

MERCY HEALTHCARE EVENTS SCHEDULE

Ongoing: Al-Anon – Meets every Wednesday from 7:30-8:30 p.m., St. George’s Episcopal Church, and every Friday from 6:30-8 p.m., Mercy Community Education Center (Rm #2), 2459 Stewart Parkway. For more information, please call 888-214-3384.

Ongoing: Alcoholics Anonymous – Meets Mondays, 6-7 p.m. Conference Room C, Mercy Medical Center, 2700 Stewart Parkway, free. Please call 541-677-4810 for more information.

Ongoing: Blood Pressure Screening – Take care of your health; have your blood pressure checked. The Mercy Medical Center Auxiliary provides these free screenings.

- Tuesdays, 11:30 a.m. -2:00 p.m., Roseburg Valley Mall
- Wednesdays, 10 a.m. -1 p.m., YMCA
- **Thursdays, 11 a.m. -2:30 p.m., Wal-Mart (depending on Construction Schedule)**

For more information, please call 541-677-4464.

Ongoing: Children’s Bereavement Support “Wings of Hope – Horse Play” – The Wings of Hope program, sponsored by Mercy Foundation, is bringing a new and exciting resource to our Douglas County schools. Mercy Foundation is partnering with Horse Play to bring Equine Assisted Learning to Douglas County. This service for the students is offered at no cost to the schools.

For more information and to register, please call 541-677-2384.

Ongoing: Mammography Screening Services – Early detection is your best defense. This is by appointment only. Mercy Outpatient Imaging, 1813 W Harvard. Please call 541-677-4418.

Ongoing: Outpatient Diabetes Education – Open the door to diabetes understanding. A certified diabetes educator and a registered dietitian provide personal instruction for patients and their families. This is by appointment only, Mercy Community Education Center, 2459 Stewart Parkway. Please call 541-677-2102 for more information.

Ongoing: Grief Support Group – Meets Mondays, 10-11:30 a.m. Conference Room C, Mercy Medical Center, 2700 Stewart Parkway, free. Please call 541-677-4810 for more information.

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Next meeting will be in April: A.W.A.K.E. (Sleep Apnea Support Group) – Meets twice a year at 6-7:30 p.m. Meetings are held in Mercy Community Education Center (Room #1 and 2), 2459 Stewart Parkway, free. Please call 541-677-4314 for more information.

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FEBRUARY 1: Roseburg Family Caregivers Support Group – Meets the first Wednesday of each month, 1:30-3 p.m., Mercy Community Education Center (Room #2), 2459 Stewart Parkway, free. Please call Nancy at 541-440-3677 for more information.

FEBRUARY 1: Memory Care Support Group – Meets the first Wednesday of each month, 5:30-6:30 p.m., Mercy Community Education Center (Room #3), 2459 Stewart Parkway, free. For more information, please call 541-464-5600.

FEBRUARY 6: Better Breathers Club of Roseburg – Meets the first Monday of each month, 1:30-2:30 p.m., Mercy Community Education Center, 2459 Stewart Parkway, free. For more information, please call 541-677-4314.

FEBRUARY 7: Living Well with Diabetes – Meets the first Tuesday of each month, 1-2 p.m., Mercy Community Education Center (Room #1), 2459 Stewart Parkway, free. For more information, please call 541-677-2102.

FEBRUARY 7: Hepatitis C Support Group – Meets the first Tuesday of each month, 6-7 p.m., Mercy Community Education Center (Room #1), 2459 Stewart Parkway, free. Please call Michael at 541-672-9380 for more information.

Room change – FEBRUARY 7: Total Knee or Hip Replacement Pre-Operative Class – Meets the 1st and 3rd Tuesdays of each month, 3-4:30 p.m., Mercy Medical Center, **Conf. Rm. A**, 2700 Stewart Parkway, free. Please call 541-677-4546 for more information.

FEBRUARY 9: Sutherlin Family Caregivers Support Group – Meets the second Thursday of each month, 10-11:30 a.m., Sutherlin Community Center, 150 S Willamette St., Sutherlin, free. Please call Nancy at 541-440-3677 for more information.

FEBRUARY 9: Hepatitis C Support Group – Meets the second Thursday of each month from 6-7:00 p.m., ADAPT, 528 SE Jackson, free. Please call Paul Farmer, 541-672-2691 for more information.

FEBRUARY 12: Ostomy Support Group – Meets the second Sunday of each month, 2-3 p.m., Conference Room B, Mercy Medical Center, 2700 Stewart Parkway, free. Please call Jacqui at 541-912-1284 for more information.

