

# Support Groups And Classes

**JULY 2009**

## **CANCER**

### **Cancer Discussion Group (Men)**

Wednesday, July 8, 4pm  
Powell Cancer Center, CaPSS Library

### **Cancer Patients' Hope and Caregivers' Support Group**

Wednesday, July 22, 2pm  
Mease Countryside Hospital,  
Meeting Rooms 3 & 4

### **Cancer Support Group (Women)**

Monday, July 20, 6pm  
Powell Cancer Center, Community Room

### **Cancer Support Group (Young Women)**

Tuesday, July 14, 6:30pm  
Mease Countryside Hospital, Shaffer Tower,  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

### **Hands for Hope "Chemo Brain" Support Group**

Monday, July 6, 6pm  
Cheek-Powell Heart and Vascular Pavilion,  
Meeting Room A

### **Head and Neck Cancer Support Group**

Monday, July 27, 7pm  
Bardmoor Surgery Center, Administration  
Conference Room  
*For more information, please call (727) 547-5522.*

### **Hearts, Arts and More**

Thursday, July 2, 9, 16, 23 & 30, 9am  
Mease Countryside Hospital, Shaffer Tower,  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library  
*For more information, please call (727) 725-6016.*

### **Look Good... Feel Better**

Monday, July 13, 10am  
Powell Cancer Center, Community Room

### **LUNA (La Luna De Pinellas) Cancer Support Group in Spanish**

Tuesday, July 14, 6pm  
Powell Cancer Center, Community Room

### **Multiple Myeloma Support Group**

Saturday, July 18, 10:30am  
Mease Countryside Hospital, Shaffer Tower,  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

### **Prostate Cancer Discussion Group**

Wednesday, July 8, 2pm  
Mease Countryside Hospital, Shaffer Tower,  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

### **Thyroid Cancer Support Group**

Saturday, July 11, 10:30am  
Morgan Heart Hospital at Morton Plant,  
2nd Floor, Multipurpose Resource Room

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## **PARENTING**

### **Big Brothers/Big Sisters**

Saturday, July 18, 10:30am  
Babies "R" Us

### **Birth Center Tour**

Sunday, July 5, 4:30pm, 5:30pm & 6:30pm  
Mease Countryside Hospital,  
Shaffer Tower, 5th Floor Lobby

Sunday, July 19, 4:30pm, 5:30pm & 6:30pm  
Wednesday, July 15 & 29, 6:15pm & 7:15pm  
Sarah Walker Women's Center, Lobby

### **Boot Camp for New Dads\***

Saturday, July 18, 10am  
Morton Plant Hospital, Tuttle Auditorium

### **Breastfeeding - Part 1\***

Wednesday, July 1, 6:30pm  
Saturday, July 25, 10am  
Sarah Walker Women's Center,  
2nd Floor Classroom

Thursday, July 9, 6:30pm

Babies "R" Us

Saturday, July 11, 10am

Monday, July 20, 6:30pm  
Mease Countryside Hospital, Shaffer Tower,  
5th Floor Conference Room

### **Breastfeeding - Part 2\***

Tuesday, July 14, 10am  
Sarah Walker Women's Center, 2nd Floor  
Classroom

### **Breastfeeding Support Group**

Monday, July 13 & 27, 10am  
Mease Countryside Hospital,  
Meeting Rooms 4 & 5

### **Childbirth Preparation - Two 2.5 Hour Classes\***

Tuesday, July 7, 7pm  
Mease Countryside Hospital,  
Meeting Rooms 4 & 5

Monday, July 13 & 20, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

### **Childbirth Preparation - Half-Day Intensive\***

Sunday, July 26, 1pm  
Sarah Walker Women's Center,  
2nd Floor Classroom  
Saturday, July 11, 9am  
Morton Plant Mease Outpatient Center,  
Community Room

### **Childbirth Preparation - Single Moms\***

Saturday, July 18, 1pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

### **Infant/Child CPR\***

Thursday, July 16, 6pm  
Morton Plant Hospital, Tuttle Auditorium

### **Natural Childbirth\***

Thursday, July 2, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

### **Newborn Care\***

Wednesday, July 8, 7pm  
Monday, July 27, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

*\*Fee for class*

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**To make reservations or for more information, call (727) 462-7500 or visit us at [mpmhealth.com](http://mpmhealth.com).**

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**Morton Plant Mease**

BayCare Health System

# Support Groups And Classes

Tuesday, July 14, 6:30pm  
Morton Plant Mease Outpatient Center,  
Community Room

Wednesday, July 22, 7pm  
Mease Countryside Hospital,  
Meeting Rooms 1-3

## Nursing Moms Care and Share (Infants)

Friday, July 3 & 17, 10am  
Sarah Walker Women's Center,  
2nd Floor Classroom

## Nursing Moms Care and Share (Toddlers)

Friday, July 10, 10am  
Sarah Walker Women's Center,  
2nd Floor Classroom

## Pelican Club Coffee (Expectant Parents)

Saturday, July 11, 9am  
Morton Plant Hospital, Tuttle Auditorium

Saturday, July 18, 9am  
Mease Countryside Hospital, Meeting Room 1

## Prenatal Yoga

Tuesday, July 7, 14, 21 & 28, 5:45pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

