and talking with someone who has gone through the same experience can be very helpful to a new NICU family.

The group meets the second Thursday of the month, every month, at 7 p.m., in the OB Conference Room on the third floor of the west unit. Anyone attending can enter DRMC West through the lobby and use the elevators to their left to the third floor. The conference room is along the hallway to the NICU.

MOMS

Moms Offering Moms Support, or MOMS, is a support group for women experiencing postpartum depression.

The meetings are held twice a month on the first and third Wednesdays from 3-4 p.m. at the library on the third floor at DRMC East off Maple Avenue in DuBois. Interested participants can use entrance A of the hospital and follow the signs to the elevators near the Wheelchair Clinic on the ground floor. Signs on the third floor will lead to the room.

For more information about the support group, call 375-6241.

Widows' Journey

Widows' Journey is run by widows for widows on the first Tuesday of every month in the Home Health & Hospice building at DRMC West. Organized by Hospice, it is facilitated by a volunteer to allow widows to work through the grief associated with loss of a spouse. It also covers life issues, such as finances. Call 375-3300 for more details.

Us Too - Prostate Cancer Education and Support

Us Too is a prostate cancer education and support group that will help answer your questions and give you support before, during and after your treatment for prostate cancer.

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.

This group was formed to be a vehicle for insight from a personal point-of-view. Spouses and friends are welcome, too.

For more information, call 371-7073.

Making the Difference for Life