

Monthly *Support Groups* at HLRCC

- Woman to Woman Breast Cancer Support Group** Monthly, 3rd Tuesday, 7 PM - 8:30 PM
Contact Theresa Lombardo: 860-274-2200
- Brave at Heart Breast Cancer Support Group** Monthly, 1st Wednesday, 7 PM - 9 PM
Contact Anne Pringle: 203-910-7582
- CT Multiple Myeloma Fighters Support Group** (meets at Prospect Library) Monthly, 2nd Wednesday, 6 PM - 8 PM
Contact Robin Tuohy: 203-206-3536
- HØPE: Mutual Aid Group for Patients and Their Loved Ones** Monthly, 1st & 3rd Tuesday, 12 PM - 1 PM
Contact Melissa Seres, MSW: 203-575-5511
- Better Breathing Club** Monthly, 3rd Friday, 2 PM - 3 PM
Contact Rachel Kirchner: 203-757-4991
- American Cancer Society: Look Good, Feel Better!** Monthly, 1st Tuesday, 2 PM - 4 PM
Contact the ACS: 203-756-8888
- American Cancer Society: Reach to Recovery** By appointment
Contact the ACS: 203-756-8888
- Greater Waterbury Area Ostomy Support Group** Monthly, 1st Monday, 6:30 PM - 8:30 PM
Contact Bob Baker 860-248-1116
- Heart Center of Greater Waterbury Support Group** Quarterly
Contact Sandra Micalizzi: 203-575-5573
- Freedom from Smoking: An 8-week Smoking Cessation series** Thursday, 6:30 PM - 8 PM
Contact Sandra Micalizzi: 203-575-5573
- Amputee Support Group** Monthly, 3rd Friday, 5 PM
Contact John Redfield: 860-841-0809
- Art Therapy** Monthly, 2nd and 4th Friday, 1 PM - 3 PM
Contact Deb Parkinson: 203-575-5564
- Energy Therapy** Weekly, Tuesdays, & Wednesdays
Contact Melissa Seres, MSW: 203-575-5511
- Compassionate Friends** Monthly, 2nd Wednesday, 6:45 PM - 10 PM
Contact Sharon: 860-384-1398 or Kathy: 203-723-5067
- Quilts That Care** Monthly, 1st and 3rd Monday, 6:30 PM - 8:30 PM
Contact Deb Van Steenberg: 860-782-1043
- Friends & Family Support Group** Monthly, 3rd Monday, 5:30 PM - 6:30 PM
Contact Melissa Seres, MSW: 203-575-5511
- Journaling** Weekly, Friday, 10 AM - 12 PM
Contact Bob DeVito: 203-910-3107
- Activate the Cure: Interdenominational Christian Prayer Gathering** Weekly, Thursday, 9 AM - 10 AM
Contact Joellen Putnam: 203-213-6495
- Thyroid Cancer Support Group** Monthly, Last Tuesday of Month, 6:30 PM - 7:30 PM
Contact Dot Toretta: 203-756-3481

Please call to confirm group meetings.

UPDATED MAY 2017



HL
THE HAROLD LEEVER
REGIONAL CANCER CENTER

The Right Team. Right Here.

