

Please call to register for each support group before initial participation. Room location and other information will be given during the time of registration. All support groups meet at Northridge Hospital Medical Center.

Bereavement Program ■ ■ ■

The Bereavement Program offers opportunities to develop a better understanding of grief, learn healthy coping skills and share feelings with others who are experiencing loss. The program is coordinated by our Spiritual Care Staff.

• **Bereavement Support Group**

An opportunity to share feelings and concerns while receiving support from others who are experiencing loss.

Second and fourth Wednesday of each month, 6 - 7:30 p.m.
Call 818-885-5351.

• **The Healing Journey**

An 8-week workshop dealing with grief and loss. This program is held at various times throughout the year.

Tuesdays, 2:30 - 4 p.m.
Please call 818-885-8500, ext. 4591 for exact dates.

• **Loss of a Little One**

An 8-week workshop for those dealing with the loss of a pregnancy, infant or child. This program is held three times per year.

Please call our Chaplain for dates and times, 818-885-8500, ext. 4550.

Brain Injury Support Group for Survivors & Caregivers ■ ■ ■

Meets once a week on Tuesdays, 7 - 8:30 p.m. or Wednesdays, 3 - 4:30 p.m.
Call 818-885-8500, ext. 3797.

Brain Tumor Support Group ■ ■ ■

Provides encouragement and education to patients with all types of brain tumors: malignant, benign, or metastatic.

Second Wednesday of each month, 12:30 - 2 p.m.
Call 818-885-8500, ext. 2833.

Breast Cancer Support Group ■ ■ ■

Second and fourth Tuesday of each month, 7 - 8:30 p.m.
Call 818-885-8500, ext. 2833.

Breastfeeding Support Group ■ ■ ■

Offered in English and Spanish. Provides support and encouragement to breastfeeding women to reduce and prevent problems that can undermine successful breastfeeding.

Thursdays, 10 - 11:30 a.m.
Call 818-885-8500, ext. 2289.

Cardiac Rehab Support Group ■ ■ ■

Second Thursday of each month, Noon - 1 p.m.
Call 818-885-5489 to make a reservation.

Chronic Pain Support Group ■ ■ ■

Second and fourth Tuesday of each month, 11 a.m. - 12:30 p.m.
Call 818-885-8500, ext. 3680.

Dementia Caregivers Support Group ■ ■ ■

First and third Wednesday of each month, 7 p.m.
Call 818-872-3213.

Fibromyalgia Support Group ■ ■ ■

Second Monday of each month, 6:30 - 8:30 p.m.
Call 818-886-8730.

Huntington's Support Group ■ ■ ■

In partnership with the Huntington's Society of America, Los Angeles and the Los Angeles Caregivers Resource Center

Last Sunday of each month, 6 - 8 p.m.
Call toll-free 888-443-7252.

Liver Disease Support Group ■ ■ ■

First and third Wednesday of each month, 7:30 - 9:30 p.m.
Call the American Liver Foundation at 310-670-4624.

Making Today Meaningful ■ ■ ■

A general cancer support group for men and women.

First and third Tuesday of each month, 2:30 - 4 p.m.
Call 818-885-8500, ext. 2833.

Multiple Sclerosis Support Group ■ ■ ■

Second Wednesday of each month, 7 - 8:30 p.m.
Call 818-885-8500, ext. 2782.

Parkinson's Support Group ■ ■ ■

Various topics and monthly support group.

Third Monday of each month, 3:30 - 5:30 p.m.
Call 818-776-1183.

Young Onset Parkinson's Disease Support Group ■ ■ ■

Second Saturday of each month, 11 a.m. - 1 p.m.
Call the APDA at CARE toll-free 866-499-2732.

Polio Support Group ■ ■ ■

Vital information and support for post-polio syndrome (PPS) individuals, a condition that may develop several decades after a person has had polio.

Last Sunday of each month, Noon - 3 p.m.
Call 818-996-8733.



Sleep Apnea (CPAP) Support Group ■ ■ ■

Learn to increase your comfort, how to reduce the need for treatment and about treatment options.

First Wednesday, every other month of June, August and October, 6 - 7 p.m.
Call 818-885-8500, ext. 2782.

Spinal Cord Injury Support Group ■ ■ ■

For spinal cord injury patients and their families.

Thursdays, 3 - 4:15 p.m.
Call 818-885-8500, ext. 3656.

Stroke Support Group for Survivors & Caregivers ■ ■ ■

Wednesdays, 3 - 4 p.m.
Call 818-885-8500, ext. 4865.

Trigeminal Neuralgia Support Group ■ ■ ■

In partnership with the Trigeminal Neuralgia Association
For Trigeminal Neuralgia and related facial pain sufferers to obtain information, encouragement and treatment explanations.

Fourth Wednesday of each month, 1 - 2:30 p.m.
Call 818-885-8500, ext. 2565.

Weight Loss Surgery Support Group ■ ■ ■

All patients and prospective patients are welcome to join. Learn about follow-up care and help us plan future events. Sessions are focused on group discussion. Please address personal questions at your follow-up appointment with your doctor.

First Saturday of each month, 11 a.m. - Noon
Call toll-free 877-448-4448.

WYNGS Support Group ■ ■ ■

For those living with spinal cord injuries.

Second Wednesday of every other month, 4 p.m.
Call WYNGS at 818-267-3031.

WYNGS Alas d'Esperanza ■ ■ ■

(una reunión que se lleva a cabo en español)
El tercer miércoles de cada mes, a las 6:30 p.m.
Llame a WYNGS at 818-267-3031.

