

Support Group Information



Local & Virtual Support Groups

Call from the Convenience of Your Home or Attend in Person

If you've had weight-loss surgery or are considering it, take advantage of local in-person support groups (listed on back) or virtual support groups—all from the convenience of your home, office or car. These “virtual” telephone support groups last about one hour, but you may come and go from the call as you please.

We have partnered with two organizations for virtual meetings. The first one is Bariatric Support Centers International (BSCI) and the second is Bailey Psychology Group (BPG) Virtual WLS Support Groups.

All weight-loss surgery patients, supporters and investigators are welcome to participate, learn, share or just listen in. This makes for a secure, supportive setting.

BSCI Support Groups

The groups are facilitated and provide engaging, educational and supportive information. Toll charges may apply.

Days/Times

First Tuesday of the Month at 4:30 p.m.

Call (605) 468-8017 #602024

Facilitated by Dana Rosser at TwinGirls1017@aol.com

First Saturday of the Month at 8 a.m.

Call (641) 715-3605 #504739

Facilitated by Sandi and Wendy at WLSuccessMatters@gmail.com

Second Tuesday of the Month at 3 p.m.

(605) 468-8017 #602024

Facilitated by Brenetta Cheeks at BCheeksster@gmail.com

Third Tuesday of the Month at 3 p.m.

(605) 468-8017 #602024

Facilitated by Denise Roden at DeniseRoden@gmail.com

Third Thursday of the Month at 11 a.m.

(605) 468-8017 #602024

Facilitated by Lisa Burk Foster at LisaBurkFoster@gmail.com

Third Thursday of the Month at 5 p.m.

(641) 715-3605 #504739

Facilitated by Sandi and Wendy at WLSuccessMatters@gmail.com

Tercero Miercoles del Mes at 5 p.m.

(605) 468-8017 #602024

Facilitado por Elia Puche at EliaPuche@hotmail.com

For more information, visit BSCIResourceCenter.com or call (800) 339-9129.

BPG Virtual WLS Support Groups

Facilitated by Melissa Bailey, Psy.D., a weight-loss surgery specialist with Bailey Psychology Group. Generally, the support group is a way to get information and support as you go through the surgical weight-loss journey.

Dr. Bailey presents a formal topic and then opens it up to callers to ask questions. The support group is free, but toll charges may apply.

“This is an excellent way to get support—especially if you lead a busy life and cannot get to a ‘live’ support group,” Dr. Bailey said.

For a list of upcoming topics, visit our website and click on Surgical Weight Loss tab.

Day/Time

Second Tuesday of the Month at 7 p.m.

(515) 739-1030 #965-029-347

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Local Bariatric Support Group Meetings

We understand that some of our patients prefer in-person support groups. The list of support groups on the back page are not affiliated with Foothill Regional Medical Center, but we are providing the information to you as a courtesy.

Fountain Valley Locations

Fountain Valley Regional Hospital
17100 Euclid Ave., Fountain Valley
Saltzer Conference Room (behind cafeteria)
Thursdays from 6:30-8:30 p.m.

Orange Coast Memorial Medical Center

18035 Brookhurst St., Fountain Valley
Pavilion Pacific Room
Mondays from 6:30-8:30 p.m.
Fourth Monday for post-op patients only

Long Beach Location

Long Beach Memorial Hospital
2801 Atlantic Ave., Long Beach
Millers Children's Pavilion/Room B
Third Tuesday of the Month from 6:30-8:30 p.m.

Norco Location

