

October
to
January

Support Group Calendar

Support groups are limited to Wareham Surgical Associates patients only.

Many topics covered at Tobey may be covered at St. Luke's or the Cape Codder, depending on the size and interest of the groups each night.

No groups on December 21 or 28.
Happy Holidays!

Swap Night
Nov. 16
8 p.m.

TOBEY HOSPITAL Operating room waiting area **Mondays 7:15 p.m.**

October 5

- Social & family changes
- "Newbies"
- Presentation by plastic surgeon

October 19

- Focusing forward/ goal setting
- head hunger challenges
- BANDs unite

November 2

- Body Image
- Stress Management
- Problem Solving Plateaus

November 16

- Mindfulness/Yoga
- Planning for the holidays
- BANDs unite

December 7

- Obsessing after surgery
- Putting yourself first: self-care
- Relationship strains/ stressors

January 4

- Back to basics
- "Newbies"
- Surgiversaries – celebrating and reflecting

January 18

- Keeping it Real
- BANDs unite
- Successful outcome tips

CAPE CODDER Hyannis

Wednesdays
5:30-6:30 p.m.

October 7

November 4

December 2

January 6

ST. LUKE'S HOSPITAL
White Home
Saturdays
9:30-10:30 a.m.

October 24

November 21

December 19

January 30

Nutrition Groups

Discuss nutrition-related issues and get answers to your questions and concerns. These groups will meet the same nights as Support Groups.

TOBEY HOSPITAL
Operating room waiting area
Mondays
6 p.m.

October 5

October 19

November 2

November 16

December 7

January 4

January 18

CAPE CODDER
Hyannis
Wednesdays
5 p.m.

October 7

November 4

December 2

January 6