

Women@Heart Groups

2023

Program Content is the same for each group

General Support Group	Open to women with any heart condition or diagnosis
SCAD Support Group	For women with Spontaneous coronary artery dissection
Electric Condition Support Group	For women with arrhythmias, Afib, implantable cardioverter-defibrillator (ICD), pacemaker, etc.
Heart Failure Support Group	For women with heart failure

Winter Sessions

Group	Type of Group	Time of day	Day	Time	Sessions									
					1	2	3	4	5	6	7	8	9	10
Group 1	General	Afternoon	Wednesday	1:00 PM - 3:00 PM	25-Jan	1-Feb	8-Feb	15-Feb	1-Mar	15-Mar	29-Mar	12-Apr	26-Apr	10-May
Group 2	General	Evening	Tuesday	6:00 PM - 8:00 PM	31-Jan	7-Feb	14-Feb	21-Feb	7-Mar	21-Mar	4-Apr	18-Apr	2-May	16-May
Group 3	General	Afternoon	Tuesday	1:00 PM - 3:00 PM	7-Feb	14-Feb	21-Feb	28-Feb	14-Mar	28-Mar	11-Apr	25-Apr	9-May	23-May
Group 4	General	Morning	Wednesday	10:00 AM - 12:00 PM	15-Feb	22-Feb	1-Mar	8-Mar	22-Mar	5-Apr	19-Apr	3-May	17-May	31-May
Group 5	Electric	Afternoon	Thursday	1:00 PM - 3:00 PM	16-Feb	23-Feb	2-Mar	9-Mar	23-Mar	6-Apr	20-Apr	4-May	18-May	1-Jun
Group 6	General	Afternoon	Wednesday	1:00 PM - 3:00 PM	22-Feb	1-Mar	8-Mar	15-Mar	29-Mar	12-Apr	26-Apr	10-May	24-May	7-Jun
Group 7	General	Afternoon	Thursday	1:00 PM - 3:00 PM	16-Mar	23-Mar	30-Mar	6-Apr	20-Apr	4-May	18-May	1-Jun	15-Jun	29-Jun
Group 8	SCAD	Evening	Tuesday	6:00 PM - 8:00 PM	21-Mar	28-Mar	4-Apr	11-Apr	25-Apr	9-May	23-May	6-Jun	20-Jun	27-Jun
Group 9	General	Evening	Tuesday	6:00 PM - 8:00 PM	28-Feb	7-Mar	14-Mar	21-Mar	4-Apr	18-Apr	2-May	16-May	30-May	6-Jun
Group 10	French	Afternoon	Tuesday	12:30 pM - 2:30 PM	7-Feb	14-Feb	21-Feb	28-Feb	14-Mar	28-Mar	11-Apr	25-Apr	9-May	23-May