

# WHITE BEAR AREA SUPPORT GROUPS

## **CANCER**

### **Healtheast St. John's Hospital - Maplewood**

1575 Beam Avenue

Contact: Cancer Care, 651-232-7970

#### **Breast Cancer Support (Any Stage)**

- 3<sup>rd</sup> Wednesday, 5:30-7:00 pm, drop-in
- Yoga for Survivors, Wednesdays 7:15 pm  
Success Personal Training, 1862 Beam Ave.

#### **Lung Cancer Patients and Families**

- 2<sup>nd</sup> Friday, 9:00-10:00 am

#### **Prostate Cancer Patients and Spouses**

- 2<sup>nd</sup> Thursday, 5:00-6:30 pm

## **GRIEF and LOSS**

### **Companions in Grief – White Bear Lake**

Alternating between St. Pius and St. Mary's

Contact: Kim Williams, 651-762-3626

- Thursdays, 4:30-6:00 pm

### **Growth Through Grieving - Maplewood**

Maplewood Professional Bldg.

1655 Beam Ave., 2<sup>nd</sup> Floor, adjacent to St. John's

Contact: Chaplain Brian Gutzman, 651-232-7060

- Every Monday, 4:00 – 5:30 pm

## **MENTAL ILLNESS**

### **NAMI Family to Family Support - Roseville**

Centennial United Methodist Church

Cty Rd C2 and Snelling

Contact: Anna Mae, 651-484-0599

- 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 6:30 pm

### **NAMI Connection Support - Roseville**

Centennial United Methodist Church

Cty Rd C2 and Snelling, Roseville

Contact: Will, 651-578-3364

- 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 6:30-8:00 pm

### **NAMI Connection Support - Stillwater**

Episcopal Church of the Ascension Office

215 North 4<sup>th</sup> St. (tan house)

Contact: Diane, 651-724-0977

- 1<sup>st</sup> and 3<sup>rd</sup> Mondays, 6:30-8:00 pm

### **Warmline Telephone Support for Mental Health**

Non-crisis, peer-to-peer, free telephone support

Contact: 651-288-0400

- Monday-Saturday, 5:00 pm - 10:00 pm

## **MEMORY LOSS / DEMENTIA CAREGIVERS**

### **Cerinity Care Center – White Bear Lake**

1900 Webber St.

Contact: Linda Suave, 651-232-1851

- 2<sup>nd</sup> Wednesday, 1:00 – 2:30 pm

### **St. Jude of the Lake – Mahtomedi**

700 Mahtomedi Ave.

Contact: Kristi Holland, 651-528-8442

- 3<sup>rd</sup> Tuesday, 6:00-7:30 pm

### **Lyngblomsten Caregiver Support Groups –**

Contact: Betsy Hoffman, 651-414-5291

### **First Presbyterian Church – White Bear Lake**

4821 Bloom Ave.

Contact: Joan McGrath, 651-429-5218

- 1<sup>st</sup> Thursday, 10:00 am, drop-in

### **White Bear United Methodist Church – White Bear**

1851 Birch St.

Contact: Naomi Miller, 651-308-0759

- 4<sup>th</sup> Thursday, 10:00 am, drop-in

## **LEWY BODY DEMENTIA**

### **Centennial United Methodist Church - Roseville**

1524 W. County Rd C2, Asbury Room 2A/2B

Contact: Paula Bieber, 651-641-0130

- 1<sup>st</sup> Wednesday, 10:00-11:30 am
- For persons with early stage Lewy Body Dementia and their caregivers

### **Ecumen Lakeview Commons – Maplewood**

1200 Lakewood Dr. N.

Contact: Paula Bieber, 651-641-0130

- 3<sup>rd</sup> Monday, 6:30-8:30 pm
- For caregivers

## **COURAGE KENNY REHAB-MULTIPLE GROUPS**

1460 Curve Crest Blvd., Stillwater

Contact: Aimee Stanton, 651-241-3373

### **Brain Injury**

- 3<sup>rd</sup> Monday, 5:00-6:00 pm

### **Fibromyalgia/Chronic Fatigue,**

- 4<sup>th</sup> Monday, 6:30-8:00 pm

### **Multiple Sclerosis**

- 2<sup>nd</sup> Sat., 12-2:00

# WHITE BEAR AREA SUPPORT GROUPS

## WOMEN LIVING WITH HEART DISEASE

### **Ramsey County Library - Maplewood**

3025 Southlawn Drive

Contact: Jean Fusco, 651-815-7763

- First Wednesday, 6-7:30 pm
- Peer to peer support

## PARKINSON'S DISEASE

### **Bethesda Hospital – St. Paul**

559 North Capitol Blvd.

Contact: 651-326-2150

- 3<sup>rd</sup> Thursday, 10:00-12:00, drop-in

### **Boutwells Landing – Oak Park Heights**

5450 Nolan Pkwy., 2<sup>nd</sup> Floor Community Rm

Contact: Aimee Stanton, 651-241-3373

- 3<sup>rd</sup> Wednesday, 10:00-11:15 am, drop in

### **Gladstone Community Center – Maplewood**

1945 Manton St.

Contact: Lorna Breiter, 651-770-8172

- 2<sup>nd</sup> Monday, 9:30-11:00 am

### **White Bear Heights Senior Living – White Bear Lk**

4650 Centerville Rd.

Contact: 651-653-3288

- Last Thursday of the month, 2:00-4:00 pm

## STROKE SURVIVOR/CAREGIVER

### **Minnesota Stroke Association - Roseville**

2277 Hwy 36 W

Contact: 612-378-2742

- 4<sup>th</sup> Wednesday, 5:30 pm

### **Regions Hospital – St. Paul**

295 Phalen Blvd., Room info. at Front Desk

Contact: 651-254-3200

- 2<sup>nd</sup> Wednesday, 4:00-5:30 pm, free parking

## VISION LOSS

### **Lakewood Salvation Army - Maplewood**

2080 Woodlyn Avenue

Contact: Sue Bauer, Vision Loss Resources

612-843-2593

- 4<sup>th</sup> Monday, 10:00 – 11:15 am (Sept-June)