

SUPPORT GROUPS

whhs.com/supportgroups

Arthritis Support Group

For people who suffer from arthritis. Family members and friends are also welcome.

When: Fourth Wednesday of each month, 3:15 to 4:15 p.m.:
January 27, February 24, March 23, April 27, May 25, June 22

Location: Conrad E. Anderson, MD, Auditorium, Room B
Washington West (2500 Mowry Ave., Fremont)

Call: (510) 797-1111, ext. 4478

Better Breathing for Life Club

For people who have chronic lung disease. Friends and family members are welcome.

When: Fourth Wednesday of each month, 12:45 to 2:45 p.m.:
January 27, February 24, March 23, April 27, May 25, June 22

Location: Conrad E. Anderson, MD, Auditorium, Rooms A & B
Washington West (2500 Mowry Ave., Fremont)

Call: (510) 494-7025

Breast Cancer Support Group

For women who have survived or are living with breast cancer. Friends and family members are welcome.

When: First Thursday of each month, 7:15 to 9 p.m.:
January 7, February 4, March 3, April 7, May 5, June 2

Location: Washington Women's Center Conference Room, suite 145, Washington West (2500 Mowry Ave., Fremont)

Call: (510) 608-1356

Crohn's Disease & Colitis Support Group

For patients, families and friends of those who have inflammatory bowel disease.

When: Fourth Tuesday of each month, 6:30 to 8:30 p.m.:
January 26, February 23, March 22, April 26, May 24, June 28

Location: Conrad E. Anderson, MD, Auditorium, Room A
Washington West (2500 Mowry Ave., Fremont)

Dementia Family Caregiver Support Group

For family members and/or care partners of persons with Alzheimer's Disease.

When: Last Wednesday of each month, 7 to 9 p.m.:
January 27, February 24, March 30, April 27, May 25, June 29

Location: Conrad E. Anderson, MD, Auditorium, Room A
Washington West (2500 Mowry Ave., Fremont)

Call: (800) 272-3900

Diabetes Support Group

Peer support for all diabetes patients, friends, family and loved ones.

When: First Thursday of each month, 8 to 9 p.m.:
January 7, February 4, March 3, April 7, May 5, June 2

Location: Conrad E. Anderson, MD, Auditorium, Room C
Washington West (2500 Mowry Ave., Fremont)

Grief Support Group

For adults grieving the loss of a loved one.

When: Every Thursday, 7 to 8:30 p.m.

Location: Conrad E. Anderson, MD, Auditorium, Room A or C
Washington West (2500 Mowry Ave., Fremont)

Call: (510) 745-6569

Mended Hearts

For people who have had heart surgery, heart attack, angioplasty, angina and/or other cardiac conditions. Family members and loved ones are also welcome.

Location: Conrad E. Anderson, MD, Auditorium, Room C
Washington West (2500 Mowry Ave., Fremont)

When: Call (510) 494-7022 for meeting dates and information



Stroke Support Group

For stroke survivors and their caregivers to provide social and emotional support, educate and provide resources.

When: Fourth Tuesday of each month, 1 to 2:30 p.m.:
January 26, February 23, March 22, April 26, May 24, June 28

Location: Neuroscience Conference Room (2nd floor),
Washington West (2500 Mowry Ave., Fremont)

Call: (510) 745-6525