

St. Joseph Regional Health Center

Support Groups

AA/NA (Grimes SJRHC - Navasota)

AA meets Mondays 6:30-7:30 p.m. NA meets on Mondays & Wednesdays 8:00-9:00 p.m., Thursdays 7:00-8:00 p.m. and Spanish speaking Wednesdays 7:00-8:00 p.m. Meetings are held in the activity room of the Grimes St. Joseph Health Center. For more information please contact Robert (979)450-1750 or Dale (936)662-0825.

AD/HD

Group for parents of children with AD/HD meets on the 2nd Tuesday of each month from 7:00-8:00 p.m.
Adults with AD/HD meet on the 4th Wednesday of each month from 7:00-8:30 p.m. Both groups meet at the Christ United Methodist Church Annex Building (4203 Highway 6 South).
Contact Katherine Jahnke at (979) 690-6816 or brazosvalleychadd@hotmail.com for more information.

Alzheimer's Caregivers

Meets the 2nd Tuesday of each month at 2:00 pm in the Assisted Living Conference Room at the St. Joseph Manor. Contact Jonne Young at (979) 821-7304 for more information.

Amputee

The Brazos Valley Amputee Outreach Association is available for one on one peer visits as requested by an amputee, physician, therapist or family member. Peer visits can be conducted in person or via telephone at the person's request. Arrangements can be made by calling Georgia Taylor @ Central Texas Orthotics & Prosthetics, LP @ 979-731-1985.

Autism - FACETS (Families of Autistic Children Engaged Together for Support)

Meets the 2nd Tuesday of each month during the school year from 6:30 - 8:30 p.m. at the Brazos Valley Rehabilitation Center (1318 Memorial Drive Bryan, TX); Dinner and childcare provided, Questions or RSVP to facetsbcs@gmail.com.
For more information about the group: www.facetsbcs.org

Bariatric Surgery Support Group

This group meets on the second Sunday of each month in the Quilter's Café at the St. Joseph Rehab from 4:00 p.m.—5:30 p.m. Open to all patients who have had gastric bypass, the gastric sleeve or lap band are welcome. Guests are also welcome. For more information, contact Barbara Boston at (979)821-7329.

Beautiful Community Smiles Family Outreach Program

Provides support for parents and families with children with cleft and craniofacial anomalies. Please contact Debbie Russell at (979)279-2068 or dandgintx@tconline.net for meeting dates and location.

Cen-Tex-Parkinson's Support Group

Meets the 4th Sunday of every month from 4:00 – 5:30 pm at the St. Joseph Rehab Center Quilter's Cafe. Group does not meet in December. Contact Irene Speer at (903)529-4802 for more information.

Intro to Chemotherapy Class

The free class is designed for New Chemotherapy Patients or patients who have already begun treatment and have questions and concerns about symptom management. It is also open to family members or caregivers of these patients. Meets at the St. Joseph Cancer Center at 8:30 a.m. the 1st and 3rd Tuesday of each month. Pre-registration required. Please call Tiffany Lawson at the St. Joseph Cancer Center: (979)774-0808 for more information.

Depression and Bipolar Support Group Bryan/College Station Chapter	Participate in a free DBSA peer-led support group. This group meets every Wednesday at the St. Joseph Education Annex in Room 2; 1:00 - 2:00 p.m. For more information please contact group leader Mary Ellen at (979)314-4796.
Dialogue (Cancer Treatment) -	Support group for people currently receiving treatment for cancer. Meets the 2nd Tuesday of each month from 11:30 a.m.—1:00 p.m. at the American Cancer Society office. For more information, contact Tiffany Lawson at (979) 774-0808.
Down Syndrome Association of Brazos Valley	Contact Christy Knight at (979)778-7010 or dsabv@yahoo.com for meeting date and location or for more information. www.downsyndromeofbcs.com
Eating Disorder Support Group -	Meets the first Thursday of each month at 6:30 p.m. in the Conference Room across from the Quilter's Café at the St. Joseph Rehab. This is an informal, peer-based group for individuals living with eating disorders, going through recovery, needing positive support. Family members are also welcome. For more information, contact Karen Beathard at (979)845-4426 or email kbeathard@tamu.edu.
Gluten Intolerance Group -	Provides support for people with a diagnosis of Celiac Disease or gluten intolerance. Our goal is to increase diagnosis rates, provide food options, and social opportunities. Meets the 2nd Friday of each month from 6:30-8:30 pm in the St. Joseph Education Annex. For more information, contact Sara Boswell at (281)793-2417 or email Sara at gimpycow@tamu.edu.
Texas Liver Coalition Support Group -	Meets the 1 st Wednesday of each month from 7:00 p.m. – 8:00 pm in the St. Joseph Education Annex. For more information, contact Sharon Sheffield at (979)694-2475.
Lost Chord Club (Brazos Valley) -	Meets the 3 rd Sunday of each month at 2:00 pm at the American Cancer Society (3207 Briarcrest Drive). For more information, please call Rudolph Henry at (936) 825-2913.
Mended Hearts -	Meets the 4 th Tuesday of each month from 7:00 – 9:00 pm at the St. Joseph Education Annex. Does not meet in June, July, or August. Contact Amanda Jarvis for more information at (979) 821-7589.
Multiple Sclerosis -	Meets the 2 nd Sunday of each month from 2:00 – 4:00 pm at the St. Joseph Education Annex. Does not meet in July or August. Contact Sharon Boston at (979) 693-6733 for more information.
Noon Timers - Parkinson's Group -	The Noon Timers group meets the first Monday of each month at noon in the Quilter's Café at St. Joseph Regional Rehabilitation Center on Joseph Drive (across from the Blinn Campus in Bryan). A complimentary lunch is provided. For information about Parkinson's disease or to learn about local resources, call Ben White, Brazos Valley Parkinson's Association at 979-821-7523.
Prostate Cancer -	For more information contact Joe Armon at (979) 255-5151.
Stroke Club -	Support group meets on pre-determined Mondays from 2:00 to 3:00 p.m. in the patient dining room at the SJRHC Rehab. Call the Speech Therapy department for more information at (979)821-7573.
TOPS - (Take Off Pounds Sensibly)	Meets every Tuesday from 5:45 to 7:00 p.m. in the St. Joseph Education Annex. Contact Judy Edwards at (979)846-0617 for more information
Young Onset Parkinson's Disease -	Meets the first Thursday of each month at 6:30 pm. Location changes monthly. Contact Ben White, Brazos Valley Parkinson's Association at (979) 821-7523 for more information.