



# Adelphi Breast Cancer Program Support Group Schedule



**\*\*All Support Groups Are Being Held Online Until Further Notice**

## Art Therapy Workshops

Our (4) week art therapy workshops empower participants to express themselves using art. We provide a safe place to communicate your thoughts, feelings, concerns, problems, hopes and dreams. Our professional staff guides you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills.

For information on future workshops, please call Angela M. Papalia, LMSW at **(516) 877-4329** or email [apapalia@adelphi.edu](mailto:apapalia@adelphi.edu).

**breast-cancer.adelphi.edu**  
**800-877-8077**

WEEKLY GROUP	BI-WEEKLY GROUPS	SUPPORT GROUPS FOR LATINA WOMEN
<p><b>General Support Group</b> <b>Mondays (6:00 - 7:30 pm)</b> Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations.</p>	<p><b>Under 40, Young Women's Group</b> <b>Wednesdays (7:00 - 8:30 pm)</b> Women under the age of 40 who are diagnosed with breast cancer have particular needs. This support group will focus on those concerns while allowing the members to share their feelings in a safe supportive environment.</p>	<p><b>Cafecito</b> <b>Twice Monthly</b> <b>Call Angela Papalia, LMSW (516) 877-4329</b>  Cafecito is a support group for Spanish speaking women facing breast cancer.</p>
	<p><b>Support for Stage 4 Breast Cancer</b> <b>Thursdays (6:30 - 8:00 pm)</b> Meet with other women who are diagnosed with Stage/4 Metastatic Breast Cancer.</p>	<p><b>Para Nuestro Bienestar **NEW**</b> <b>Thursdays (6:00 pm)</b> <b>Call Adriana Valencia, LMSW (516) 877-4371</b>  Para Nuestro Bienestar is a support group for newly diagnosed Latina women. A space of friendship and support for Latina women with breast cancer. If you have been diagnosed with breast cancer within the last 18 months, this group offers a safe and confidential space where we can help you identify, accept and express the feelings you could be experiencing with your diagnosis.</p>

The Adelphi Breast Cancer Program is open and operating remotely. All services and support groups are being offered over the phone and online, allowing us the privilege of serving people outside of New York.

To participate in one of the listed support groups please call our **Hotline at 800.877.8077** or email [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) to pre-register. Pre-registration is required. All groups are facilitated by a social worker or master level social work intern.

*These groups are provided by the Adelphi Breast Cancer Program and supported by grants from the Alpern Family Foundation, Kat's Ribbon of Hope, the Mother Cabrini Health Foundation, Pink Aid, Sientra Full Circle and the NYS Department of Health.*