

WINTER 2016

# Breast Cancer Support Groups



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

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

- **Pre-registration is required.**
- These groups and others are offered upon request.
- Additional groups can also be offered off-site, in the community.
- For information, questions, or to join a support group, call the Hotline at **800.877.8077** or Erin Nau, LCSW, *Counseling/Education Coordinator*, at 516.877.4314.
- Groups are held at the Adelphi Breast Cancer Program, Adelphi University School of Social Work, Garden City, N.Y.

*All services are free and confidential.*

*Call our hotline at 800.877.8077 for answers  
to your questions and concerns about breast cancer.*



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