



Ostomy Support Groups in San Diego County

Ostomy Support Group of North San Diego County, Inc.

P. O. Box 3019, Vista, CA 92085

Meeting Schedule: 4th Friday of each month, Jan-Nov. at 1 pm, Tri City Medical Center, 4002 Vista Way, Oceanside, Assembly Room 1

Info: (760) 941-7367 or (760) 633-4445

E-mail: presosqnsdc@ostomysocal.org

Ostomy Association of San Diego, Inc.

P.O. Box 81324, San Diego, CA 92138-1324

Meeting Schedule: Second Sunday of January, March, June, September, and November at The Scripps Mendocino Well-Being, Suite L-5, University Town Center, 4305 La Jolla Village Dr., San Diego

Info: (619) 223-2966

E-mail: presoasd@ostomysocal.org

WEB SITES:

- Local: www.ostomysocal.org (North County and San Diego)
- National: United Ostomy Associations of America: www.uoaa.org
- Teen Network: www.teenntwrk.com

WHO ATTENDS:

- Anyone seeking information on life after ostomy surgery
- Pre and Post-surgical patients with ostomies
- Wound Ostomy Continence Nurses as treatment advisors

SERVICES:

- Certified volunteer visitors, who have had the same kind of surgery, are available to visit with anyone facing or having experienced ostomy surgery. They will talk to you about living with an ostomy, but not render medical advice.
- Meeting programs feature experts in areas of interest to ostomates and provide opportunities to have questions answered by Wound, Ostomy, Continence Nurses (WOCN).

You will find that after surgery you are able to do essentially everything you were able to do before surgery. Our support groups are open, friendly and welcoming.