SUPPORT GROUPS IN YOUR COMMUNITY

Region 2 – Tidewater

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

Chesapeake Regional Medical Center sponsors a breast cancer support group that is open to newly diagnosed women as well as survivors. If you have breast cancer, you are not alone. We are here for you. At the meetings, women share concerns and exchange information. Health care professionals speak on topics of interest. Also, members will embrace, comfort, encourage and honor your courageous journey to fight cancer. The group meetings are facilitated by a breast cancer survivor and an oncology nurse.

Meeting Days: 1st Thursday of each month
Meeting Time: 7:00 pm – 8:30 pm
Meeting Location: Chesapeake Regional Medical Center, Lifestyle Center
Address: 736 Battlefield Boulevard, North Chesapeake, VA 23320
Phone: 757-312-2232
Website: www.chesapeakeregional.com/patients-a-visitors/support-groups

People Helping People

For cancer patients, survivors, families and friends.

Meeting Days: 2nd Thursday of each month
Meeting Time: 10:30 am
Meeting Location: Sidney M. Oman Cancer Center at Chesapeake General
Address: 736 Battlefield Boulevard, North Chesapeake, VA 23320
Phone: 757-312-6460
Website: www.chesapeakeregional.com/patients-a-visitors/support-groups
Beyond Boobs! Middle Penninsula Support Group (Serving 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 Thursday of each month  
**Meeting Time:** 6:30 pm  
**Meeting Location:** Email for address!  
**Phone:** 540-818-3139  
**Contact:** Holly Siegle  
**Email:** holly@beyondboobs.org  
**Website:** www.beyondboobs.org/contact-us/support-group-locations

Breast Cancer Support Group

Offers emotional and educational support to breast cancer patients and their families. Both newly diagnosed patients and those with current diagnosis are welcome.

**Meeting Days:** 3rd Tuesday of each month  
**Meeting Time:** 7:00 pm – 8:30 pm  
**Meeting Location:** Sentara Careplex Hospital, Conference Room C  
**Address:** 3000 Coliseum Drive, Hampton, VA 23666  
**Phone:** 757-594-1939  
**Contact:** Belinda Risher, RN, MS, AOCN – Breast Cancer Patient Navigator  
**Website:** www.sentara.com/healthwellness/community-health-programs/support-groups.aspx
GENERAL CANCER SUPPORT GROUP

Offers emotional and educational support to cancer patients and their families. All types of cancer are included.

**Meeting Days:** 3rd Thursday of each month

**Meeting Time:** 1:00 pm – 3:00 pm

**Meeting Location:** Virginia Oncology Association – Hampton Office

**Address:** 300 Coliseum Drive, Hampton, VA 23666

**Phone:** 757-262-4635 or 757-213-5818

**Contact:** Myra Green, MSW, LCSW, OSW-C

**Look Good . . . Feel Better**

Cancer can rob a woman of her appetite and strength, but it doesn't have to take away her self-confidence. Look Good...Feel Better is a FREE program that teaches grooming and beauty techniques to women in active treatment to help them combat and cope with the appearance-related side effects of cancer treatment. You will learn how to apply makeup, style hair, and receive suggestions on sources for wigs. Along with the support you receive, each participant receives a complimentary makeup kit that is valued at $200. **Patients interested in attending a session must call the facility where they wish to attend at least one week in advance to register.**

**Meeting Days:** 2nd Monday of each month

**Meeting Time:** 2:00 pm – 4:00 pm

**Meeting Location:** Sentara Careplex Hospital, Conference Room

**Address:** 3000 Coliseum Drive, Hampton, VA 23666

**Phone:** 757-827-2438

**Contact:** Connie Bush, BSN, RN – Cancer Network Coordinator
Beyond 'Static

Serving young women with metastatic cancer. 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: 3rd Monday of each month
Meeting Time: 6:30 pm
Meeting Location: Email for address! Newport News, VA
Phone: 757-810-6031
Contact: Susan Kinkoph
Email: susan_k@beyondboobs.org
Website: www.beyondboobs.org/contact-us/support-group-locations

Breast Cancer Caregivers Support Group

For spouses and loved ones.

