**Alzheimer’s & related dementia education series and caregiver support**

This is a support group for those who provide care for a loved one with dementia.

**First Thursday of each month**
12:30 to 1:30 p.m.
Kinne Auditorium
Information: 904-953-6523 or email mcjmemorydc@mayo.edu

**Amyloidosis support group**

This is a support group for amyloidosis patients, families, and caregivers. This support group will meet about twice a year on a Saturday on the Mayo Clinic campus.

Information: Visit Amyloidosis Support Groups for current times, or call 866-404-7539 or email info@amyloidosissupport.org.

**Bariatric surgery support group**

This group is open to Mayo Clinic patients and employees who’ve had bariatric surgery at Mayo Clinic.

**Second and fourth Thursday of each month**
10:00 to 11:00 a.m.
Mayo building, Room 2-002N
Information: 904-953-6067
Breast cancer support group
This is a support group for patients, caregivers, and survivors.

**Third Tuesday of each month**
2 to 3 p.m.
Mayo Building, Room 3-002N
Information: 904-953-6286

Esophageal cancer support group
This is a support group for patients, spouses, and friends facing surgery and adapting after surgery.

**Third Friday (January, April, July, October)**
12:30 to 3 p.m.
Vincent A. Stabile Building, Room 150N
Information: 904-374-4599 or email mhpduiggar@gmail.com

Heart transplant/VAD support group
This is a support group for heart transplant and ventricular assist device (VAD) patients and caregivers.

**Tuesdays**
1 to 2 p.m.
Mayo Hospital, Room 8-903N
Information: 904-956-3206

Kidney cancer patient support group
This is a support group for Mayo Clinic patients and families affected by kidney cancer.

The Judy Nicholson Kidney Cancer Foundation for kidney cancer research is a Jacksonville-based not-for-profit organization that provides support to Mayo Clinic patients affected by kidney cancer and their families. For information about upcoming meetings and locations, please call or contact:

Information: 904-309-0502 or [http://jnkidneycancer.org/contact/](http://jnkidneycancer.org/contact/)

Lung transplant support group
This is a support group for lung transplant patients and their caregivers.

**Tuesdays**
1 to 2 p.m.
Mayo Building, Room 2-002N
Information: 904-956-3206
Mayo Clinic Connect

This is a support Mayo Clinic Connect is an online community where you can share your experiences and find support from people like you. You can also read Mayo Clinic expert blogs and take part in educational events. Connect is managed by a team of community moderators who keep the community safe and welcoming. They also support a volunteer group of patient mentors who share their stories, assist in connecting members and build community. Discover your support network on Connect today.

Multiple myeloma support group

This is a support group for patients living with multiple myeloma.

**Second Wednesday of each month (Note: No meetings in December)**

6 to 8:30 p.m.
Cannaday Building, Room 1106
Information: 321-591-8702 or email Anne Pacowta at anne@pacowta.com

Parkinson's disease and related diseases education series and support group

This support group is for patients with movement disorders.

**First Wednesday of each month**

12:30 to 1:30 p.m.
Cannaday Building, Room 1107
Information: 904-953-6523

Second chance transplant support group

This is a support group for kidney, liver, and pancreas transplant patients and their caregivers.

**Tuesdays**

11 a.m. to noon
Cannaday Building, Chapel, Room 1050
Information: 904-956-3206

Stroke sense education series

This is a monthly educational series for stroke survivors and their families.

**First Tuesday of each month**

11 a.m. to noon
Cannaday Building, Room 1106
Information: 904-953-2903 Jessica Talbot or email flastrokesupportgroup@mayo.edu
Transplant and cancer caregiver support group

This is a support group for caregivers of transplant and cancer patients.

**Thursdays**
11 a.m. to noon
Mayo Building, Room 5-003N
Information: 904-956-3206

**Yoga- Gentle yoga**

This is yoga for transplant and cancer patients. Mats are available if needed. Registration is required please call to reserve your spot.

**Tuesdays**
2 to 3 p.m.
Cannaday Building, Chapel, Room 1050
Information: 904-956-1803

**Yoga- Mindful flow**

This is yoga for cancer patients and cancer caregivers. Registration is required please call to reserve your spot.

**Wednesdays**
2 to 3 p.m.
Cannaday Building, Chapel, Room 1050
Information: 904-956-1803

**Yoga- Restorative yoga**

This is yoga for cancer patients and cancer caregivers. Mats are available if needed. Registration is required please call to reserve your spot.

**Thursdays**
2 to 3 p.m.
Cannaday Building, Chapel, Room 1050
Information: 904-956-1803

**Young adult transplant/VAD support group**

This is a support group for transplant/VAD patients ages 18-42 (patients only).

**First Thursday of each month**
5:30 to 6:30 p.m.
Vincent A. Stabile Building, Room 153N
Information: 904-956-3092
ALS support group
This is a support group for patients with ALS, their families, and caregivers.

Third Monday of each month
2:00 to 3:00 p.m.
Mangurian Building, Room 1600
Information: 904-953-0332

GYN support group – Women of S-Teal Jax
This is a support group for patients, caregivers, and survivors of gynecological cancers.

Second Monday of each month
5:30 to 6:30 p.m.
Mayo Building, Room 5-002N
Information: 904-953-6831

Liver Cancer Support Group
This is a support group for patients, caregivers, and survivors of liver cancer.

Second Tuesday of each month
2:00 p.m. to 3:30 p.m.
Mayo Building, Room 3-002N
Fourth Tuesday of each month
6:00 p.m. to 7:00 p.m.
Mayo Building, Room 3-002N
Information: 904-953-6831