

MEDIA ADVISORY

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parrishhealthcare.com

Parrish Healthcare Releases Community Support Groups Schedule for October

Parrish Healthcare Mom's Support Group

A group for mothers with babies ages birth to six months. During this time, moms will be able to discuss topics such as infant feeding, sleeping, milestones, car seats, play, development, post-partum care, birth control, post-partum depression, dietary needs and much more. Space is limited.

- When: Mondays, Oct. 3, 10, 17, 21, 31; 10-11 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- Facilitated by Teri Newman, MSN, RNC-MNN, IBCLC
- For additional information and to register, contact Teri Newman at teri.newman@parrishmed.com

Parrish Healthcare's Fearless Café

A collaboration with St. Francis Reflections Life Stages Care, this group shares a casual discussion about advanced directives, power of attorney, wills, living wills and all of the often, scary conversations about death and dying.

- When: Wednesday, Oct. 5; 10-11 am
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, visit parrishhealthcare.com/FearlessCafe

Parrish Healthcare's Caring for Caregivers Support Group

Care giving is a rewarding, yet demanding labor of love. Join us to learn how to care for yourself while you care for your loved one.

- When: Thursdays, Oct. 13 and 27; 9:30-11:30 am
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, visit parrishhealthcare.com/CaregiverSupport

Parrish Healthcare Diabetes Support Group

This support group is for anyone age 18 and older with diabetes. Join us for tips to live better with this disease.

- When: Monday, Oct. 17, 3-4:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave., Titusville
- Facilitated by Peggy McLaughlin, BSN, RN, CDCES
- For additional information, please contact Peggy McLaughlin at 321-268-6699.
- To register, visit parrishhealthcare.com/DiabetesSupport

Parrish Healthcare Stroke and Heart Survivors Support Group

If you've experienced a diagnosis or event, or are caring for someone living with heart disease or stroke, our community is here to support you.

- When: Tuesday, Oct. 18, 2-4 pm
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, visit parrishhealthcare.com/StrokeandHeartSupport

Parrish Healthcare Cancer and Survivor Support Group

This group is for cancer patients, cancer survivors and anyone touched by the disease. Enjoy refreshments and talk with others sharing similar situations and experiences.

- When: Wednesday, Oct. 19, 4-5:30 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Shannon Luker, RN, BSN, OCN, CBCN
- For additional information, please contact Shannon Luker at 321-268-6111, ext. 3544.
- To register, visit parrishhealthcare.com/CancerSupport

Parrish Healthcare A.W.A.K.E Sleep Support

This group is dedicated to exchanging information and increasing awareness of sleep, sleeping disorders, and related health concerns. Everyone with an interest in sleep and health is encouraged to attend.

- When: Wednesday, Oct. 26, 6-7:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave., Titusville
- Facilitated by Michele Roberge, RT(R), RPSGT
- For additional information, please contact Michele Roberge at 321-268-6408.
- To register, visit parrishhealthcare.com/SleepSupport