



Support Groups 2017 for the pre- and post-operative patients.

Good Samaritan Medical Center

Lobby of the Radiation Oncology Center

818 Oak Street

Brockton, MA 02301

(508) 427-3990

Each support group meets on the 2nd Monday of the month from 6-7pm.

***October meeting will be cancelled due to the Columbus Day holiday.**

Date

January 9

February 13

March 13

April 10

May 8

June 12

July 10

August 14

September 11

October 16

November 13

December 11

Topic

Goal Setting

Controlling your Environment

Combat Negative Thinking

Importance of Protein

Non scale victories

Well stocked kitchen and shopping list

Body Image- adjusting to the new you

Recipe exchange

Stress management

Physical Activity

Holiday Survival Guide

Mindful eating/planning

*Registration is not required for these free groups.



Support Groups 2017 for the pre- and post-operative patients.

Holy Family Hospital
Holy Family Hospital Auditorium
70 East Street
Methuen, MA 01844
(978) 687-0156 ext. 2555

Each support group will meet on the 2nd Wednesday of the month from 6-7pm.

Date	Topic
January 11	Goal Setting
February 8	Controlling your Environment
March 8	Combat Negative Thinking
April 12	Importance of Protein
May 10	Non scale victories
June 14	Well stocked kitchen and shopping list
July 12	Body Image- adjusting to the new you
August 9	Recipe exchange
September 13	Stress management
October 11	Physical Activity
November 8	Holiday Survival Guide
December 13	Mindful eating/planning

Registration is not required for these free groups.
Family members are welcome.
A Spanish translator is available.



Support Groups 2017 for the pre- and post-operative patients.

St. Elizabeth's Medical Center

**St. Margaret's Center Building
Conference Room 6
736 Cambridge St.
Brighton, MA 02135
(617) 562-7474**

***Parking available in Garage B adjacent to St. Margaret's Building.
Each support group is the third Thursday of every month from 5-6 pm.**

Date

January 19
February 16
March 16
April 20
May 18
June 15
July 20
August 17
September 28
October 19
November 16
December 21

Topic

Goal Setting
Controlling your Environment
Combat Negative Thinking
Importance of Protein
Non scale victories
Well stocked kitchen and shopping list
Body Image- adjusting to the new you
Recipe exchange
Stress management
Physical Activity
Holiday Survival Guide
Mindful eating/planning

*Registration is not required for these free groups.



Support Groups 2017 for the pre- and post-operative patients.

St. Anne's Hospital

Clemence Hall, Nannery Conference Room* #134

243 Forest Street, Fall River, MA

Each support group meets on the 1st Wednesday of the month starting at 5 p.m.

Date

January 4
February 1
March 1
April 5
May 3
June 7
July 5
August 2
September 6
October 4
November 1
December 6

Topic

Goal Setting
Controlling Your Environment
Combat Negative Thinking
Importance of Protein
Non scale victories
Well stocked kitchen and shopping list
Body Image- adjusting to the new you
Recipe exchange
Stress management
Physical Activity
Holiday Survival Guide
Mindful eating/planning

*The Nannery Conference Room is directly across the street from the medical office building. Attendees can park at the medical office building. The conference room is immediately on the right.

*Registration is not required for these free groups.