

# SUPPORT GROUPS AND SERVICES

## SERVICES FOR CHILDREN, PARENTS, AND/OR SIBLINGS

### **BEAR ESSENTIALS: MISSOURI BAPTIST MEDICAL CENTER** (Cancer Agencies Network member))

President's House  
3031 North Ballas Road (Located in front of medical center campus)  
St. Louis, Missouri 63131  
(314) 966-5517

Group meets the second Wednesday of the month from 6:30 until 8:00 pm in the Auditorium

Bear Essentials is a support group for children, ages 4-12, who are related to a cancer patient. It focuses on the basic needs of children when a family member has cancer -- emotional support, information, opportunity for expression and hope. Parents meet at the same time to discuss issues related to strengthening families. Learning packets are also available for families to use at home. Group sessions are led by a team of professionals who are experienced in working with cancer patients and their families.

### **H.U.G.S. (Help Us Give Support)**

To contact call, Barnard Health and Cancer Information Center: 314-362-7844  
Sponsored by the Alvin J. Siteman Cancer Center, St. Louis Affiliate of the Susan G. Komen Breast Cancer Foundation, Cardinals Care, and St. Louis Public Library.

H.U.G.S. is a support group for children ages 5 to 12 whose mother or grandmother has breast cancer. Priority will be given to St. Louis city residents. Meeting times and sessions vary. The group is facilitated by Siteman Cancer Center professionals. Sessions address a variety of topics related to cancer, coping, and how to assist mother or grandmother during her cancer treatment. Children's dinner and complimentary parking will be provided.

### **KIDSCOPE**

Siteman Cancer Center at Barnes-Jewish St. Peters Hospital  
150 Entrance Way  
St. Peters, MO 63376  
(636) 916-9927

3<sup>rd</sup> Thursday 6:30-8:00 p.m.

A group for children (ages 4-12) of cancer patients. The program consists of a 6 part series. Adults have a facilitated group at the same time in a nearby location.

### **MEDICAL CRISIS COPING CENTER: ST. LOUIS CHILDREN'S HOSPITAL**

8888 Ladue Road, Suite 120  
St. Louis MO 63124  
Contact: Michelle at (314) 454-4236  
314-454-6069

This program offers problem-focused interventions by a psychologist or behavioral health therapist for young people ages 4-24 and their families who have been affected by a medical illness.

### **WEBBUGS**

<http://webbugs.wustl.edu/>  
Marnie Hauff at 314-454-2173  
hauff\_m@kids.wustl.edu

This site is for patients, their families, school personnel, and interested people in the community to communicate with St. Louis Children's Hospital and each other. It is a resource for helpful information, interaction, and more

# WOMEN'S CANCER SUPPORT GROUPS

## **A STITCH IN TIME**

St. Anthony's Medical Plaza (Cancer Agencies Network member)  
Mind, Body, Spirit Center  
12700 Southfork Road  
St. Louis, MO 63128  
(314) 525-1288

The 4<sup>th</sup> Tuesday of each month at 7:00 PM.

The women's support group, A Stitch In Time, provides support and education to women with all types of cancer.

## **THE BREAKFAST CLUB**

Sister to Sister Sharing and Caring  
Centennial Christian Church  
4950 Fountain  
St. Louis, MO 63113  
314-972-8883

The 3<sup>rd</sup> Saturday of each month at 9:00 AM.

The Breakfast Club is a group of African American women who meet monthly to have breakfast and discuss breast cancer and other health issues concerning African American women. Membership is open and there are monthly speakers. For more information, please call 314-972-8883.

## **BREAST CANCER SUPPORT GROUP**

Sponsored by the American Cancer Society (Cancer Agencies Network member)  
Anderson Hospital  
Physician Office Building  
6810 Maryville Rd., Classroom #3  
Maryville, IL 62062  
(618) 288-5711 ext. 447

## **FOCUS BREAST CANCER SUPPORT GROUP**

St. Luke's Hospital (Cancer Agencies Network member)  
232 South Woods Mill Road  
Chesterfield, MO 63017  
(314) 205-6055

The 3<sup>rd</sup> Tuesday of every month from 7:00 PM-9:00 PM

FOCUS programs are open to breast cancer patients, their partners, families, friends and interested public. Monthly presentations are offered by professional speakers from 7 pm- 8 pm, followed by group discussion.

