Your Support Group

We have included a list of support groups that we have heard about through a variety of sources, but cannot always be sure that the information provided is current or accurate.

If you have newer information or corrections, please let us know so that we can update the list for future editions of this binder. Please call (510) 248-3850.

More importantly, if you know of a support group that does not mind having new members, please provide us with the information so we may include it in future editions.

The support group does not have to be sponsored by Kaiser, but it should consist of people who have undergone or will undergo a roux en y gastric bypass, Lap Band or Sleeve Gastrectomy and who meet on a regular basis.

PLEASE MAKE SURE TO CONTACT THE LOCATION YOU ARE PLANNING TO ATTEND AROUND ANY HOLIDAY. DATE’S MAY BE CANCELLED OR RESCHEDULED ON A DIFFERENT DAY.
# Weight Loss Surgery Support Groups

## Northern California

### Bariatric Surgery Support Group List

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>TIME AND PLACE</th>
<th>Contact Person/Phone/ E-mail</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antioch *</td>
<td>1st Tuesday of Each Month 6:30pm – 8:30pm Conference Room 1A and 1B Kaiser Facility in Antioch Medical Center Sand Creek Building 4501 Sand Creek Rd Antioch, CA 94531</td>
<td>Kim Berry (925) 270-5966 Group e-mail: <a href="mailto:wlssg-antioch@att.net">wlssg-antioch@att.net</a></td>
<td>All Welcome - No Fee No Registration Needed</td>
</tr>
<tr>
<td>Antioch *</td>
<td>3rd Saturday of Each Month 1:00pm – 3:00pm Conference Room 1, 2 &amp; 3 Kaiser Facility in Antioch Medical Center Deer Valley Building 5601 Deer Valley Rd. Antioch, CA 94531</td>
<td>Kim Berry (925) 270-5966 Group e-mail: <a href="mailto:wlssg-antioch@att.net">wlssg-antioch@att.net</a></td>
<td>All Welcome - No Fee No Registration Needed</td>
</tr>
<tr>
<td>Burlingame</td>
<td>1st Saturday of each month (except Holiday Weekends) 10:30am - 11:30am Mills Peninsula Medical Center Sierra Room, #G600B 1501 Trousdale Dr. Burlingame, CA 94010</td>
<td>Laura Matteucci, RN-Bariatric Coordinator (800) 559-9960 <a href="mailto:matteuLa@sutterhealth.org">matteuLa@sutterhealth.org</a></td>
<td>All Welcome - No Fee No Registration Needed</td>
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* Kaiser Facility