## Waterbirth\*

Monday, July 6, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

## SLEEP

### AWAKE: Sleep Disorder Support Group for Apnea

Wednesday, July 15, 6pm  
Mease Countryside Hospital, Medical Arts  
Building, Suite 105

### CPAP/BiPAP Clinic

Wednesday, July 1, 8, 15, 22 & 29, 9am  
Bardmoor Medical Arts Building, Suite 210

Monday, July 6, 13, 20 & 27, 1pm  
Morton Plant North Bay Hospital  
*For more information, please call  
(800) 940-5151; press option #4.*

Tuesday, July 7, 14, 21 & 28, 10am  
Mease Countryside Hospital,  
Medical Arts Building, Suite 105

## STROKE

### SCAMP Stroke Support Group

Wednesday, July 1 & 15, 1:30pm  
Ptak Orthopaedic and Neuroscience Pavilion,  
Room 401  
*For more information, please call (727) 733-2418.*

### Stroke Support Group

Thursday, July 30, 10:30am  
Morton Plant North Bay Hospital  
*For more information, please call (727) 843-4505.*

### 2 Timers Stroke Survivor Caregiver Support Group

Wednesday, July 8, Noon  
Mease Countryside Hospital,  
Meeting Rooms 1 & 2  
*To register for this group, please call (727) 504-0954.*

## WEIGHT LOSS

### Gastric Bypass Support Group

Tuesday, July 14, 6pm  
Mease Countryside Hospital, Meeting Room 2

### Gastric LAP-BAND® Support Group

Wednesday, July 15, 6:30pm  
Mease Dunedin Hospital,  
Education Conference Room

### Weight Loss Surgery Support Group

Wednesday, July 8, 7:30pm  
Saturday, July 25, 10am  
Morton Plant Hospital, Tuttle Auditorium

## OTHER

### Alzheimer's Caregivers' Support Group

Monday, July 13 & 27, 10am  
Ptak Orthopaedic and Neuroscience Pavilion,  
Conference Center, Room 114  
*To register for this group, please call (727) 298-6384.*

### Caregivers of Children with Autism Support Group

Wednesday, July 1 & 15, 6:30pm  
The Harbor Behavioral Health - Hernando  
County Outpatient/Inpatient  
*For more information, please call (352) 346-1677.*

### Early Stage Alzheimer's Support Group for Patients

July 6 & 20, 1pm  
Ptak Orthopaedic and Neuroscience Pavilion,  
Conference Center, Room 114  
*To register for this group, please call (727) 298-6384.*

### Memory Fit Training\*

Friday, July 10, 17, 24, 31 and August 7, 10am  
Arden Courts Alzheimer's Assisted Living  
Facility

### Safe Sitter Babysitting Training\*

Wednesday, July 15, 9am  
Sarah Walker Women's Center, 2nd Floor  
Classroom

Wednesday, July 29, 9am  
Morton Plant Mease Outpatient Center,  
Community Room

*Note: Many of these support groups and classes meet monthly. For information on future classes, please contact the number below or visit our Web site.*

*\*Fee for class*

**To make reservations or for more information, call (727) 462-7500 or visit us at [mpmhealth.com](http://mpmhealth.com).**

#### ARDEN COURTS ALZHEIMER'S ASSISTED LIVING FACILITY

300 Highland Ave. N.E.  
Largo

#### BABIES "R" US

21315 U.S.  
Highway 19 N.  
Clearwater

#### BARDMOOR MEDICAL ARTS BUILDING

8839 Bryan Dairy Road  
Largo

#### BARDMOOR SURGERY CENTER

8787 Bryan Dairy Road  
Largo

#### CHEEK-POWELL HEART AND VASCULAR PAVILION

MORTON PLANT HOSPITAL  
455 Pinellas St.  
Clearwater

#### MEASE COUNTRYSIDE HOSPITAL

3231 McMullen  
Booth Road  
Safety Harbor

#### MEASE COUNTRYSIDE HOSPITAL

MEDICAL ARTS BUILDING  
1840 Mease Drive  
Safety Harbor

#### MEASE DUNEDIN HOSPITAL

601 Main St.  
Dunedin

#### MORGAN HEART HOSPITAL

MORTON PLANT HOSPITAL  
300 Pinellas St.  
Clearwater

#### MORTON PLANT HOSPITAL

300 Pinellas St.  
Clearwater

#### MORTON PLANT MEASE OUTPATIENT CENTER

2102 Trinity Oaks Blvd.  
Trinity

#### MORTON PLANT NORTH BAY HOSPITAL

6600 Madison St.  
New Port Richey

#### POWELL CANCER CENTER

MORTON PLANT HOSPITAL  
303 Pinellas St.  
Clearwater

#### PTAK ORTHOPAEDIC AND NEUROSCIENCE PAVILION

MORTON PLANT HOSPITAL  
430 Morton Plant St.  
Clearwater

#### SARAH WALKER WOMEN'S CENTER

MORTON PLANT HOSPITAL  
300 Pinellas St.  
Clearwater

#### THE HARBOR BEHAVIORAL HEALTH - HERNANDO COUNTY OUTPATIENT/INPATIENT

7074 Grove Road  
Brooksville