## **LIFE AFTER BREAST CANCER**

Sponsored by the American Cancer Society and St. Elizabeth's Hospital  
St. Elizabeth's Hospital  
211 South 3<sup>rd</sup> Street  
Belleville, IL 62222  
Staff Conference Room  
(618) 234-2120 ext. 1575

The 4<sup>th</sup> Monday of every month except May or December at 7:30 PM.

This is a self help group for women who have had a lumpectomy or mastectomy surgery. Any age welcome.

### **LIVING WITH BREAST CANCER EDUCATION AND SUPPORT GROUP**

Siteman Cancer Center (Cancer Agencies Network member) k)  
Barnard Health and Cancer Information Center  
(314) 747-1236

The 2<sup>nd</sup> Wednesday of each month from 5:00-7:00 PM.

This group is designed to provide basic information about breast cancer and its treatment. Educational sessions are taught by Barnes-Jewish Hospital physicians and community health educators. Support sessions are facilitated by social workers, nurses, psychology staff, and spiritual care chaplains. Women are encouraged to attend with adult family members and friends.

### **SISTAH CONNECTION BREAST CANCER SUPPORT GROUP**

St. Louis ConnectCare  
5535 Delmar Blvd.  
St. Louis, MO 63112  
(314) 879-6231

Rosetta Keeton

The 3<sup>rd</sup> Saturday of each month from 10:30 AM-12:30 PM.

Anyone with a breast cancer diagnosis is welcome.

### **TOGETHER: GYNECOLOGIC ONCOLOGY CANCER SUPPORT GROUP**

Barnes-Jewish Hospital, South  
4300 Classroom  
One Barnes-Jewish Hospital Plaza  
St. Louis, MO 63110  
(314) 362-5045 or (314) 362-4040

1<sup>st</sup> Tuesday, 7:00 to 9:00 PM

This wellness-focused free support group for women with gynecological cancers and their significant others provides an opportunity to share feelings and experiences. A physician is available to answer questions.

### **WOMEN IN COMMON**

Medical West Healthcare  
444 South Brentwood Blvd.  
Clayton, MO 63105  
Enter at side handicapped-accessible entrance  
(314) 725-1888

The 4<sup>th</sup> Wednesday of each month at 6:30 PM.

Our mission is to provide women diagnosed with breast cancer an opportunity to create their own forum of discussion, sharing, and growing friendships. Presentations given on various issues relating breast cancer. Light refreshments served.

### **WOMEN SUPPORTING WOMEN**

St. Joseph Health Center, Kirkwood  
Cancer Care Center  
525 Couch Avenue  
Kirkwood, MO 63122  
(314) 966-1650

The 4<sup>th</sup> Tuesday of each month at 7:00 PM.

Guest speakers, discussion of appropriate topics, and time to share thoughts, coping skills, and resources are included in these meetings.

## **WOMEN'S CANCER SUPPORT GROUP**

St. John's Mercy Medical Center: David C. Pratt Cancer Center (Cancer Agencies Network member)  
607 S. New Ballas Road, Suite 1440  
St. Louis, MO 63141  
(314) 251-6569  
1-877-569-6400

The 1<sup>st</sup> Tuesday of every month at 10:30 AM.

The St. John's Mercy Support Group for Women with Cancer provides support to female cancer patients who are coping with the physical and psychosocial adjustments following the diagnosis and treatment of cancer. It gives an opportunity for discussion and personal sharing.

## **YOUNG WOMEN'S BREAST CANCER PROGRAM (YWBCP)**

Siteman Cancer Center (Cancer Agencies Network)  
Barnard Health and Cancer Information Center  
4921 Parkview Place  
St. Louis, MO 63110  
(314) 454-5076

**Young Women's Group:** A monthly educational meeting in which invited professionals discuss diverse topics including the medical, psychological and family care issues of young women. The group meets on the 4<sup>th</sup> Thursday of the month at 6:30 PM.

**Young Women's Yoga:** A low impact yoga program. Group members support one another in maintaining a regular exercise program. The group meets on the 2<sup>nd</sup> Wednesday of the month at 6:30 PM.

**Young Women Living:** A program offered only for young women with metastatic breast cancer. A clinical psychologist leads the group. The group meets the 4<sup>th</sup> Wednesday of the month at 6:30 PM.