New contact person – FEBRUARY 13: Parkinson Support Group – Meets the second Monday of each month, 1:30-3 p.m., Mercy Community Education Center (Room #1), 2459 Stewart Parkway, free. For more information, please call **Carolyn at 541-673-7352.**

FEBRUARY 13: Hearing Loss Association of Douglas County – Meets the second Monday of each month, 7-9 p.m., Mercy Community Education Center (Room #1), 2459 Stewart Parkway, free. For more information, please call 541-440-1079.

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FEBRUARY 14: Acquired Brain Injury Support/Educational Group – Meets the second Tuesday of each month, 12-1:30 p.m., Umpqua Valley disAbilities Network, 736 SE Jackson, free. Please call 541-672-6336, for more information.

FEBRUARY 14: Bereavement Support Group – Meets the second and fourth Tuesdays of each month, 5-6:30 p.m., Linus Oakes, 2665 NW Van Pelt, Main Building Chapel, free. Please call 541-677-2384 for more information.

FEBRUARY 15: Bereavement Support Group Luncheon – Meets the third Wednesday of each month, 11:30 a.m.-1 p.m., Karen’s Coffee Cup, 2445 NE Diamond Lake Blvd., free. Please call 541-677-2384 for more information.

FEBRUARY 15: Cancer Support Group – Meets the third Wednesday of each month, 11:30 a.m.-1:30 p.m., Community Cancer Center, 2880 Stewart Parkway, Suite 100, free. Please call 541-673-2267 or 541-643-3391 for additional information.

FEBRUARY 15: Prostate Cancer Support Group – Meets the third Wednesday of each month, 5:30-6:30 p.m., Community Cancer Center, 2880 Stewart Parkway, Second floor CRA/B, free. Please call 541-673-2267 or 541-643-3391 for additional information.

FEBRUARY 15: The Gift of Motherhood: A Childbirth Preparation Class – six-week series begins Wednesday, 7-9 p.m. (ending on March 21) Conference Room A and B, Mercy Medical Center, 2700 Stewart Parkway, free. Call 541-677-2451 to register.

FEBRUARY 16: South County Family Caregivers Support Group – Meets the third Thursday of each month, 2-3:30 p.m., Forest Glen Senior Residence (Chapel), 200 SW Frontage Road, Canyonville, free. Please call Nancy at 541-440-3677 for more information.

FEBRUARY 20: The Gift of Motherhood: A Childbirth Preparation Class – six-week series begins Monday, 7-9 p.m. (ending on March 26) Conference Room A and B, Mercy Medical Center, 2700 Stewart Parkway, free. Call 541-677-2451 to register.

FEBRUARY 21: Alzheimer’s Support Group – Meets the third Tuesday of each month, 2:30-3:30 p.m., Callahan Court Memory Care Community, 1770 NW Valley View Drive, free. For more information and to register for the meeting, please call 541-673-3900.

Room change – FEBRUARY 21: Total Knee or Hip Replacement Pre-Operative Class – Meets the 1st and 3rd Tuesdays of each month, 3-4:30 p.m., Mercy Medical Center, **Conf. Rm. A**, 2700 Stewart Parkway, free. Please call 541-677-4546 for more information.

FEBRUARY 21: Multiple Sclerosis Support Group – Meets the third Tuesday of each month, 5-6:30 p.m., Mercy Community Education Center (Room #2), 2459 Stewart Parkway, free. Please call 541-459-1371 or 541-672-6003 for more information.

FEBRUARY 22: Winston Family Caregivers Support Group – Meets the fourth Wednesday of each month, 2-3:30 p.m., Winston Community Center, Wooley Board Room, 440 Grape Street, Winston, free. Please call Nancy at 541-440-3677 for more information.

FEBRUARY 22: Lupus Support Group – Meets the fourth Wednesday of each month, 5-6 p.m., Mercy Community Education Center (Room #2), 2459 Stewart Parkway, free. For more information please call Peggy 541-229-0439.

FEBRUARY 27: Celiac Support and Resource Group – Meets the last Monday of each month, 6:30-8 p.m., Mercy Community Education Center (Room #1), 2459 Stewart Parkway, free. For more information please call Tanya at 541-673-9818 or Sue at 541-672-2977.

FEBRUARY 28: Post-Polio Support Group – Meets the fourth Tuesday of each month, 10:30-11:30 a.m., Winston Senior Center, 440 Grape Ave., free. Please call Emily at 541-679-0637 for more information.

FEBRUARY 28: Bereavement Support Group – Meets the second and fourth Tuesdays of each month, 5-6:30 p.m., Linus Oakes, 2665 NW Van Pelt, Main Building Chapel, free. Please call 541-677-2384 for more information.