



### **Support Groups Reference Guide**

**Important Note: Not all of the support groups listed are sponsored by Stony Brook Southampton Hospital. This information is provided to assist the public and will be updated as necessary as we are notified. It is important to call the contact for the support group to confirm meeting dates/times and locations.**

*(Updated August 2017)*

#### **AL-ANON**

Location: First Presbyterian Church, Southampton

Day/Time: Tuesday 7:00 PM

Contact Person: Margaret Donahue (631-375-5908)

Fee: No fee. Basket passed around.

Website: Alanon.com

Notes: Criteria to attend; relative or friend with an alcohol problem;  
Members volunteer to facilitate meetings

#### **ALCOHOLICS ANONYMOUS**

Location: Stony Brook Southampton Hospital's Parrish Memorial Hall (corner of Herrick Road and Lewis Street)

Day/Time/Contact: - Monday at 1:00 p.m. (Tom Rewinski 631-745-1844)  
- Tuesday at 5:30 p.m. (Nick Rutherford 917-287-2468)  
- Wednesday at 6:00 p.m. (Paul 631-365-9932)  
- Thursday at 8:00 p.m. (Friends of Bill 631-725-2614)

Fee: No fee. Basket passes around for donations.

Notes: Criteria to attend; Desire to stop drinking; Members volunteer to facilitate meetings; 24- Hour Hotline 631-669-1124  
Suffolk County Intergroup 631-654-1150

### **BARIATRIC SURGERY WEIGHT LOSS**

Location: Hampton Bays Library

Day/Time: 3<sup>rd</sup> Tuesday of every month from 6:30-8:30 pm

Contact: 631-287-6202

Fee: No fee

Notes: This is a support group for gastric bypass and lap-band patients. The meeting is run by bariatric surgeon, Dr. Medhat Allam, and supported by a nutritionist and a counselor experienced in weight loss issues. Everyone welcome, including those who are contemplating the surgery.

### **BEREAVEMENT SUPPORT**

Location: Stony Brook Southampton Hospital's Parrish Memorial Hall (corner of Herrick Road and Lewis Street)

Day/Time: Thursdays, 1 – 2:00 p.m. (call for specific dates)

Contact Person: Amy Zachary, LCSW (917-327-6237)

Fee: No Fee

Notes: Criteria to attend; must call Amy Zachary if interested in attending

### **BETTER BREATHERS CLUB**

Location: Ed & Phyllis Davis Wellness Institute, Stony Brook Southampton Hospital 3<sup>rd</sup> Fl – Use Herrick Road Entrance

Day/Time: 2<sup>nd</sup> Tuesday of every month, 2:30 – 3:30pm

Contact Person: Register at 631-726-8800

Notes: Free monthly program hosted by Bethany Brondo, designed to promote respiratory health and improve well-being for those living with chronic lung disease. Whether you have asthma, bronchitis, or just want to learn more about respiratory health our clubs help by providing patient-focused, community-based educational opportunities where members learn skills to help manage their condition.

## **BREAST CANCER**

\*Must call Edyle O'Brien 631-329-0520 prior to joining a group, for intake and evaluation\*. Groups in Montauk are now available. Call Edyle O'Brien at 329-0520 for dates and times.

### **\*Newly-Diagnosed Breast Cancer Patient**

Location: Hampton Bays Library

Day/Time: Every Tuesday at 11:30 a.m.

### **\*Reoccurring or Metastatic Breast Cancer**

Location: Hampton Bays Library

Day/Time: Every Tuesday at 2 p.m.

### **\*Cancer Wellness Group (Newly-Diagnosed and Post-Treatment)**

Location: East Hampton Health Care Center

Contact Person: Edyle O'Brien \* 631-329-0520

### **\*Cancer Wellness Group**

Location: Hampton Bays Library

Day/Time: Meets the 1<sup>st</sup>, 3<sup>rd</sup>, & 5<sup>th</sup> Tuesday of the month at 4 p.m.

## **Fighting Chance Educational Support Groups 631-725-4646**

**[www.fightingchance.org](http://www.fightingchance.org)**

### **Living with Cancer Finding Meaning & Hope Through Time**

Location: 34 Bay Street, Sag Harbor

Contact: 631-725-4646

Fee: No Fee

Notes: Patience, Stamina, and courage are required for living with Cancer. Join us for discussion and support with Karrie Robinson, LCSW.