**Young Women's Peer Network:** Young survivors provide one-on-one support to young women recently diagnosed with breast cancer. Support is offered through the entire treatment period. Contact the program director if you wish to be paired with a young survivor or if you would like to serve as a peer advisor.

# *PROSTATE CANCER SUPPORT GROUPS*

## **MAN TO MAN**

Sponsored by the American Cancer Society (Cancer Agencies Network member)  
#5 Schiber Ct.  
Maryville, IL 62062  
(618) 632-2955, John Coleman

## **PROSTATE CANCER RESOURCE GROUP**

Missouri Baptist Medical Center (Cancer Agencies Network member)  
(314) 996-5638  
Facilitated by Humberto Fagundes, MD  
3<sup>rd</sup> Thursday, 7:00 PM (Except December)

Guest speakers include Missouri Baptist Medical Center urologists, oncologists, and health care professionals. Each session includes a Question and Answer. Call to RSVP because there is limited seating.

## **ST. LOUIS PROSTATE CANCER CONNECTION**

Second Baptist Church  
9030 Clayton Road (At the corner of Clayton and McKnight Roads)  
St. Louis, MO 62117  
(636) 230-8393

4<sup>th</sup> Monday, 7:00 PM (Except December)

The group is faith-based and incorporates the concept of faith and prayer as an avenue of approaching the battle with cancer and healing the body.

## **"US TOO" PROSTATE CANCER SUPPORT GROUP**

St. John's Mercy Medical Center: David C. Pratt Cancer Center (Cancer Agencies Network member)  
Cancer Center Conference Room  
607 S. New Ballas Road, Suite 1440  
St. Louis, MO 63141  
(314) 251-6400

The 1<sup>st</sup> Thursday, 7:00 to 9:00 PM

"US TOO" Prostate Cancer Support Group is available to support those dealing with the many aspects of prostate cancer. Anyone who is interested in learning more about prostate cancer and the physical and psychosocial adjustments that follow the diagnosis and treatment of this disease is invited to participate.

# *LARYNGECTOMY SERVICES AND SUPPORT*

## **NU-VOICE CLUB OF ST. LOUIS LARYNGECTOMY SUPPORT GROUP**

Sponsored by the American Cancer Society and Medical West  
St. Louis County Library  
1640 Lindbergh  
St. Louis, MO 63131  
(314) 725-1888, Debbie Guyer

2<sup>nd</sup> Thursday, 11:30 AM to 12:30 PM

Sharing information and feelings is the focus of our monthly gatherings. Healthcare professionals join us as guest speakers on topics including diet, the effects of radiation therapy, swallowing deficits, coping strategies, techniques of relaxation, options in speech rehabilitation, equipment, and assistive devices. Participants are invited and encouraged to bring guests.

## **NU-VOICE CLUB OF ST. CLAIR AND MADISON COUNTIES**

Sponsored by the American Cancer Society and Memorial Hospital  
4500 Memorial Drive  
Belleville, IL 62223  
(618) 257-5255, Jill Butler, MS, CCC-SLP  
(618) 345-7911, Terri Morgan, MS, CCC-SLP  
1-800-642-8084

3<sup>rd</sup> or 4<sup>th</sup> Sunday, every third month, 2:00 to 4:00 PM

For activities of club, see listing for Nu-Voice Club of St. Louis.

## *OSTOMY SERVICES AND SUPPORT*

Ostomy groups offer patients an opportunity to meet others who have adapted to living with an ostomy. Upon referral of a physician, most of these groups offer emotional support to hospital patients both before and after surgery.

### **BELLEVILLE AREA OSTOMY ASSOCIATION**

Co-sponsored by American Cancer Society and St. Elizabeth's Hospital

Centennial Room

211 South Third Street

Belleville, IL 62222

(618) 234-2120 (Ext 1289)

4<sup>th</sup> Tuesday, 7:00 PM

### **GREATER ALTON UNITED OSTOMY ASSOCIATION**

St. Clair's Hospital

915 East 5<sup>th</sup> Street

Alton, IL 62002

(618) 465-2264, Health Resources Line

1st Monday, 7:00 PM

### **UNITED OSTOMY ASSOCIATION OF GREATER ST. LOUIS**

(636) 926-2737

Meetings are held monthly at various area hospitals. Call for more information.

