

SUPPORT

Virtual Trigeminal Neuralgia Support Group

A support group for individuals living with trigeminal neuralgia (TN) facial pain.

Group is held once a quarter on the fourth (4th) Tuesday of the month: 11 a.m. – 12:30 p.m.
(See below for 2022 dates)

Facilitators: Lisa Mayes, LCSW and Princeton Stewart, LCSW
Northside Hospital Cancer Institute Psych-Oncology Program



If you are living with trigeminal neuralgia, you will be pleased to know there is a support group offered by Northside Hospital, where you can participate in a virtual setting networking with others who are also living with this disease. This is a psychoeducational (an evidenced-based) format, through which you can get information, emotional support and develop helpful coping strategies. You will get a sense of validation, deeper understanding of your disease, and the treatment options from medical and therapeutic professionals, as well as improved self-advocacy in managing and ensuring better quality of life.

Topics include:

- Evidence-based psychoeducational techniques for better management of your trigeminal neuralgia disease
- Coping strategies for dealing with chronic pain and the ongoing pandemic
- How to communicate about your TN needs with your health care providers
- Understanding the connection between chronic pain and behavioral health issues
- Navigating dental care when living with TN
- Quality of life and self-care

RSVP*

Email sarai.senat@northside.com

RSVP 3 days prior to each scheduled group date.

Note: All groups are facilitated via a telehealth video platform. Once we register you to participate in the group, we will send you an email with the link to access the group. You will need to provide your email address with your RSVP. You will not need to download an app to join this group. Please use Google Chrome as this is the most compatible browser for our program.



Scan the QR code for more information about all of our Psycho-Oncology Programs support groups, and for our up-to-date group dates and times or visit northside.com/cancer-support-groups

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