PLEASE CALL TO REGISTER BEFORE INITIAL PARTICIPATION

MENTAL HEALTH SUPPORT GROUP FOR FAMILY & FRIENDS

In partnership with the National Alliance on Mental Illness (NAMI) for family members of those with mental illness.

For all family members and friends of people with mental illness.

First and third Thursday of each month or First Monday of each month, 7 – 8:45 p.m.

Call 818-994-6747

PARKINSON'S SUPPORT GROUP

Offers various topics and a monthly support group.

Third Monday of each month, 3:30 – 5:30 p.m.

Call 818-776-1183

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.

Those with Trigeminal Neuralgia and those who suffer with related facial pain will obtain information, encouragement and treatment explanations.

Fourth Wednesday of each month, 1 – 2:30 p.m.

(No meetings in November or December)

Call 818-885-8500, ext. 5471

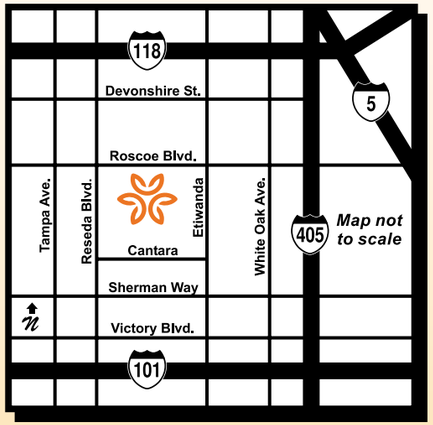
Looking for a Great Doctor?

FREE 24/7 Physician Referral Service

Northridge Hospital Medical Center has more than 800 expert physicians in nearly 60 specialties. To find a qualified physician near you, call our FREE Find-A-Doctor Line at **818-908-8677**, or find a list of highly skilled doctors on our website at **www.NorthridgeHospital.org** or **www.healthgrades.com**.

Dignity Health
Northridge Hospital
Medical Center

Proudly serving the 2 million residents in the San Fernando and Santa Clarita Valleys for nearly 60 years, Dignity Health Northridge Hospital Medical Center is a 411 bed not-for-profit community hospital. As a leading provider of compassionate, high-quality and affordable patient-centered care, we share a rich legacy with Dignity Health, one of the nation's five largest healthcare systems. We are part of a 21-state network of nearly 9,000 physicians, 55,000 employees and more than 380 care centers.



18300 Roscoe Blvd. • Northridge, CA 91328
Main Number: 818-885-8500

Dignity Health
Northridge Hospital
Medical Center

Support Groups

Connect With Others

PLEASE CALL TO REGISTER BEFORE INITIAL PARTICIPATION

Through the compassionate support of others going through similar situations, these groups provide mutual aid, encouragement and education in a comfortable and safe setting.

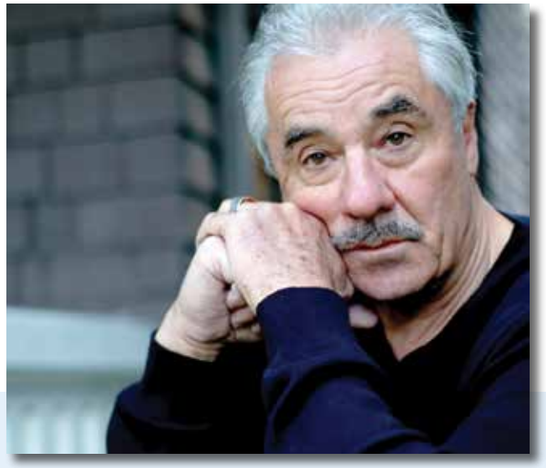
Please call to register for each support group before initial participation as dates and times are subject to change. Room location and other information will be provided during the time of registration. All support groups meet at Northridge Hospital Medical Center.

Attendance is FREE. Support groups are open to the community.

WE MAKE MOUSE CALLS

Northridge Hospital's user-friendly website is at your fingertips. It features our free community education programs and support groups, and you can even find a doctor who's just right for you.

www.NorthridgeHospital.org



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. We offer groups throughout the year. The program is coordinated by our Spiritual Care Staff. For more information, please call the Spiritual Care Department at **818-885-8500, ext. 4560**.

• THE HEALING JOURNEY

An eight-week workshop dealing with grief and loss.
Select Wednesdays, 2:30 – 4 p.m. or 5:30 – 7 p.m.

BRAIN INJURY SUPPORT GROUP FOR SURVIVORS & CAREGIVERS

Meets every Wednesday, 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. 5668

BREAST CANCER SUPPORT GROUP

Second and fourth Tuesday of each month, 7 – 8:30 p.m.
Call 818-885-8500, ext. 5668

BREASTFEEDING SUPPORT GROUP

Discuss challenges and experiences. Led by a bilingual lactation educator.
Thursdays, 10 – 11:30 a.m.
Call 818-885-8500, ext. 2289

GRUPO DE APOYO PARA AMAMANTAR

Apoyo para ayudar a las mamás a que aprendan a amamantar a sus bebés con éxito.
Los martes, de las 10 a las 11:30 a.m.
Llame al 818-885-8500, ext. 2289

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, 6 – 7:30 p.m.
Call 818-317-3421

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE GROUP

Provides hope, help and support to improve the lives of people living with depression and/or bipolar disorder.
Mondays, 7 – 9 p.m. (Monday's group includes meditation techniques and spiritual healing)
Wednesdays, 6:45 – 9 p.m.
Fridays, 6:45 – 9 p.m.
Call 818-406-0157

LIVER DISEASE SUPPORT GROUP

Two Wednesdays per month, 6:30 – 8 p.m.
Call the American Liver Foundation at 310-670-4624

MENTAL HEALTH SUPPORT GROUP FOR FAMILY

In partnership with the National Alliance on Mental Illness (NAMI) for family members of those with mental illness.
For spouses, siblings and adult children of people with mental illness.
Third Tuesday of each month, 7 – 8:30 p.m.
Call 818-994-6747