## ADDITIONAL SUPPORT GROUPS

### **BRAIN TUMOR SUPPORT NETWORK OF ST. LOUIS**

Mailing Address: BTSN

P.O. Box 410674

St. Louis, MO 63141

Meetings held at Wellness Community (Cancer Agencies Network member)

1058 Old Des Peres Rd.

St. Louis, MO 63131

(314) 238-2000

[www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)

2<sup>nd</sup> Tuesday, 7:30 to 9:30 PM

Adult Support Group. Meetings are open to patients and their families. Experts in a wide variety of areas present information on topics of interest to the group, and time is also provided for group discussion and support. These gatherings allow participants to gain information about brain tumors and to share their thoughts and feelings with others who are learning to live with this illness. The group also provides literature and a lending library.

### **CONQUER**

Siteman Cancer Center- Barnes-Jewish St. Peters

150 Entrance Way

St. Peters, MO 63376

(636) 916-9927

1<sup>st</sup> Thursday 6:30PM – 7:30 PM

This group is for adults who are coping with cancer.

### **CHRONIC PAIN OUTREACH**

P.O. Box 31686

Des Peres , MO 63131-0686

(314) 768-1350

Meetings are held at St. Joseph's Health Center in Kirkwood (Rooms 1 and 2 on the first floor beyond the lobby)

525 Couch Avenue

Kirkwood, MO 63122

2<sup>nd</sup> Thursday, 7:30 to 9:00 PM

Chronic Pain Outreach is a voluntary mutual-support group offering emotional support to individuals and families coping with a chronic pain situation. The group works to encourage positive attitudes, to promote family understanding, and to help people with chronic pain regain control of their lives through self-motivation. To contact, please call, and someone will return your message.

### **DEPAUL HEALTH CENTER**

12303 DePaul Drive

Bridgeton, MO 63044

(314) 344-6090

2<sup>nd</sup> Wednesday, 4:00 to 5:30 PM

General support group for all cancers.

### **EX-SMOKERS SUPPORT GROUP**

Saint Louis University Cancer Center (Cancer Agencies Network member)

Grand Vision Cancer Information Center

3655 Vista

St. Louis, MO 63110

(314) 268-7015

<http://cancercenter.slu.edu>

Support group meets monthly.

**FREEDOM FROM SMOKING - SITEMAN CANCER CENTER**

Barnard Health and Cancer Information Center (Cancer Agencies Network member)  
Center for Advanced Medicine  
4921 Parkview Place  
St. Louis, MO 63110-1025  
Lobby, First Floor  
(314) 434-QUIT  
(314) 362-7844

Consists of seven sessions over the course of six weeks, providing behavioral modification tools, stress reduction tips, and relapse prevention suggestions. The program requires a \$45, non-refundable fee for registration. Please contact to register or for more information.

**GENERAL CANCER SUPPORT GROUP (Greenville, IL)**

First Christian Church  
1100 Killarney  
Greenville, IL 63346  
(618) 664-0350 Ray Stafford

**GENERAL CANCER SUPPORT GROUP (Highland, IL)**

St. Joseph Hospital  
1515 Main St.  
Highland, IL 62249  
(618) 654-7421 ext. 2306, Sr. Marilyn McCormick or Becky DeVore

**HEAD, NECK, AND LUNG CANCER SUPPORT GROUP**

Saint Louis University Cancer Center (Cancer Agencies Network member)  
Grand Vision Cancer Information Center  
First Floor West Pavilion  
3655 Vista  
St. Louis, MO 63110  
(314) 268-7015  
<http://cancercenter.slu.edu>

Support group meets monthly

**HOPE (HOSPITAL ONCOLOGY PATIENT AND FAMILY ENRICHMENT)**

Memorial Hospital  
4500 Memorial Drive  
Belleville, IL 62226  
(618) 257-5863, June Martin, RN

HOPE is a support group for people whose lives have been affected by cancer. Meetings take place in a supportive environment where cancer patients can share experiences and concerns. Adult family members or significant others are welcome.

**THE INSPIRATIONS**

Sponsored by the American Cancer Society  
Fellowship Baptist Church  
1015 South State Hwy 47  
Warrenton, MO 636  
(636) 745-7992, Jean Briggs

3<sup>rd</sup> Tuesday, 7:00 PM

A support group for those living with cancer. Featuring educational and emotional support with a new topic each month.

