

Transplant Support Group 2021

The South Florida Transplant Center is pleased to announce a monthly support group for pre- and post-organ transplant patients facilitated by the Transplant Center and Psychology Services at Broward Health Medical Center.

When: First Thursday of Every Month • 1-2 PM

Where: Virtual (Via Zoom)

What: **30 minutes** of education from your transplant team
30 minutes of processing and support led by Psychology Services

Support Group Schedule

- Jan 7** Understanding The Organ Transplantation Process - Pre, During, and Post
- Feb 4** How to Cope with Psychological Changes Pre and Post Organ Transplant; The Importance of Having a Good Support System
- March 4** Transplant Medications, Copayments, and Patient's Financial Responsibilities Pre and Post Organ Transplant
- April 1** Why Should I Take My Transplant Medications? Avoiding Organ Rejection
- May 6** The Impact of Alcohol and Substance Abuse Pre and Post Organ Transplant
- June 3** Meet the Team!! Meet the transplant team with Q&A session
- July 1** Understanding the Importance of Nutrition Pre and Post-Transplant
- Aug 5** Living Donor Kidney Transplants - The How, Who, and Why
- Sept 2** Safe Practices for Upcoming Holiday Gatherings
- Oct 7** Potential Complications Post-Transplant
- Nov 4** Thank you!!! How to Reach Out to The Donor Family?
- Dec 2** Importance of all Health Maintenance Screening and Follow Ups with My Transplant Center

For more information, visit
[BrowardHealth.org/Events.](https://www.browardhealth.org/events)

