

Physical Health

Brain Injury Support Group *Charlottetown*

A support group open to anyone with any type of brain injury, via TBI, stroke, car accident, etc. 2nd and 4th Tuesday of every month, 2:00 p.m. @ Jack Blanchard Hall (7 Pond St.)

For more information, call the group leader at (902) 314-4228 or email simonmick@gmail.com

Breast Cancer Support Group *Charlottetown*

A support group for individuals who have or have had a breast cancer diagnosis

1st Monday of every month, 11:30 a.m. (January 2019 – March 2019) Contact for location

1st Monday of every month, 7:00 p.m. (April 2019 – June 2019 & September 2019 – November 2019) @ 40 Woodlawn Dr.

Note that this group does not meet in July or August. They get together for dinner in June and December. Contact for the location

Note that if a meeting falls on a holiday, the meeting will be held the following Monday

For more information, call Judy at (902) 569-3496 or email

charlottetownbreastcancersg@gmail.com

Multiple Sclerosis Support Group *Charlottetown*

"MS Drop-In"

An informal time of sharing for anyone living with MS.

1st Wednesday of every month, 1:30 p.m. @ Atlantic Superstore Community Room (465 University Ave)

Note this group does not meet in July, August, or December

For more information, contact Jeanne at 902-675-2224 or jeannemac@hotmail.com

Multiple Sclerosis Support Group *Charlottetown*

"Together Strong"

An evening spent with others living with MS. This could include speakers, demonstrations, discussions or entertainment.

3rd Wednesday of every month, 7:00 p.m. @ Brecken House (Prince Edward Home, 75 Maypoint Rd)

Note this group does not meet in July or August

For more information, contact Jeanne at 902-675-2224 or jeannemac@hotmail.com

Ostomy Peer Support Group *Charlottetown*

A support group for individuals with an ostomy

Last Tuesday of every month, 7:00 p.m. to 8:30 p.m. @ Murphy's Community Centre (200 Richmond St.)

For more information, contact the group leaders at 902-566-1459

PEI Parkinson *Charlottetown*

A support group for anyone impacted by Parkinson. The group is very informal and relaxed. Great discussions take place with occasional guest speakers.

1st Thursday of every month, 2:00 p.m. @ Trinity United Church (220 Richmond St.)

Note this group does not meet in July, August, or September

For more information, contact the group leaders at 902-368-8329 or 902-892-7998

Prostate Cancer Support Group *Charlottetown*

A support and information group for individuals, and their significant others, that have experienced prostate cancer

3rd Wednesday of every month, 7:00 p.m. @ Cox & Palmer Law Office (97 Queen Street, 6th floor)

Note this group only meets between September and May. They have a social on the 3rd Wednesday of June at 5:00 p.m. at 51 Warburton, Charlottetown.

For more information, contact Ron Profit at 902-629-3908

Pulmonary Fibrosis Support Group *Charlottetown*

A group for people to come together and share ideas and support each other through the journey with pulmonary fibrosis or any serious lung disease. Caregivers and spouses are welcome.

2nd Sunday of every month, 2:00 p.m. @ Stratford Town Hall (234 Shakespeare Dr.)

For more information, contact the group leaders at (902) 626-7014

Stage Four Cancer Support Group *Charlottetown*

A support meeting for people with stage four to share their story, listen, and support each other on this path

3rd Saturday of every month, 10:30 a.m. @ the Sobeys Community Room (400 University Ave)

For more information, contact the group leaders at (902) 314-9569 or (902) 940-7250