SUPPORT GROUPS IN YOUR COMMUNITY

Region 2 – Tidewater

Bon Secours Hampton Roads Support Services
Offering emotional and educational support to breast cancer patients. Call 757-889-CARE (2273) or https://bonsecours.com/hampton-roads/patients-and-visitors/classes-and-events#

Chesapeake Regional Medical Center Support Services
Chesapeake Regional offers support groups for cancer patients, their families and friends and survivors of those who have died of cancer, the group meets the second Thursday of each month, at 10:30 a.m. in the Sidney M. Oman Cancer Center. Call 757-312-6460 or https://chesapeakeregional.com/programs-services/cancer-care
Chesapeake Regional Healthcare also sponsors a breast cancer support group that is open to newly diagnosed women as well as survivors. At the meetings, women share concerns and exchange information. Health care professionals speak on topics of interest. The group meetings are facilitated by a breast cancer survivor and an oncology nurse. The group meets the first Thursday of each month from 7-8:30 p.m. at Chesapeake Regional’s Lifestyle Center. Call 757-312-2232 or https://chesapeakeregional.com/locations/breast-center

Here for the Girls (Beyond Boobs!)
As young women who belong to a “club” no one wants to join, we know the value of sharing this journey with each other. Beyond Boobs! addresses the psychological, emotional, and physical challenges of breast cancer and its collateral damage. We help bring healing and empowerment, thus strengthening these young women, their families. Call 757-645-2649 or www.hereforthegirls.org/beyondboobs/
Newport News – 4th Monday of month at 6:30 p.m.
Email: newportnewssupport@hereforthegirls.org

Norfolk – (Serving Norfolk, Portsmouth, Virginia Beach, Hampton) - 3rd Monday of the Month at 6:30 p.m.
Email: norfolksupport@hereforthegirls.org

Virginia Beach – Coventry Subdivision – 4th Tuesday of the month at 6:30 p.m.
Email: virginiabeachsupport@hereforthegirls.org

Williamsburg – 3rd Thursday of the month at 6:30 p.m.
Email: williamsburgsupport@hereforthegirls.org

Please note that the dates and times of meetings may change. Please contact before attending to confirm details.
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Mary Immaculate Breast Cancer Support Group
Breast cancer survivors meet to offer support and answer questions of other breast cancer survivors. **Meeting Location:** Health Resource Center, Ruth Belle Room, Mary Immaculate Hospital  **Address:** 2 Bernadine Drive, Newport News, VA 23602  **Phone:** 757-874-8328  **Contact:** Sudie Stultz  **Email:** sudiehome@verizon.net

Riverside Health System Support Services
Riverside offers breast cancer and cancer support groups for individuals and their loved ones as well as nutrition & physical activity groups. For their latest offerings, call 757-594-4229 or [www.riversideonline.com/services/cancer/radiation_ oncology/support-groups.cfm](http://www.riversideonline.com/services/cancer/radiation_ oncology/support-groups.cfm) or [www.riversideonline.com/services/cancer/breast/support-and-survivorship.cfm](http://www.riversideonline.com/services/cancer/breast/support-and-survivorship.cfm).

Sentara Support Services
Sentara offers numerous support group and resource offerings related to breast cancer throughout the Hampton Roads area. To access the latest list, call 1-800-SENTARA (1-800-736-8272) or [www.sentara.com/hampton-roads-virginia/classesevents/view-all-support-groups.aspx](http://www.sentara.com/hampton-roads-virginia/classesevents/view-all-support-groups.aspx) and enter your location info.

Virginia Oncology Associates Cancer Support Group
Offers emotional and educational support to cancer patients and their families. All types of cancer are included. **General Cancer Support Group:** 2nd Saturday of each month, 10:00 AM - Noon, Lake Wright Office | 5900 Lake Wright Dr | Norfolk - Conference Room, 3rd Floor. Call (757) 213-5680 or [http://virginiacancer.com/uploads/R2_5060964_General_Support_PR.pdf](http://virginiacancer.com/uploads/R2_5060964_General_Support_PR.pdf)

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