**LEUKEMIA & LYMPHOMA SOCIETY FAMILY SUPPORT GROUPS FOR ADULTS** (Cancer Agencies Network member)

Various locations and times, including St. Louis City, West St. Louis County and Belleville, Illinois

The Leukemia & Lymphoma Society support groups are for adults with a diagnosis of by leukemia, lymphoma, Hodgkin's disease, multiple myeloma, and other blood-related cancers. Adult family members and friends are welcome. The purpose of the group is to provide a network of support, resources and information for patients, families, and friends. The format is informal with group discussions, educational topics, and refreshments. Call for dates, times and locations.

**LIVING WITH CANCER**

Alton Memorial Hospital

One Memorial Drive

Alton, IL 62002

(618) 463-7323, Judy Mayhew, RN

Call for dates and times

Living with Cancer group is open to anyone who has cancer, their spouse, and family members.

**NEW HOPE CANCER SUPPORT CENTER**

3301 Ashby Road

St. Ann, MO 63074

(314) 423-9664

A place where people come together in an informal atmosphere to mutually support each other and respond to the emotional needs created by a life threatening illness. Provides faith, hope, and encouragement. Staffed by cancer survivors and care volunteers. There are no fees.

**TAKING HOLD**

Jefferson Memorial Hospital Conference Center

Highway 61 South

Crystal City, MO 63019

(573) 749-3304, Vera Thebeau

3<sup>rd</sup> Monday, 10:30 AM to 12:00 PM

Taking Hold meetings are for people diagnosed with cancer, their families, and friends. Through programs and discussions, the group offers support to better cope and communicate.

**THE WELLNESS COMMUNITY** (Cancer Agencies Network member)

1058 Old Des Peres Rd.

St. Louis, MO 63131

(314) 238-2000

[www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)

[info@wellnesscommunitystl.org](mailto:info@wellnesscommunitystl.org)

*The following support groups are offered by The Wellness Community:*

**Weekly Support Groups for Adult Cancer Patients** are offered at various day and evening times

Monday through Thursday. *Those interested in joining a weekly support group should call 314-238-2000 to make an appointment for a Group Preparation Meeting.*

**Weekly Support Groups for Adult Caregivers** are offered three evenings a week. *Those interested in joining a weekly caregiver group should call 314-238-2000 to make an appointment for a Group Preparation Meeting.*

**Brain Tumor Group** is a professionally led *monthly* support group for persons affected by brain tumors (patients and caregivers) on the third Thursday of each month. *No meeting or RSVP is necessary.* Drop in or call 314-238-2000 for directions or more information.

**Leukemia & Lymphoma Group** is a professionally led *monthly* support group offered in collaboration with the Leukemia & Lymphoma Society for persons affected by leukemia, lymphoma, myeloma, and other blood related cancers on the second Tuesday of each month (patients and caregivers). An

oncology nurse is present to answer questions about side effects and treatment. *No meeting or RSVP is necessary.* Drop in or call 314-238-2000 for directions or more information.

**Cancer Bereavement Support Group** is a bi-monthly group open to caregivers who have lost a loved one to cancer in the past 18 months. *For more information or to join, please contact the TWC Program Director at 314-238-2000.*

The Wellness Community (TWC) is an international, non-profit organization whose mission is to help persons affected by cancer enhanced health and well-being through participation in a professional program of emotional support, education and hope including support groups. ***All programs and services offered by The Wellness Community are free of charge.***

# *BEREAVEMENT SUPPORT: ADULTS*

## **BAUE CONTINUING CARE SUPPORT PROGRAM**

Family and Community Center  
608 Jefferson Street  
St. Charles, MO 63301  
(636) 328-0878, Kelly Karaoulanis

Six-week long sessions

Classes offered at different dates and times

## **BEREAVED PARENTS OF THE USA**

National Headquarters  
P.O. Box 95  
Park Forest, IL 60466  
(708) 748-7866  
(708) 748-9184 (Fax)  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

St. Louis Chapter  
P.O. Box 410350  
St. Louis, MO 63141  
(314) 878-0890  
[www.bpusastl.org](http://www.bpusastl.org)

In Illinois, contact: Linda Moffat at (618) 243-6558

In Jefferson County, Contact: Michele Harrell at (314) 931-6552

A self-help organization offering friendship and understanding to parents, step-parents, grandparents, and siblings of children who have died. Meetings are facilitated by bereaved parents. There is no charge to attend.

