



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 November 2018)

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: 3rd 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, 12:30 – 2:00 p.m. (call for specific dates)

Contact Person: Dorothy Raniolo LMSW, ACSW, ACHP-SW (631-740-1761)

Fee: No Fee

Notes: Criteria to attend; must call Dorothy Raniolo if interested in attending

BETTER BREATHERS CLUB

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

Day/Time: 2nd 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 1st, 3rd, & 5th Tuesday of the month at 4 p.m.

Fighting Chance Educational Support Groups 631-725-4646

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: 1st 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

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

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

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: 3rd 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.

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

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
3rd 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.

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.

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