Dates: 1<sup>st</sup> Wednesday of each month, 12 – 1:30 p.m.

### **Yoga For Healing and Wellness (Sag Harbor)**

Location: Yoga Shanti (32 Bridge Street, Sag Harbor)

Contact: 631-725-4646 or [wdiscipio@fightingchance.org](mailto:wdiscipio@fightingchance.org)

Notes: No Fee; Utilize breathing techniques, physical postures and Meditation/relaxation to enhance overall health. Support and counseling available.

Dates: Tuesdays and Thursdays, 2:30 – 3:30 PM

### **Yoga For Healing and Wellness (Westhampton Beach)**

Location: To the Core Pilates (29 Old Riverhead Road, Westhampton Beach)

Contact: 631-725-4646 or [wdiscipio@fightingchance.org](mailto:wdiscipio@fightingchance.org)

Notes: No Fee; Utilize breathing techniques, physical postures and Meditation/relaxation to enhance overall health. Support and counseling available.

Dates: Thursdays, 11:30 AM – 12:30 PM

### **Yoga For Healing and Wellness (Southampton)**

Location: Ananda Wellness & Yoga Center (39 Windmill Lane, Southampton)

Contact: 631-725-4646 or [wdiscipio@fightingchance.org](mailto:wdiscipio@fightingchance.org)

Notes: No Fee; Utilize breathing techniques, physical postures and Meditation/relaxation to enhance overall health. Support and counseling available.

Dates: Sundays, 2:30 PM – 3:30 PM

### **Fighting Chance: Chorus**

Location: Old Whalers Church (44 Union Street, Sag Harbor)

Contact: William DiScipio, PhD (631-725-4646)

Notes: If you enjoy singing and can carry a tune, join this singing group for fun and camaraderie.

Dates: Tuesdays, 6 PM (call for specific dates)

### **Latino Support Group (South Fork)**

Location: East Hampton Healthcare Center

Contact: 631-725-4646

Notes: No Fee; Support for Spanish-speaking cancer patients and family members of the Latino community.

Dates: 3<sup>rd</sup> Thursday of each month, 6 – 8 PM

### **Latino Support Group (North Fork)**

Location: Riverhead Free Library (330 Court Street, Riverhead)

Contact: 631-725-4646

Notes: No Fee; Support for Spanish-speaking cancer patients and family members of the Latino community.

Dates: call for specific dates

### **Hope, Healing and Harmony**

Location: Albertson Realty, Century 21 Office (19 Front Street, Greenport)

Contact: 631-725-4646

Notes: No Fee; A cancer illness presents numerous challenges. Join us for support and problem solving with Karrie Robinson, LCSW.

Dates: Monthly (call for specific dates)

### **Cancer Support Group/Services**

Location: Montauk

Contact: Perry Duryea (516-381-3115)

Notes: No Fee; Discussion, support and problem solving for cancer patients, survivors and family members.

Dates: Call for specific dates

## **CAREGIVER SUPPORT GROUP**

### **Town of EH, Dept. of Human Services & Family Service League**

Location: Family Service League (316 Accabonac Road)

Day/Time: Every other Friday at 9 AM

Contact: East Hampton Dept. of Human Services (631-329-6939)

Notes: All information is confidential. For anyone caring for someone over 60.

## **LUPUS**

Location: Third Floor Teaching Center, Stony Brook Southampton Hospital

Day/Time: 2<sup>nd</sup> Monday of every month, 12 – 1:30 PM

Contact: 516-783-3370

Fee: No fee

Notes: This support group is being offered through a partnership between Stony Brook Southampton Hospital and the Lupus Alliance of Long Island/Queens in an effort to provide people with lupus and their families an opportunity to share their experiences with those who can understand them. The group will offer support for those who are newly diagnosed and those who have been living with Lupus for many years. Please call LALIQ at (516) 783-3370 to register, or visit [www.LALIQ.org](http://www.LALIQ.org).