Meetings held at:

North County

Coldwell-Banker Office  
2402 N. Highway 67 (rear of building)  
(314) 605-3949  
[northgroup@bpusastl.org](mailto:northgroup@bpusastl.org)  
Vicki Pannebecker, Facilitator  
3<sup>rd</sup> Saturday 9:30 AM

St. Louis City

Timothy Lutheran School  
6704 Fyler (Lower Level)  
(314) 647-2863  
[citygroup@bpusastl.org](mailto:citygroup@bpusastl.org)  
Sandy Curran, Facilitator  
Linda Fehrmann Co-Facilitator  
4<sup>th</sup> Tuesday, 7:00 PM

St. Peters & St. Charles County

Knights of Columbus Hall  
117 McMenamy Road  
St. Peters, MO  
(314) 739-9996, Linda Long, Facilitator  
(314) 429-6526, Norm Wasser, Facilitator  
[stpetersgroup@bpusastl.org](mailto:stpetersgroup@bpusastl.org)  
1<sup>st</sup> Thursday, 7:30 PM

Siblings/Friends – St. Peters & St. Charles County Group

Knights of Columbus Hall  
117 McMenamy Road  
St. Peters, MO  
(314) 605-3949  
[siblinggroup@bpusastl.org](mailto:siblinggroup@bpusastl.org)  
Sarah Ryan, Facilitator  
1<sup>st</sup> Thursday, 7:30 PM

South County

Holy Trinity Church  
Union and Reavis Barracks Road at I-55  
(314) 664-0515  
[southgroup@bpusastl.org](mailto:southgroup@bpusastl.org)  
Jane Nelson, Facilitator  
2<sup>nd</sup> Thursday, 7:00 PM

Washington, MO

Washington Ambulance Building  
515 Washington Ave. (Behind Rothschild's)  
(636) 583-0661, Rosemary Hornbuckle, Facilitator  
[washingtongroup@bpusastl.org](mailto:washingtongroup@bpusastl.org)  
(636) 239-6098, Terry and Jean Sullentrup, Facilitators  
[sully@usmo.com](mailto:sully@usmo.com)  
3<sup>rd</sup> Tuesday, 7:00 PM

West County

Congregation Shaare Emeth  
11645 Ladue Road (Corner of Ballas and Ladue)  
(314) 771-1977  
[westgroup@bpusastl.org](mailto:westgroup@bpusastl.org)  
Judy Ruby and Jeannette Daugherty, Facilitators  
4<sup>th</sup> Tuesday, 7:00 PM

**BEREAVEMENT PROGRAM**

St. Louis Children's Hospital  
One Children's Place  
St. Louis, MO 63110  
(314) 454-4096

The death of a child is one of the most difficult experiences any family can face. The bereavement program at St. Louis Children's Hospital is designed to help parents and siblings cope with this unimaginable life change. Our program provides support to families -- approximately one time every three months for the first 13 months -- in the form of educational materials and resource information. We also provide phone counseling as needed.

The bereavement program holds a Memorial Service typically on the third Wednesday of each month at 6:30 p.m., in the St. Louis Children's Hospital Auditorium. For more information, please contact Rev. Hal Morse at 314.454.6211. Grief is a process that continues throughout our lives. Honoring this aspect of the grief experience, St. Louis Children's Hospital Bereavement Program will also be hosting an annual memorial event.

**CANCER BEREAVEMENT SUPPORT GROUP**

The Wellness Community (Cancer Agencies Network member)  
1058 Old Des Peres Rd.  
St. Louis, MO 63131  
(314) 238-2000

A bi-monthly group open to caregivers who have lost a loved one to cancer in the past 18 months. For more information or to join, please contact the TWC Program Director.

**COMPASSIONATE FRIENDS OF ST. CLAIR COUNTY**

St. Elizabeth's Hospital  
HEC Building  
211 S. 3<sup>rd</sup> Street  
Belleville, IL 62222-0694  
(618) 234-2120 (ext. 1091)  
(618) 539-6196, Shelly Dove

3<sup>rd</sup> Thursday, bimonthly, 7:00 PM (Call for dates)

For parents of any age who have experienced the death of a child of any age.

**GRIEF, LOSS, AND CHANGE SUPPORT GROUP (GLC)**

Alton Memorial Hospital  
One Memorial Drive  
Alton, IL 62002  
(618) 463-7117, Judy Roth

1<sup>st</sup> and 3<sup>rd</sup> Mondays at 7:00 PM

This group is for people who have experienced a loss through divorce, death, or other crisis.