Meeting Days: 2nd Thursday of each month
Meeting Time: 7:00 pm
Meeting Location: Riverside Cancer Care Center, Fireplace Room
Address: 12100 Warwick Boulevard, Newport News, VA 23601
Phone: 757-594-4229
Contact: Yvonne Pike, Breast Cancer Patient Navigator
Website: www.riversideonline.com/services/cancer/breast/support-and-survivorship.cfm

Breast Cancer Support Group

Meeting Days: 2nd Thursday of each month
Meeting Time: 7:00 pm
Meeting Location: Riverside Cancer Care Center, Conference Room
Address: 12100 Warwick Boulevard, Newport News, VA 23601
Phone: 757-594-4229
Contact: Yvonne Pike, Breast Cancer Patient Navigator
Website: www.riversideonline.com/services/cancer/breast/support-and-survivorship.cfm
**Mary Immaculate Breast Cancer Support Group**

Breast cancer survivors meet to offer support and answer questions of other breast cancer survivors.

**Meeting Days:** 3rd Wednesday of each month

**Meeting Time:** 7:30 pm – 9:00 pm

**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

---

**Nutrition & Physical Activity During and After Treatment Group**

For those diagnosed with cancer and their caregivers.

**Meeting Days:** 3rd Tuesday of each month

**Meeting Time:** 6:00 pm

**Meeting Location:** Riverside Cancer Care Center

**Address:** 12100 Warwick Boulevard, **Newport News**, VA 23601

**Phone:** 757-591-8330

**Website:** [www.riversideonline.com/services/cancer/breast/support-and-survivorship.cfm](http://www.riversideonline.com/services/cancer/breast/support-and-survivorship.cfm)
Beyond Boobs! Norfolk Support Group – Wards Corner (Portsmouth, Virginia Beach, Hampton)
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:** 1st Wednesday of each month

**Meeting Time:** 6:30 pm

**Meeting Location:** Email for address! Norfolk, VA

**Phone:** 757-289-2177

**Contact:** Michele Yepez

**Email:** michele_y@beyondboobs.org

**Website:** [www.beyondboobs.org/contact-us/support-group-locations](http://www.beyondboobs.org/contact-us/support-group-locations)

Beyond Boobs! Norfolk Support Group – Ghent (Portsmouth, Virginia Beach, Hampton)
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 Thursday of each month

**Meeting Time:** 6:30 pm

**Meeting Location:** Email for address! Norfolk, VA

**Phone:** 757-434-3919

**Contact:** Mary Joe Wilfong

**Email:** maryjoe-w@beyondboobs.org

**Website:** [www.beyondboobs.org/contact-us/support-group-locations](http://www.beyondboobs.org/contact-us/support-group-locations)
Breast Cancer Support Group
Offers emotional and educational support to breast cancer patients and their families. Newly diagnosed patients and survivors are welcome.

Meeting Days: 4th Wednesday of each month
Meeting Time: 7:00 pm – 9:00 pm
Meeting Location: Sentara Leigh Hospital, Conference Room
Address: 880 Kempsville Road, Norfolk, VA 23502
Phone: 757-853-2145
Contact: Renee Heyman
Website: www.sentara.com/healthwellness/community-health-programs/support-groups.aspx

Breast Cancer Support Group
Offers emotional and educational support to breast cancer patients and their families. Both newly diagnosed patients and those with current diagnosis are welcome.

Meeting Days: 2nd Tuesday of each month
Meeting Time: 7:00 pm
Meeting Location: Sentara Norfolk General Hospital
Address: 600 Gresham Drive, Norfolk, VA 23507
Phone: 757-388-4268
Contact: Angela Duke – Cancer Resource Center
Website: www.sentara.com/healthwellness/community-health-programs/support-groups.aspx
SUPPORT GROUPS IN YOUR COMMUNITY

General Cancer Support Group
Offers emotional and educational support to cancer patients and their families. All types of cancer are included.

