

Classes & Support Services

AL-ANON

Wednesdays, 8 to 9 p.m.; 4 Pavilion, Room C

The Al-Anon groups are fellowships of relatives and friends of people who abuse alcohol, and they share their experiences, strength and hope. 248.858.3634

ALCOHOLICS ANONYMOUS

Sundays, 10 a.m. to noon; 4 Pavilion, Rooms F & G
Wednesdays, 8 to 9 p.m.; 4 Pavilion, Rooms D, E, F & G
A fellowship of men and women who share their experiences, strength and hope. The only requirement for membership is a desire to stop drinking. 248.858.3634

BLOOMFIELD NURSING CENTER/ YOUNG ADULT PROGRAM

People ages 18-55 requiring nursing care. 248.338.0345

BREAST CANCER SUPPORT GROUP

Third Thursday of each month, 7 to 9 p.m.;
Alice Gustafson Center, First Floor Waiting Room
Support group for patients, families and friends. 248.858.3962

CRANBROOK HOSPICE CARE

Provides skilled and compassionate care to people with life-limiting illnesses and their families. 248.452.5300
800.832.1155

DIABETES SELF-MANAGEMENT

For adults with diabetes. Recognized by the American Diabetes Association. Certified by the state of Michigan. Covered by most insurance policies. Includes an individual assessment with a certified diabetes educator and four group classes taught by registered nurses and registered dietitians; also includes a three- to six-month follow-up. This is a physician-referred program. 248.858.3020

DIABETES SUPPORT GROUP

Third Wednesday of each month, except July & August, 7 to 8:30 p.m.; Alice Gustafson Center, Lobby
The SJMO Diabetes Education Program provides education and support for patients and their families. Certified by the state of Michigan, this program received renewal as a certified national diabetes education program. Also, we meet the national standards for diabetes self-management education set by the American Diabetes Association. 248.858.6653

FIRST AID

Noon - 4 p.m., Monday - Friday
Classes through American Red Cross. 248.332.2500

GRIEF COUNSELING

Support for those who are grieving due to a loss of friend/family member. 248.858.3710

HANDLING LOSS OF PREGNANCY

Second Thursday of each month, 7:30 to 9 p.m.;
SJMO Hospital, Volunteer Lounge
A support group for grieving parents who have experienced loss as a result of a miscarriage, stillbirth or neonatal death. 248.858.3526

HEALTHY START/ HEALTHY FAMILIES

Home visitation to at-risk families with infants/young children. 248.335.5638

KIDS KICKING CANCER

Tuesdays, 6 to 7 p.m.; Alice Gustafson Center
Kids Kicking Cancer partners with hospitals to provide instruction in the martial arts for pediatric oncology patients and their siblings. 248.203.9991

LOOK GOOD . . . FEEL BETTER (Cancer Support)

Free program for women battling cancer. Certified cosmetologists facilitate hands-on instruction about makeup and skin care and give suggestions for using wigs, turbans and scarves. 248.858.3962

MEDICAL NUTRITION SERVICES

Nutrition therapy for diabetes, kidney or heart disease; now covered by Medicare. 248.858.3664

MENDED HEARTS

Third Wednesday of each month, except July, August & December, 7 to 9 p.m.; 4 Pavilion, Room E
Cardiac patients and their loved ones meet for presentations on heart-related issues. 248.623.1168

MERCY HOME CARE

Skilled nursing, health aid and social work services; medical equipment available. 248.858.7735
800.832.1155

NARCOTICS ANONYMOUS

Saturdays, 3:30 to 5 p.m.; 4 Pavilion, Room G
A nonprofit fellowship of men and women for whom drugs have become a problem. Membership is open to anyone with an addiction to drugs. 248.858.3634

PARISH NURSING PROGRAM

Volunteer programs in churches promoting health/healing. 248.858.3042

PREGNANCY & CHILDBIRTH CLASSES; BIRTHING & BEYOND AT SJMO

This pregnancy and childbirth program is dedicated to providing quality educational classes to help you and your family prepare for your baby's arrival. Classes include Prepared Childbirth, Multiples – Twins and More, Breast-feeding, Infant Care, Sibling, Natural Family Planning, and Infant and Child CPR. 248.666.5041

SPINAL CORD INJURY

First & third Thursdays of each month, 7 to 9 p.m.;
4 Pavilion, Room G
Education and social outings for people with spinal cord injuries and their families and friends. 248.858.3116

STROKE FOLKS

Second Thursday of each month, 1 to 3 p.m.;
4 Pavilion, Room E
Provides education and emotional support to stroke survivors and their families. 248.858.3116

TRAUMATIC BRAIN INJURY

Second Wednesday of each month; 7 to 9 p.m.;
4 Pavilion, Room E
Provides education, emotional support and social opportunities for traumatic brain injury survivors and their families and friends. 248.858.3106

UNITED OSTOMY ASSOCIATION

Third Sunday of every other month except June, July & August, 2 to 5 p.m.; 4 Pavilion, Rooms F & G
A health organization that provides education and support for people who have had or will have intestinal or urinary diversions. 248.646.2788