**GRIEF RELIEF**

St. Anthony's Hospital (Illinois)  
St. Anthony's Way  
Alton, IL 62202  
(618) 463-5636

Meets at the Wellness Center at Alton Square Mall (2<sup>nd</sup> floor)

2<sup>nd</sup> Friday of the month at 1:00 PM

**GRIEF SUPPORT GROUP (Barnes-Jewish St. Peter's Hospital)**

Barnes-Jewish St. Peter's Hospital  
6 Jungerman Circle, Suite 212  
St. Peters, MO 63376  
(636) 916-9733, Chaplain's Office

Thursdays from 4:00 to 5:00 PM

Meetings are open to anyone dealing with the loss of a loved one.

**GRIEF SUPPORT GROUP (St. Anthony's Medical Center)**

de Greeff Hospice House - St. Anthony's Medical Center (Cancer Agencies Network member)  
10024 Kennerly Road  
St. Louis, MO 63128  
314-525-7390

Hospice House Grief Support meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday from 6:30 to 8:30 PM and 2<sup>nd</sup> and 4<sup>th</sup> Wednesday from 1:00 to 2:30 PM. New loss group (within last 6 months) meet the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday from 10:00 to 11:30 AM.

**GRIEF SUPPORT GROUP (St. Joseph Health Center, St. Charles)**

St. Joseph Health Center  
300 First Capitol Drive  
St. Charles, MO 63301  
2<sup>nd</sup> Floor Pastoral Care Offices  
(636) 947-5484

3<sup>rd</sup> Wednesday, 1:30 to 3:00 PM

No advanced notice is needed to attend meetings of the grief support group.

## **HEALING GRIEF**

Jefferson Memorial Hospital  
Hwy 61 South  
Crystal City, MO 63019  
(636) 933-325, Chaplain Heck

1<sup>st</sup> and 3<sup>rd</sup> Mondays, 1:00 to 2:30 PM

This grief support group is open to anyone who has lost a significant person in their life. There is no charge for the meetings and anyone is welcome to come.

## **MERCY FRIENDS**

St. John's Mercy Medical Center (Cancer Agencies Network member)  
615 South New Ballas Road  
St. Louis, MO 63141  
(314) 251-6470, Pastoral Service

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 7:00 - 8:30 PM

Mercy Friends is a support group for persons who are grieving due to the death of a family member or friend. The group provides emotional and peer support and is open to the public.

## **MISSOURI BAPTIST GRIEF SUPPORT CENTER (Cancer Agencies Network member)**

3015 N. Ballas Road  
St. Louis, MO 63131  
314-997-5057

There are seven different peer support groups that meet every other week. Please call to set up an orientation appointment.

## **NEW DAY GRIEF SUPPORT GROUP**

St. Elizabeth's Hospital  
211 S. 3<sup>rd</sup> Street  
Belleville, IL 62222  
(618) 234-2120 (Ext. 1091)

Call for location and times. The New Day Grief Support Group is for anyone who has lost a family member or friend.

## **SUPPORT THROUGH SHARING GRIEF GROUP: DEPAUL HEALTH CENTER**

Bridgeton Trails Library  
3455 McKelvey Road  
Bridgeton, MO 63044  
314-344-7080, Reverend David Boyle  
Meets 3<sup>rd</sup> Tuesday from 11:30 AM to 1:30 PM.

The Grief Support Group at DePaul Health Center is designed to provide mutual support to grieving adults. The meetings are led by experienced health care professionals who are familiar with the concerns and interests of grieving adults.

## **THEOS (THEY HELP EACH OTHER SPIRITUALLY), MIDWEST INC.**

129 Woods Mill Road  
Manchester, MO 63011  
(636) 230-5600  
Sundays Monthly at 2:00 PM

THEOS is a self-help support organization group for those who are recently widowed. The purpose is to help one another heal, become whole, and once again find meaning in life. Several chapters meet monthly throughout the St. Louis area. Has a young widows' support group. Annual spring grief recovery seminar, telephone help line, literature, and news letter. Please call to receive a current list of chapter locations and meeting times.

For information about chapters in other areas, contact the international headquarters at: (412) 471-7779.

