

Classes & Groups at the Samaritan Center for Health Education April 2026



Al-Anon offers help and hope for families and friends of alcoholics. There are three groups that meet weekly. Mondays from 5:30 to 6:30 p.m., Tuesdays from 7 to 8 p.m. and Wednesdays from noon to 1:15 p.m. For contact information, email Amy at aconner@samhealth.org. (FREE) – *Not affiliated with SHS.*

Wednesdays, April 1, 8, 15, 22 & 29, 10 to 11:30 a.m.

Newport Zen Meditation

Seated focused meditation with the local Zen Buddhist community. Meets weekly. For more information, contact Kent at 541-270-9243. (FREE) – *Not affiliated with SHS.*

Friday, April 3, 6:30 to 8 p.m.

SomeWhat Serene Alcoholics Anonymous Speaker Meeting

Listen and learn how to experience strength and hope. Bring your favorite snack to share. Doors open at 6:30 p.m. Meeting begins at 7 p.m. For questions and information call Tami at 541-270-8210 or email bookofpie314@yahoo.com. (FREE) – *Not affiliated with SHS.*

Saturdays, April 4, 11, 18 & 25, 10 to 11 a.m.

Healthy Together Support Group

This is a support group for people who want to live a healthy lifestyle. For more information, contact Robyn at robynmedici@icloud.com (FREE) – *Not affiliated with SHS.*

Saturdays, April 4, 11, 18 & 25, 6:30 to 7:30 p.m.

We Agnostics AA Group

This Alcoholics Anonymous group welcomes all who are seeking recovery. For more information, contact Eric at 541-270-2281. (FREE) – *Not affiliated with SHS.*

Monday, April 6, 11 a.m. to 4 p.m.

American Red Cross Blood Drive

Every drop counts. Donate blood. Schedule your appointment online at redcrossblood.org or call 800-RED-CROSS. Donors will receive T-shirt. (FREE) – *Not affiliated with SHS.*

Mondays, April 6 & 13, 12:30 to 4:30 p.m.

Diabetes Self-Management Class

This two-session class is for anyone who is new to diabetes or needs a refresher. To register or for more information call Staci at 541-574-4682. Note: A referral from a primary care provider is required. April classes will be held at the hospital. – *SHS sponsored.*

Tuesday, April 7 10:30 to 11:30 a.m.

New Rules for End-of-Life Care

Film screening and discussion to help you better understand the dying process and the stages of death. This discussion will be led by staff from Samaritan Evergreen Hospice. To register, email Kelly Sautel at ksautel@samhealth.org. (FREE) – *SHS sponsored.*

Tuesdays, April 7, 14, 21 & 28, 6:30 to 8 p.m.

Circle by the Sea – Men Supporting Men on the Oregon Coast

This is a weekly, peer-led men's circle grounded in mutual support, shared responsibility and honest self-reflection. For more information, contact Jay Elliott at rev.j.elliott@gmail.com. No religious affiliation. (FREE) – *Not affiliated with SHS.*

Thursday, April 9, 10 a.m. to 2 p.m.

Mobile Cancer Resource Center

Samaritan Cancer Resource Center offers information and support on the second Thursday of each month. For more information email CancerResourceCenter@samhealth.org or call 541-768-2171. (FREE) – *SHS sponsored.*

Thursdays, April 9 & 23, 3 to 4:30 p.m.

Grief Support Group

This group meets the second and fourth Thursday each month and is led by a medical social worker. For more information, call Samaritan Evergreen Hospice at 541-574-1811. (FREE) – *SHS sponsored.*

Thursday, April 9 & April 30, 3 to 6 p.m.

Central Coast Food Web Delivery

Check out the online Farm and Fish Market at centralcoastfoodweb.org. Items are delivered to the Samaritan Center for Health Education twice a month. – *Not affiliated with SHS.*

To schedule your health-related event at the Samaritan Center for Health Education, call Amy Conner at 541-574-4952 or email aconner@samhealth.org.

Hours: Monday through Friday, 8 a.m. to 5 p.m. (*earlier or later depending on event schedule*).

740 SW Ninth St., Newport, Oregon



**Samaritan
Health
Services**

samhealth.org/CHE

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Monday, April 13, 3 to 4 p.m.

Parkinson's Support Group

This peer-led support group meets the second Monday of each month. For more information, call or text Greg at 541-272-2595 or email Kelly at kellywalker68@yahoo.com. (FREE) – *Not affiliated with SHS.*

Tuesday, April 14, 7 to 8 p.m.

Lincoln County Amateur Radio Club

The club promotes the use of amateur (ham) radio for use as a hobby and as alternate communication in the event of an emergency. Meets the second Tuesday of each month. For more information, visit n7oy.org or email n7oy.lcarc@gmail.com. (FREE) – *Not affiliated with SHS.*

Thursday, April 16, 11:30 a.m. to 12:30 p.m.

Caregiver Support Group

This group meets in person and online the third Thursday of each month. For information, or to receive a Teams invite, call 541-921-0937 or email jude@northenders.org. (FREE) – *Not affiliated with SHS.*

Friday, April 17, 10 a.m. to noon

Medicare 101

Attend this offering to get a better understanding of your benefits and options. Information will be presented by a certified Senior Health Insurance Benefits Assistance (SHIBA) counselor. Registration is required. Call 541-574-2684. (FREE) – *Not affiliated with SHS.*

Monday, April 20, 7 to 9 p.m.

Dream Interpretation Course

Come join dream worker, David Rivinus, for a 10-week course in dream interpretation. Rivinus' four decades of working with dreamers and their dreams have helped give him a perspective on the dreaming phenomenon that will help you enrich your life and see it from a vastly larger perspective. Class sizes are small to allow for plenty of individual attention and interaction among attendees. To sign up or ask questions, contact david@teacherofdreams.org. Cost: \$80 and includes his book "Always Dreaming". – *Not affiliated with SHS.*

Tuesday, April 21, 3:30 to 5 p.m.

Advance Directive Workshop

Learn about the legal document that allows you to express your wishes for end-of-life care. Meets the third Tuesday of each month. To register, call Pauline at 541-996-6100. (FREE) – *SHS sponsored.*

Thursday, April 23, 12 to 1 p.m. or 5 to 6 p.m.

Journey to Serenity: Breathing, Sound and Guided Relaxation for Anxiety Relief

Learn simple breathing and relaxation techniques to help relieve anxiety and stress. Educational information will be followed by a 30-minute guided relaxation using live instruments and music to calm the mind and body. Registration is required. Call Nancy Wheeler at 503-684-4112. For comfort, bring a mat, pillow and blanket. (FREE) – *Not affiliated with SHS.*



Monday, April 27, 2 to 3 p.m.

Invitation to Observe Pet Partners of the Oregon Coast

This is your opportunity to meet Pet Partners of the Oregon Coast, a community partner of Pet Partners. You are invited to observe the April class **without your dog**. You will have time to meet our trainers after the one-hour training class is finished. For more information, email Bonnie at oregoncoasttherapyanimals@gmail.com. (FREE) – *Not affiliated with SHS.*

Tuesday, April 28, 9:30 a.m. to 5 p.m.

Youth Mental Health First Aid Training

Learn how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 12 to 18. For more information and to register, contact Jolynn at 541-971-9786 or email jolynn@samhealth.org. (FREE) – *SHS sponsored.*

Thursday, April 30, 5 to 6:30 p.m.

PCHD Foundation Spring Giving Circle

For more information about the meeting and guest speaker, email Kimberlee at kimberleeg@samhealth.org or call 541-574-4754. RSVPs are required. (FREE) – *SHS sponsored.*

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