Updated: 04/25/2012
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<th>Location</th>
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<tr>
<td>Campbell</td>
<td>4th Wednesday of each month 6:00pm - 8:00pm</td>
<td><a href="mailto:KenMcL@aol.com">KenMcL@aol.com</a></td>
<td>Ran by patients who have gone through Bariatric Surgery</td>
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<tr>
<td></td>
<td>Kaiser Facility 220 Hacienda Ave Campbell, CA 95008</td>
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<td></td>
<td>Conference Room 1 A/B</td>
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<tr>
<td>El Dorado Hills</td>
<td>Last Two Tuesdays of Each Month 6:00pm - 9:00pm</td>
<td>Rose (916) 300-7673</td>
<td>All Welcome No Fee No Registration Needed</td>
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<tr>
<td></td>
<td>3935 Park Drive El Dorado Hills, CA 95762</td>
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<tr>
<td></td>
<td>Raley's Supermarket (In the event center)</td>
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<td></td>
<td>(North of Folsom)</td>
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<tr>
<td>Fairfield</td>
<td>Second Monday of each month 6:30pm – 8:00pm</td>
<td>(510) 869-8972</td>
<td>All Welcome – No Fee No Registration Needed</td>
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<tr>
<td></td>
<td>Rockville Bible Church 720 Link Road</td>
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<td></td>
<td>Fairfield, CA 94534</td>
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<tr>
<td>Fremont</td>
<td>2nd &amp; 4th Friday of Each Month 6:00pm - 8:00pm</td>
<td>(510) 248-3455</td>
<td>All Welcome - No Fee No Registration Needed</td>
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<tr>
<td></td>
<td>PRE-OPS (6:00pm - 7:00pm)</td>
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<td></td>
<td>POST-OPS (6:00pm - 8:00pm)</td>
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<tr>
<td></td>
<td>Kaiser Facility 39400 Paseo Padre Pkwy Fremont, CA 94538</td>
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<td></td>
<td>(Niles Building East Side, 1st floor conference rooms)</td>
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<tr>
<td>Fresno</td>
<td>2nd Tuesday of each month 5:30pm - 7:00pm</td>
<td>(559) 448-4646</td>
<td>All Welcome - No Fee No Registration Needed</td>
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<tr>
<td></td>
<td>Kaiser Facility 7300 North Fresno St Fresno, CA 93720</td>
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<tr>
<td></td>
<td>4th Floor, Cypress Building Conference Room #4</td>
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<td>Gilroy</td>
<td>3rd Monday of Each Month&lt;br&gt;7:00pm - 9:00pm&lt;br&gt;9400 No Name Uno&lt;br&gt;Gilroy, CA 95020&lt;br&gt;Saint Louise Regional Hospital</td>
<td>Sister Rachela&lt;br&gt;(408) 848-8603</td>
<td>All Welcome - No Fee&lt;br&gt;No Registration Needed</td>
<td></td>
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<tr>
<td>Livermore *</td>
<td>3rd Tuesday of Each Month&lt;br&gt;6:00pm - 7:30pm&lt;br&gt;Kaiser Facility&lt;br&gt;3000 Las Positas Rd.&lt;br&gt;Livermore, CA 94551&lt;br&gt;Conference Room: 1, 2 or 3</td>
<td>Linda Valenty&lt;br&gt;(925) 243-2923</td>
<td>All Welcome - No Fee&lt;br&gt;No Registration Needed</td>
<td></td>
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<tr>
<td>Lodi</td>
<td>2nd Saturday of each month&lt;br&gt;11:00am - 12:30pm&lt;br&gt;Lodi Library&lt;br&gt;201 West Locust St.&lt;br&gt;Lodi, CA 95240</td>
<td>(510) 869-8972</td>
<td>All Welcome – No Fee&lt;br&gt;No Registration Needed</td>
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<tr>
<td>Modesto*</td>
<td>3rd Wednesday of Each Month&lt;br&gt;6:00pm - 8:00pm&lt;br&gt;4601 Dale Road Facility&lt;br&gt;Modesto, CA 95356&lt;br&gt;(1st Floor Conference Rooms)</td>
<td>Health Education&lt;br&gt;(209) 557-1601</td>
<td>All Welcome – No Fee&lt;br&gt;No Registration Needed</td>
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</tr>
<tr>
<td>Modesto</td>
<td>2nd &amp; 4th Tuesday of Each Month&lt;br&gt;6:00pm – 8:00pm&lt;br&gt;Bethel Church (North Entrance)&lt;br&gt;2361 Scenic Dr.&lt;br&gt;Modesto, CA 95355</td>
<td>Denise Rhinehart&lt;br&gt;(209) 614-4552&lt;br&gt;<a href="mailto:raedeniser@yahoo.com">raedeniser@yahoo.com</a></td>
<td>All Welcome – No Fee&lt;br&gt;No Registration Needed</td>
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<tr>
<td>Modesto</td>
<td>2nd Wednesday of each Month 6:00pm - 7:30pm Health Education and Conference Center McHenry Village 1700 McHenry Ave Modesto, CA 95350</td>
<td>Jennifer Downs-Colby (209)-572-7262</td>
<td>All Welcome - No Fee No Registration Needed</td>
</tr>
<tr>
<td>Mountain View</td>
<td>2nd Thursday of each month 5:45pm - 7:30pm El Camino Hospital 2500 Grant Rd Mountain View, 94040 Conference Room: E &amp; F</td>
<td>Karen Thomas (650) 988-7563 <a href="http://www.elcaminohospital.org">www.elcaminohospital.org</a></td>
<td>All Welcome - No Fee No Registration Needed</td>
</tr>
<tr>
<td>Napa *</td>
<td>(Holidays please call to verify date) 3rd Monday of Each Month 6:00pm - 7:30pm 2nd Floor of NEW Kaiser Building 3285 Claremont Way Napa, CA 94558 Conference Room A</td>
<td>Ron (707)-280-9940 OR <a href="mailto:oldbbser@gmail.com">oldbbser@gmail.com</a></td>
<td>All Welcome - No Fee No Registration Needed</td>
</tr>
<tr>
<td>Oakland</td>
<td>2nd Thursday of each month 6:00pm - 7:30pm Elm Room-Merritt Pavilion, Summit Campus 350 Hawthorne Ave Oakland, CA 94609 (Room located next to the Emergency Room)</td>
<td>(510) 869-8972</td>
<td>All Welcome – No Fee No Registration Needed</td>
</tr>
<tr>
<td>Palo Alto</td>
<td>2nd Wednesday of Each Month 6:00pm - 8:00pm Stanford Hospital &amp; Clinics Blake Wilbur Building 900 Blake Wilbur Dr Palo Alto, CA 94304</td>
<td>Dana Schroeder (408) 307-2890 (408) 399-9291 OR <a href="http://www.bariatricu.com">www.bariatricu.com</a> <a href="mailto:dana@schroeder.net">dana@schroeder.net</a></td>
<td>All Welcome - No Fee No Registration Needed</td>
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<td>Location</td>
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| Richmond *                             | 1st and 3rd Wednesday's of Each Month  
6:00pm - 7:30pm  
Kaiser Permanente Richmond Medical Center  
901 Nevin Ave  
Richmond, CA 94801  
Building 2, Third Floor  
Room: 317-1, 2 and 3 | Elizabeth McLaren  
*Must call for exact Date  
(510) 307-2915 | All Welcome - No Fee  
No Registration Needed |
| Sacramento *                           | Every Monday of the Month  
7:00pm - 9:00pm  
Kaiser Facility  
Wyndham Building  
7300 Wyndham Dr  
Sacramento, CA 95823  
2nd Floor Conference Rooms 3 & 4 | Steve Cecil  
(916) 396-1637  
Juli Wisor  
(916) 296-4775 | All Welcome - No Fee  
No Registration Needed |
| San Jose/Good Samaritan Hospital       | 2nd Tuesday of Each Month and 4th Thursday of Each Month  
7:00pm - 9:00pm  
2425 Samaritan Dr.  
San Jose, CA 95124  
Conference Trailers in the East Parking Lot | Dana Schroeder  
(408) 307-2890  
(408) 399-9291  
OR  
www.bariatricu.com  
dana@schroeder.net | All Welcome - No Fee  
No Registration Needed |
| San Leandro                            | 3rd Saturday of Each Month  
Pre-op & Newbie's Group: 1:15pm - 1:45pm  
General Session for Everyone: 2:00 - 3:30pm  
San Leandro Hospital  
13855 East 14th St  
San Leandro, CA 94578  
Educactional Center in back of the hospital Building | Kimberlee Macvicar  
(510) 299-0450  
OR  
info@eastbaybariatric.org  
www.eastbaybariatric.org | All Welcome - No Fee  
No Registration Needed |
| Santa Clara                            | 1st Monday of Each Month  
6:00pm - 7:30pm  
Santa Clara Central Park Library  
2635 Homestead Rd  
Santa Clara, CA 95051 | wendyr3@aol.com | All Welcome - No Fee  
No Registration Needed |