# *BEREAVEMENT SUPPORT: CHILDREN AND TEENS*

## **ANNIE'S HOPE- THE BEREAVEMENT CENTER FOR KIDS**

1333 W. Lockwood, Suite 104  
St. Louis, MO 63122  
(314) 965-5015  
(314) 918-4138 (Fax)  
[annieshopekids@aol.com](mailto:annieshopekids@aol.com)  
[www.annieshope.org](http://www.annieshope.org)

Annie's Hope-The Bereavement Center for Kids is dedicated to providing comprehensive support services (support groups, trivia nights, camps and more) for children, teens and their families who are grieving the death of a loved one.

## **BAUE GRIEF SERVICES**

(636) 940-1000  
[kellykaravousanos@baue.com](mailto:kellykaravousanos@baue.com)  
[www.baue.com](http://www.baue.com)

BAUE offers a number of classes addressing grief support and education. For more information about the classes, contact BAUE.

## **HEARTLINKS PROGRAM OF HOSPICE**

7 Bronze Pointe South, Suite B  
Swansea, IL 62226  
(618) 277-1800

This program conducts many support groups for many different populations, including the TAG Program (Teenage Grief Support Group), which provides emotional support for teenagers who have experienced the death of a loved one.

## **CENTER FOR FAMILY GRIEF SUPPORT**

**MISSOURI BAPTIST MEDICAL CENTER** (Cancer Agencies Network member)

### **SUNSET, STAGES, AND YOUNG ADULT SUPPORT GROUPS**

President's House  
3031 North Ballas Road  
St. Louis, Missouri 63131  
Contact Emily Schwaron at 314.997.5057

[http://www.missouribaptistmedicalcenter.org/mbmc\\_sharpfocus.aspx?page=ClassSearch&keyword=MBMC](http://www.missouribaptistmedicalcenter.org/mbmc_sharpfocus.aspx?page=ClassSearch&keyword=MBMC)

Sunsets is a grief support group for children ages 4-12 that meets on Mondays to help children develop trust, identify their feelings and behaviors, and explore healthy coping skills. A variety of different resources and activities are used to help children cope in order to continue with normal emotional and physical growth in the future.

Stages is a grief support group for adolescents ages 13-18 that meets on Mondays to provide a safe, confidential and supportive to talk and understand their grief experience. Group leaders are present to help teens cope (using videos, games, and more), facilitate discussion and give guidance for normal emotional and physical growth in the future.

The Young Adult Grief Support Group is for those in their 20s-mid 30s that meets on Tuesdays to help young people cope with loneliness, insecurity, separation anxiety, and the many other emotions that come with the loss of a loved one. The group offers a safe, supportive environment where individuals can share their loss, experiences, pain, and hope with others who understand.

The facility includes many other valuable contemporary resources for coping, like the Volcano Room, a safe place for children to release their anger, the Family Conference Room, for consultations, and the Lending Library, for literature on related subjects.

There is an intake process for those interested in attending all meetings. Call to schedule an intake.

## **THE KIDS' S CLUBHOUSE**

320 Forsyth Blvd.  
St. Louis, MO 63105  
(314) 721-1144

A center for grieving children, teens, and their families. Support groups beginning at age four for children who are grieving. One parent asked to attend simultaneous support group. No charge, but donations are encouraged. Please call for details.

## *PEER SUPPORT*

These services offer the opportunity for newly diagnosed patients or those undergoing treatment to meet with specially trained people who have recovered from cancer

### **FIRST CONNECTION**

Leukemia & Lymphoma Society (Cancer Agencies Network member)

77 West Port Plaza, Suite 101

St. Louis, MO 63146

(314) 878-0780

1-800-264-2873

First Connection matches trained volunteers who are themselves long-term survivors of leukemia, lymphoma, Hodgkin's disease, or myeloma with patients who are newly diagnosed or in treatment. A visit, usually by telephone, is arranged for the volunteer to offer moral support, a positive outlook, and information on community resources.

### **REACH TO RECOVERY** (Cancer Agencies Network member)

American Cancer Society

Eastern Missouri Region

4207 Lindell Blvd.

St. Louis, MO 63108

(314) 286-8100

1-800-489-9730

Breast cancer survivors provide one-on-one support and information to help individuals cope with breast cancer. Specially trained survivors serve as volunteers responding in person or by phone to the concerns of people facing breast cancer diagnosis, treatment, recurrence, or recovery.