## **MENTAL ILLNESS/NATIONAL ALLIANCE FOR THE MENTALLY ILL**

Location: Grace Presbyterian Church  
1225 Montauk Hwy @ Scuttlehole Road, Water Mill

Day/Time: Third Wednesday of every month, 7 PM Contact

Number: Ellen Tollefsen (631-728-3082)

Fee: No fee

Website: [Nami.org](http://Nami.org)

Notes: Criteria to attend; any individual (friend or partner) who has a diagnosis of mental illness.

## **MOOD DISORDERS**

Location: Ed & Phyllis Davis Wellness Institute  
Stony Brook Southampton Hospital  
3<sup>rd</sup> Floor (Use Herrick Road entrance)

Day/Time: Thursdays, 6:30 – 7:30 PM

Contact: Tory Masters, CPS (917-494-0762)

Fee: No fee

Notes: The East End Mood Disorders Support Group, led by a trained peer professional, is a key to recovering from mental health-related disorders. These weekly groups provide an empowering, confidential and recovery-oriented setting for individuals who suffer from depression, anxiety and bipolar disorders.

## **MULTIPLE SCLEROSIS**

Location: Hampton Bays Library

Day/Time: First Monday of every month from 7 - 8:30 PM

Contact Person: Gail Koroglu (631-298-9568 or 631-208-3168)

Contact Person: Theresa Sanchez (631-553-3669)

Fee: No fee

Notes: Criteria to attend; people with M.S and their family members. No meetings in January/February. No meetings on holidays. Occasionally guest speakers attend to lecture. Calendars are emailed and handed out to group members.

## **NEW MOMS SUPPORT GROUP**

Location: Ed & Phyllis Davis Wellness Institute  
Stony Brook Southampton Hospital  
3<sup>rd</sup> Floor (Use Herrick Road entrance)

Date/Time: Every other Friday, 12 PM – 1 PM

Contact Person: Kate Turza (631-804-7995)

Fee: No Fee

Email: [kate@ktpostpartumdoula.com](mailto:kate@ktpostpartumdoula.com)

Notes: Discuss all things postpartum and baby. Navigating the postpartum experience can be overwhelming, from baby soothing and feeding to maternal body changes and identity

shift. This group will provide love and support while you make this transition. All in-arm babies are welcome.

### **PARKINSON'S DISEASE**

Location: Stony Brook Southampton Hospital's Parrish Memorial Hall (corner of Herrick Road and Lewis Street)

Day/Time: First Tuesday of most months from 1 - 3 PM

Contact Person: Julie Garofalo, RN (631-862-3560)

Fee: No fee

Notes: Criteria to attend; Parkinson's disease patients, family and caregivers. To confirm meeting times and locations call 631-862-3560 or go to [www.liapda.org](http://www.liapda.org).

### **PREGNANCY LOSS/INFANT DEATH BEREAVEMENT GROUP**

Location: 3<sup>rd</sup> Floor Teaching Center, Stony Brook Southampton Hospital

Day/Time: Thursdays, 10 – 11:30 a.m. (call for specific dates)

Contact Person: Amy Zachary, LCSW (917-327-6237)

Fee: No Fee

Notes: Criteria to attend; must call Amy Zachary if interested in attending

### **SENIOR COUNSELING**

#### **East Hampton Town Dept. of Human Resources & Family Service League**

Location: Senior Citizens Center (128 Springs Fireplace Road, East Hampton)

Day/Time: Fridays, 10:30 am to 12:30 pm

Contact: To schedule an appointment, call Liliana at 631-329-6939

Notes: All information is confidential

### **TRAUMATIC BRAIN INJURY/STROKE**

Location: Stony Brook Southampton Hospital's Parrish Memorial Hall (corner of Herrick Road and Lewis Street)

Day/Time: 3<sup>rd</sup> Thursday of every month, 6 – 7 PM

Contact: Jennifer Hartman (631-726-8320)

Fee: No fee

Notes: This is a support group for survivors, caregivers, family and friends of victims of strokes and brain disorders. Please register by contacting Jennifer Hartman at 631-726-8320 or [jennifer.hartman@stonybrookmedicine.edu](mailto:jennifer.hartman@stonybrookmedicine.edu)