

Ostomy Support Group

Our goals:

- To help members live happy and productive lives
- To provide encouragement and coping skills
- To share information that will help others facing the same issues
- To explore problem-solving strategies

Participants:

Anyone who has a stoma for the diversion of bowel or bladder. Family and friends are welcome.

Facilitators:

Wound Ostomy Continence Nurse

Colorectal & Gynecologic Program Nurse Navigator

Day/time:

Third Thursday of each month, 5:30 - 7:30 p.m. (except holidays)

Format:

Each meeting features a guest speaker presenting information focusing on improving one's ability to adapt and cope with an ostomy. There is also an open sharing session for participants to discuss and share their feelings. Topics will include common problems associated with having an ostomy. Group sessions help to identify problem-solving techniques and build camaraderie and support among members. Group facilitators are available to answer questions, lend support and provide community resources. Light refreshments will be served.



625 S. Fair Oaks Ave, #100, Pasadena, CA 91105

(626) 397-2531

www.huntingtonhospital.com/cancercenter

Driving directions

From the South: Take the Harbor/Pasadena (110) Freeway north. Exit at Orange Grove Blvd. Turn left (north) onto Orange Grove Blvd. Proceed north for about one mile and turn right (east) on California Blvd. Turn right on Fair Oaks and right into Pavilion parking.

From the North: Take the Foothill (210) Freeway east to the California Boulevard exit. Turn left (east) on California Blvd. Turn right on Fair Oaks and right into Pavilion parking.

From the East: Take the Foothill (210) Freeway west to the Ventura (134) Freeway west and exit at Orange Grove Blvd. Turn left (south) on Orange Grove Blvd. Proceed south and turn left (east) on California Blvd. Turn right on Fair Oaks and right into Pavilion parking.

From the West: Take Ventura (134) Freeway east to the Orange Grove Boulevard exit. Turn right on Orange Grove Blvd. Proceed south and turn left (east) on California Blvd. Turn right on Fair Oaks and right into the Pavilion parking.

Parking available in Pavilion parking structure for \$6.