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<tbody>
<tr>
<td>Santa Rosa *</td>
<td>3rd Thursday of Each Month 6:30pm - 8:00pm</td>
<td>Jeri</td>
<td>Members Only - No Fee</td>
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<td>Kaiser Permanente Santa Rosa Medical Facility</td>
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<td>No Registration Needed</td>
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<td>401 Bicentennial Way</td>
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<tr>
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<td>Santa Rosa, CA 95403</td>
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<td>Conference Room Varies: E5</td>
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<td><a href="http://www.kaisersantarosa.org">www.kaisersantarosa.org</a></td>
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<td></td>
<td></td>
<td>*classes/weight management</td>
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<td>*weight loss surgery support group</td>
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| Santa Teresa/ San Jose *      | 3rd Wednesday of Each Month 6:15pm - 7:45pm                             | Health Education                             | All Welcome - No Fee |                     |
|                               | Santa Teresa Kaiser Medical Office Building                              |                                               | No Registration Needed |                     |
|                               | 275 Hospital Parkway                                                     |                                               |                   |                     |
|                               | San Jose, CA 95119                                                       |                                               |                   |                     |
|                               | Conference Room #3                                                       |                                               |                   |                     |
|                               |                                                                         | wendyr3@aol.com                              |                   |                     |

| Saratoga                      | 1st and 3rd Wednesday's of Each Month 7:00pm - 9:00pm                   | Dana Schroeder                                | $5.00 per person  |                     |
|                               | Saratoga Community Center                                               |                                               | Please Register   |                     |
|                               | 19655 Allendale Ave.                                                     |                                               |                   |                     |
|                               | Saratoga, CA 95070                                                      |                                               |                   |                     |
|                               |                                                                         | www.bariatricu.com                           |                   |                     |
|                               |                                                                         | dana@schroeder.net                           |                   |                     |

| South San Francisco *         | Every Thursday of Each Month 6:00pm - 7:30pm                             | Health Education                             | All Welcome - No Fee |                     |
|                               | Kaiser Permanente South San Francisco Medical Center                    |                                               | No Registration Needed |                     |
|                               | 1200 El Camino Real                                                     |                                               |                   |                     |
|                               | South San Francisco, CA 94080                                           |                                               |                   |                     |
|                               | 2nd Floor Conference Rooms                                              |                                               |                   |                     |
|                               |                                                                         | (650) 742-2439                                |                   |                     |

| Stockton *                   | PRE-OP: 2ND Thursday of Each Month and POST-OP: 4TH Thursday of Each Month | Erlinda Camins, RD                            | All Welcome - No Fee |                     |
|                               | 6:00pm - 8:00pm                                                         |                                               | No Registration Needed |                     |
|                               | Kaiser Facility                                                         |                                               |                   |                     |
|                               | 7373 West Lane                                                          |                                               |                   |                     |
|                               | Stockton, CA 95210                                                      |                                               |                   |                     |
|                               | Near Health Education                                                   |                                               |                   |                     |
|                               |                                                                         | (209) 839-6136                                |                   |                     |
|                               |                                                                         | Daryl Lewis                                   |                   |                     |
|                               |                                                                         | (209) 327-6688                                |                   |                     |

