SUPPORT GROUPS IN YOUR COMMUNITY

Region 3 - Northern Neck

Please note that the dates and times of meetings may change. Please contact the support group before attending to confirm details.

Breast Cancer Support Group
Open to women who are currently undergoing treatment or who have completed treatment for breast cancer. This is an open discussion format, facilitated by a registered nurse.

Meeting Days: 3rd Tuesday of each month
Meeting Time: 12:00 pm
Meeting Location: Regional Cancer Center
Address: 2300 Fall Hill Avenue, Suite 305, Fredericksburg, VA 22401
Phone: 540-741-0611
Contact: Sandy Davis
Email: sandy.davis@mwhc.com
Website: www.marywashingtonhealthcare.com/2014-01-23-16-54-12/60-centers-of-excellence/rcc/2543-cancer-center-support-groups

Coping Together
General cancer support group for patients, survivors, caregivers and families facing the issue of cancer.

Meeting Days: 1st Monday of each month
Meeting Time: 7:00 pm
Meeting Location: Mary Washington Regional Cancer Center, Radiation Oncology Lobby
Address: 1300 Hospital Drive, Suite 101, Fredericksburg, VA 22401
Phone: 540-741-0611
Contact: Sandy Davis
Email: sandy.davis@mwhc.com
Website: www.marywashingtonhealthcare.com/2014-01-23-16-54-12/60-centers-of-excellence/rcc/2543-cancer-center-support-groups
**Beyond Boobs! Middle Peninsula Support Group** (Gloucester, Mathews, Middlesex Area)

As young women who belong to a “club” no one wants to join, we know the value of sharing this journey with each other. We host monthly “Tea and Talk” meetings in our homes, where we serve healthy snacks and green tea along with generous helpings of encouragement and laughter. Friends and family members are always welcome to participate too.

**Meeting Days:** 4th Tuesday of each month  
**Meeting Time:** 6:30 pm  
**Meeting Location:** Email for address! Gloucester, VA  
**Phone:** 540-818-3139  
**Contact:** Holly Siegle  
**Email:** holly@beyondboobs.org  
**Website:** www.beyondboobs.org/contact-us/support-group-locations

**Cancer Support Group**

The Cancer Support group is an open-ended group for people living with cancer. This group provides education, support, and practical help for cancer patients, caregivers and friends and family of those affected by the disease. The objective of this group is to assist in coping with the everyday aspects of living with cancer by offering a time for sharing, support and information.

**Meeting Days:** 3rd Thursday of each month  
**Meeting Time:** 6:30 pm  
**Meeting Location:** Riverside Cancer Center  
**Address:** 7544 Hospital Drive, Gloucester, VA 23061  
**Phone:** 757-534-5555 ext. 300 (Pat) or 757-596-4457 (Jackie)  
**Contact:** Pat Emerson or Jackie Ward  
**Website:** www.riversideonline.com/rwrh/support-groups.cfm
SUPPORT GROUPS IN YOUR COMMUNITY

Cancer Support Group
An opportunity for individuals with cancer and their families to share experiences and
concerns, enhance coping through support and to gain information related to cancer and
treatment.
**Meeting Days:** 2nd and 4th Thursdays of Each Month
**Meeting Time:** 3:00 pm – 4:00 pm
**Meeting Location:** Rappahannock General Hospital Cancer Center
**Address:** 101 Harris Drive, Kilmarnock, VA 22482
**Phone:** 804-435-8593
**Contact:** Fran Gaskins, RN
**Email:** frangaskinsrnocn@hotmail.com

Look Good . . . Feel Better
The American Cancer Society’s program for patients in active treatment for cancer or still
experiencing the appearance related side effects. Participants learn to deal with loss of skin
moisture, change in skin tone and hair loss. FREE. Sponsored by the RGH Cancer Center.
**Meeting Days:** Call for schedule
**Meeting Location:** Rappahannock General Hospital Cancer Center
**Address:** 101 Harris Drive, Kilmarnock, VA 22482
**Phone:** 804-435-8593
**Contact:** Fran Gaskins, RN
**Email:** frangaskinsrnocn@hotmail.com
SUPPORT GROUPS IN YOUR COMMUNITY

Breast Cancer Support Group

Meeting Days: 3rd Monday of each month
Meeting Time: 7:00 pm – 8:30 pm
Meeting Location: West Point YMCA
Address: 3135 King William Avenue, West Point, VA 23181
Phone: 804-843-2319
Contact: Betty Blevins