Meeting Days: 3rd Wednesday of each month
Meeting Time: 1:00 pm – 3:00 pm
Meeting Location: Virginia Oncology Association of Norfolk
Address: 5900 Lake Wright Drive, Norfolk, VA 23502
Phone: 757-262-4635 or 757-213-5818
Contact: Myra Green, MSW, LCSW, OSW-C

Pink, POWERFUL & Perky
Open to young breast cancer survivors under the age of 50. The goal is to provide support for their unique needs with families, careers, education, body image, intimacy, sexuality, and breast cancer treatment.

Meeting Days: 2nd Thursday of each month
Meeting Time: 7:00 pm – 9:00 pm
Meeting Location: Sentara Leigh Breast Center, Conference Room
Address: 880 Kempsville Road, Norfolk, VA 23502
Phone: 757-261-5404
Contact: Laurie A. Jesz, RN, BSN, CBCN – Breast Cancer Nurse Navigator
Website: www.sentara.com/PatientVisitorInfo/Pages/SupportGroups.aspx
Look Good, Feel Better
Learn how to apply makeup, style hair and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearances changes that may occur.

Meeting Days: 2nd Monday of each month
Meeting Time: 6:00 pm
Meeting Location: Sentara Leigh Breast Center, Conference Room
Address: 880 Kempsville Road, Norfolk, VA 23502
Phone: 757-261-5404
Contact: Laurie A. Jesz, RN, BSN, CBCN – Breast Cancer Nurse Navigator
Website: www.sentara.com/healthwellness/community-health-programs/support-groups.aspx

Look Good, Feel Better
Learn how to apply makeup, style hair and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearances changes that may occur.

Meeting Days: 3rd Monday of each month
Meeting Time: 7:00 pm
Meeting Location: Sentara Norfolk General Hospital
Address: 600 Gresham Drive, Norfolk, VA 23507
Phone: 757-388-4268
Contact: Angela Duke – Cancer Resource Center
Website: www.sentara.com/healthwellness/community-health-programs/support-groups.aspx
SUPPORT GROUPS IN YOUR COMMUNITY

Cancer Support Group
This group is open to patients, friends, family members, and survivors.
**Meeting Days:** 2nd Tuesday of each month
**Meeting Time:** 7:00 pm – 8:30 pm
**Meeting Location:** Martha Davis Cancer Center
**Address:** 3640 High Street, Suite 1E, Portsmouth, VA 23707
**Phone:** 757-398-2200
**Website:** http://bshr.com/our-services-cancer-care-cancer-care-services-cancer-support-groups.html

Beyond Boobs! Suffolk Support Group
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:** 3rd Monday of each month
**Meeting Time:** 6:30 pm
**Meeting Location:** Email for address! Suffolk, VA
**Phone:** 757-358-2999
**Contact:** Kelly Black
**Email:** kelly_b@beyondboobs.org
**Website:** www.beyondboobs.org/contact-us/support-group-locations
SUPPORT GROUPS IN YOUR COMMUNITY

Breast Cancer Support Group
 Offers emotional and educational support to breast cancer patients.

Meeting Days: 4th Monday of each month
Meeting Time: 6:30 pm – 8:00 pm
Meeting Location: Bon Secours Harbor View Medical Arts Bldg., 2nd Floor Conference Room
Address: 5838 Harbour View Boulevard, Suffolk, VA 23435
Phone: 757-541-1902
Contact: Leslie Smith, RN, MSN, CBPN-IC – Breast Cancer Patient Navigator
Email: leslie_smith@bshi.org
Website: http://bshr.com/assets/Breast_Support_Flyer.pdf

Breast Cancer Support Group
 Offers emotional and educational support to breast cancer patients and their families. Both newly diagnosed patients and those with current diagnosis are welcome.

Meeting Days: 4th Tuesday of each month
Meeting Time: 6:00 pm
Meeting Location: Sentara Obici Hospital, Garden Level
Address: 2800 Godwin Boulevard, Suffolk, VA 23434
Phone: 757-934-4791
Contact: Edie Fidler – Cancer Services

Cancer Support Group
 Offers emotional and educational support to breast cancer patients and their families. Both newly diagnosed patients and those with current diagnosis are welcome.