* Kaiser Facility
| Walnut Creek | Every 1st Tuesday of Each Month 6:00pm – 7:30pm (Held in the basement of John Muir in Walnut Creek, Located in Sterns Conference Room) 1601 Ygnacio Valley Rd Walnut Creek, CA 94598 FYI: This Support Group just uses their facility, it is not affiliated with John Muir Medical Offices | Join Facebook Blog for any updates at Bari-Buddies Walnut Creek Group | All Welcome – No Fee No Registration Needed |

* Kaiser Facility

Updated: 04/25/2012
The following is a gathering of on-line sites that a patient who has undergone gastric bypass surgery found helpful. You can also find helpful information at the following Kaiser sites:

- [www.kp.org/maintainweight](http://www.kp.org/maintainweight)

There are many resources on the internet. Some are by organizations and others by individuals who have had weight loss surgery. An important resource is maintained by an individual who has been very positive about her weight loss surgery. The resources below can be found on her site at:

- [http://www.smallboxes.com/gblinks.htm](http://www.smallboxes.com/gblinks.htm)

### Useful Tools

- **Yahoo Groups**
  - You will need to sign up with a Yahoo name and password.
  - The best groups are local medical care providers who are supportive of the surgery. Here are the groups I find most useful:
    - [TheOtherSideWLSSurgery](http://www.smallboxes.com/gblinks.htm)
      - Small, friendly, very supportive. I think most of the members are in Northern California, but others are all over.
    - [gastric-bypass-support-kaiser-patients](http://www.smallboxes.com/gblinks.htm)
      - Small, friendly, not many, but they are here to help!
    - [GastricBypass-InfoCentral](http://www.smallboxes.com/gblinks.htm)
      - Big, very active, supportive.
    - [OSSG-Protein](http://www.smallboxes.com/gblinks.htm)
      - Big group, specifically protein issues. Also info on other nutritional supplements in relation to weight loss.
    - [OSSG-Posteriors](http://www.smallboxes.com/gblinks.htm)
      - Big group, specifically related to gastric bypass surgery.

### Local Groups

- [Yummy Groups](http://www.smallboxes.com/gblinks.htm)
  - You will need to sign up with a Yahoo name and password.
  - Some are by organizations and others by individuals who have had weight loss surgery.
what those with weight loss surgery can use. This means that she knows which forms of iron, calcium, and other minerals we can absorb, and which should not be taken together. She is a frequent poster on many of the Yahoo groups. I have written her personally with questions, and she has graciously answered. Her prices are pretty good, although not the cheapest. There are reviews of the things like the protein drinks, and she isn’t afraid to say negative things about the taste, even if she does sell them. My favorite description is “Dirty socks a la tang!” Yes, I am a vitafan!

General info about Morbid Obesity and the surgery

- Pacific Bariatric Surgical Medical Group
- In San Diego. I’ve talked to a couple of people who have had the surgery there, and they are full of praise for Pacific Bariatric.

- Alvarado Center for Surgical Weight Control home page
- Good info.

- To see an actual surgery at the University Hospital in Newark, New Jersey
- The first time I tried watching this, the connection was so bad I gave up, but I was able to see with the second link. It shows in several steps. This page also provides lots of other links in the same site to more info about the surgery.

- Beyond Change, Information regarding Obesity and Obesity Surgery
- Another site with lots of info.

- Different types of obesity surgery
- The type I had is the Roux-En-Y, which is in the “Restrictive Procedures with Some Malabsorption” category.

- Obesity (Gastric bypass) Surgery Information Center (Weight Loss Surgery)
- Outcomes

- Good outcomes
- Victoria (whom I want to thank for her helpful site)
- Some of her pictures
- Her Weight Loss Journal

- Sue
- Another excellent one

- Chrissie
- Wonderfully detailed journal, showing the ups and downs, including lots with lots of info.

- “Gastric bypass (RNY),” since that is the type I had.

- Weight Loss Surgery Information Center
- Scroll down to the section labeled “Restrictive Procedures with Some Malabsorption Category.”

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