# Breast Cancer Support Groups

The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers new on-going support groups.

## WEEKLY GROUPS

<table>
<thead>
<tr>
<th>General</th>
<th>Caregivers of People with Breast Cancer</th>
<th>Young Women 40 and under</th>
<th>Newly Diagnosed</th>
<th>Women with Metastatic Disease</th>
<th>Knit &amp; Chat</th>
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<tbody>
<tr>
<td>Monday 6:00 - 7:30 p.m.</td>
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<td>Tuesday 6:00 - 7:30 p.m.</td>
<td>Friday 10:00 - 11:30 a.m.</td>
<td>1st and 3rd Thursday of the Month 7:00 - 8:00 p.m.</td>
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- **General**
  - Women who have had breast cancer will have the opportunity to meet in this group.
- **Caregivers of People with Breast Cancer**
  - Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.
- **Young Women 40 and under**
  - This support group will focus on the unique needs and concerns of women under 40 who are diagnosed with breast cancer.
- **Newly Diagnosed**
  - When a person first hears they are diagnosed with breast cancer they have a million questions, fears, and are looking for support.

## BI-WEEKLY GROUP

- **Women with Metastatic Disease**
  - Meet with other women who are surviving metastatic breast cancer.

## MONTHLY GROUP

- **Knit & Chat**
  - Spend time working on a project while chatting with other breast cancer survivors. Bring your knitting or crochet project or make a scarf to donate to someone currently undergoing treatment for breast cancer.

All groups will meet at the Adelphi School of Social Work in Garden City. There is no charge to attend.

A [Virtual Support Group](#), [Support Group for Men with Breast Cancer](#) and [BRCA+ Support Group](#) is available upon request.

For information, questions, and to sign up, call Erin Nau, Counseling and Education Coordinator, at (516) 877-4314 or call the Breast Cancer Hotline at (800) 877-8077.

Our 2016 support groups are sponsored by the Alpern Family Foundation.

[breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)