Meeting Days: 4th Monday of each month
Meeting Time: 5:30 pm – 7:00 pm
Meeting Location: Sentara Obici Hospital, Garden Level
Address: 2800 Godwin Boulevard, Suffolk, VA 23434
Phone: 757-934-4791
Contact: Edie Fidler – Cancer Services
Pink Passion Support Group
This support group offers education and emotional support to breast cancer patients.

**Meeting Days:** 1st Wednesday of each month
**Meeting Time:** 12:00 pm – 2:00 pm
**Meeting Location:** Sentara Obici Hospital, Garden Level
**Address:** 2800 Godwin Boulevard, **Suffolk**, VA 23434
**Phone:** 757-934-4395
**Contact:** Amy Peterson, Cancer Network Coordinator

Beyond Boobs! Coventry Subdivision Support Group
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 am
**Meeting Location:** Email for address! **Virginia Beach**, VA
**Phone:** 757-285-6968
**Contact:** Shani Twyman
**Email:** shani@beyondboobs.org
**Website:** [www.beyondboobs.org/contact-us/support-group-locations](http://www.beyondboobs.org/contact-us/support-group-locations)
SUPPORT GROUPS IN YOUR COMMUNITY

Breast Cancer Support Group
Offers emotional and educational support to women diagnosed with breast cancer pre-menopause to help them during and after their treatment through meetings, on-line, phone and face-to-face contact.

Meeting Days: 2nd Monday of each month
Meeting Time: 6:30 pm
Meeting Location: Sentara Virginia Beach Health Education Center
Address: 1060 First Colonial Road, Virginia Beach, VA 23454
Phone: 757-486-5333
Contact: Kerry Clay – Cancer Resource Center
Email: knclay@sentara.com

General Cancer Support Group
Offers emotional and educational support to cancer patients and their families. All types of cancers included.

Meeting Days: 3rd Monday of each month
Meeting Time: 6:30 pm
Meeting Location: Sentara Virginia Beach Health Education Center
Address: 1060 First Colonial Road, Virginia Beach, VA 23454
Phone: 757-486-5333
Contact: Kerry Clay – Cancer Resource Center
Email: knclay@sentara.com

Wings in Motion
A fitness program designed for women who are dealing with or recovering from cancer.

Meeting Days: Every Monday and Wednesday
Meeting Time: 10:30 am
Meeting Location: Virginia Beach Rescue Station #8
Address: 1243 Bayne Drive, Virginia Beach, VA 23454
Phone: 757-395-8686 – Cancer Resource Center
Contact: Jill Matthews
**Beyond Boobs! Williamsburg Support Group**

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:** 3rd Wednesday of each month

**Meeting Time:** 6:30 pm

**Meeting Location:** Email for address! Williamsburg, VA

**Phone:** 757-532-1957

**Contact:** Elaine Whitely

**Email:** elaine_w@beyondboobs.org

**Website:** www.beyondboobs.org/contact-us/support-group-locations

**Look Good, Feel Better**

Learn how to apply makeup, style hair, and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearance changes that may occur.

**Meeting Days:** 2nd Monday of every other month

**Meeting Time:** Call for meeting times.

**Meeting Location:** Sentara Williamsburg Regional Medical Center

**Address:** 100 Sentara Circle, Williamsburg, VA 23188

**Phone:** 757-591-8330
Beyond Boobs! Peninsula Support Group (Serving Yorktown, Newport News, Hampton)

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:** 2nd Thursday of each month

**Meeting Time:** 6:30 pm

**Meeting Location:** Email for address! **Yorktown, VA**

**Phone:** 757-369-9851

**Contact:** Martha Bennis

**Email:** martha@beyondboobs.org

**Website:** [www.beyondboobs.org/contact-us/support-group-locations](http://www.beyondboobs.org/contact-us/support-group-locations)