

Supporting You Through **Every Stage of Life**

We know navigating the unknown can be overwhelming. At Peterson Health, we strive to create a safe community where you can feel seen, heard, and supported through your journey. If you or a loved one are experiencing any of these pathways, please join us for a group support session.



BARIATRIC SUPPORT GROUP

Bariatric weight loss surgery is a lifetime commitment, and those who have support are proven to have better success.

When: 4th Wednesday of every month from 5:30 to 6:30pm

Where: Dietert Center, 451 Guadalupe Street in Kerrville



BREASTFEEDING SUPPORT GROUP

Check your baby's weight and milk intake while discussing topics such as breastfeeding, parenting, and life with a newborn.

When: 2nd Tuesday of every month from 1 to 3pm

Where: Hospice and Home Care Building, 250 Cully Drive in Kerrville



CAREGIVER SUPPORT GROUP

Providing ongoing care for a loved one can take a significant toll. Join us for support and resources you need on your caregiving journey.

When: 1st and 3rd Friday of every month from 2 to 3:30pm

Where: Hospice and Home Care Building, 250 Cully Drive in Kerrville



HOLDING HOPE: GRIEF SUPPORT FOR CHILDREN

Offering resources and support to children, teens, and their supporting adult* to help navigate the loss of a loved one.

**Adult must be present. Dinner provided, RSVP required.*

When: 2nd Tuesday of every month from 5:30 to 7pm

Where: Hospice and Home Care Building, 250 Cully Drive in Kerrville



GRIEF SUPPORT GROUP

Helping you with the support and resources you need as you grieve.

When: 1st Tuesday of every month from 5:30 to 7pm

Where: Hospice and Home Care Building, 250 Cully Drive in Kerrville

When: 1st and 3rd Friday of every month from 10 to 11am

Where: First Presbyterian Church, 800 Jefferson Street in Kerrville

When: 2nd and 4th Tuesday of every month from 10 to 11am

Where: Dietert Center, 451 Guadalupe Street in Kerrville



OSTOMY SUPPORT GROUP

Conquering obstacles together in a joyful manner with creative problem solving, entertaining stories, and just plain fun.

When: 3rd Thursday of every month from 4 to 5pm

Where: Peterson Health, 551 Hill Country Drive in Kerrville



PARKINSON'S SUPPORT GROUP

Elevating health and each other with support, education, and community for those affected by Parkinson's Disease.

When: 1st Wednesday of every month from 4 to 5pm

Where: Hospice and Home Care Building, 250 Cully Drive in Kerrville



STROKE SUPPORT GROUP

Offering guidance, practical information, and compassionate support to stroke survivors and caregivers.

When: 2nd Thursday of every month from 4:30 to 5:30pm

Where: Hospice and Home Care Building, 250 Cully Drive in Kerrville

For more information about Peterson Health Support Groups and other classes and events, visit [PetersonHealth.com/Events](https://www.petersonhealth.com/events).

