

**ADELPHI NY STATEWIDE
BREAST CANCER
HOTLINE & SUPPORT PROGRAM**

800.877.8077



Support for Women Living with Metastatic Breast Cancer



DO YOU HAVE METASTATIC BREAST CANCER AND FEEL ANXIOUS ABOUT THE FUTURE?

- Are you and your family struggling to communicate about your diagnosis?
- Do you feel isolated from other women with breast cancer because you don't want to scare them with thoughts of recurrence?
- Are you overwhelmed by the side-effects of long-term treatments and pain management?
- Do you want to talk to other women who are living and surviving with metastatic breast cancer?

If you answered "YES" to any of the above questions, then our metastatic breast cancer support group may be for you.

”- { Attending the support group allows me to open up and share my emotions with others, where I don't feel judged, misunderstood or ashamed. }
Barbara

”- { The support group has helped me overcome my initial shock and despair when I learned that my breast cancer had returned and spread to other areas of my body. At the group I have an opportunity to vent my feelings, learn and share coping skills, gain information and learn about available resources. The group has helped me prioritize what is important to me so that I use my time well, and I now live with a more happy and hopeful attitude....” } **Susan**

”- { I got information about metastatic breast cancer from the other women in the group that I would not have gotten from a hospital or doctor. We shared information about survival. It made the journey less frightening and more hopeful. } **Beth**

Women can live with and manage the symptoms of metastatic breast cancer for many years. The first step in moving forward is getting support.



We offer individual counseling, support groups, and telephone support for women with metastatic breast cancer.

For more information, please call the hotline at 800.877.8077 or contact **Erin Nau**, LCSW, at 516.877.4314.

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