## Support Groups

### Newly Diagnosed Support Group
Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations.

### Recurrence Support Group
Individuals who have a breast cancer recurrence will have the opportunity to meet with others in similar situations. They will share experiences, information, feelings, and provide and receive support.

### Under 40, Young Women’s Group
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.

### Support for Stage 4 Breast Cancer
Individuals with Stage 4 Metastatic Breast Cancer will meet to share information, feelings, hopes, and coping strategies.

### Call Adriana Valencia, LMSW (516) 877-4371
Cafecito
Support group for Spanish language breast cancer survivors. Cafecito will cover topics relating to your survivorship journey, such as understanding follow-up care, changes to your body, intimacy & navigating the intricacies of life after cancer.

### Para Nuestro Bienestar
Para Nuestro Bienestar is a Spanish language support group for newly diagnosed women with breast cancer. If you have been diagnosed 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 may be experiencing with your diagnosis.

To participate in one of the listed support groups please call our **Hotline at 800.877.8077** or email breastcancerhotline@adelphi.edu to pre-register. Pre-registration is required.

All groups are facilitated by a licensed social worker.

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