

SUPPORT SERVICES AND COUNSELING

A woman with breast cancer may experience emotional ups and downs while going through diagnosis and treatment. Friends and family often provide much needed support, but the words, "I've been there and I do know how you feel," form a special bond among breast cancer survivors. In addition to open discussion sessions, where group members share feelings and talk about their progress, most groups provide educational sessions. Some groups have professional facilitators who can provide expertise on vital resources and answer questions. All support groups listed are at no cost, unless otherwise noted. Be sure to call for information, as some groups require that you register before attending.

SUPPORT GROUPS

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)

Reach to Recovery program provides one-to-one support for women and men facing or living with breast cancer. Volunteers are breast cancer survivors who are trained to provide information and support.

California Medical Center

Donald P. Loker Cancer Center **213-742-5634**

1338 S. Hope Street, Los Angeles, CA 90015

Weekly cancer patient support groups, in both English and Spanish, are facilitated by the Wellness Community - West LA. Please call for schedule.

Citrus Valley Health Partners

Cancer Resource Center **888-456-2847**

315 N. 3rd Avenue, Suite 303B, Covina, CA 91723

www.cvhp.com

Monthly English and Spanish support groups. Please call for schedule.

City of Hope Medical Center **626-256-4673 ext. 62282**

1500 E. Duarte Road, Conference Room Y9, Duarte, CA 91010

www.cityofhope.org/support/

Breast cancer support group meets once a month and focuses on education and support for breast cancer patients. A guest speaker is featured in the first hour. Open to the community. Pre-registration required. Other cancer support groups available. Call for details.

Glendale Memorial Breast Center

Breast Cancer Support Group..... 818-502-2323

222 W. Eulalia Street, Glendale, CA 91204

www.glendalememorial.com

Breast cancer support group meets once each month. Call for details.

Good Samaritan Hospital

Breast Cancer Support Group..... 626-796-1083

1225 Wilshire Boulevard, 6th Floor, Los Angeles, CA 90017

Hosts weekly support group for cancer patients, facilitated by the Wellness Community – Foothills (www.twcfoothills.org). Please call for details.

Herald Cancer Association..... 626-286-2600

715 East Mission Road, San Gabriel, CA 91776

www.cchc.org

Breast cancer support group meets monthly. Please call for schedule.

Huntington Hospital 626-535-2424

100 W. California Blvd., Pasadena, CA 91105

www.huntingtonhospital.com

Breast Cancer support group meets once per month in the radiation oncology conference room.

Little Tokyo Service Center

Japanese Cancer Support Group 213-473-3035

231 E. 3rd Street, Suite G-106, Los Angeles, CA 90013

www.ltsc.org/whatwedo/socsvcprograms/counseling_support.htm

Ongoing culturally sensitive cancer support groups meet in the South Bay and Little Tokyo areas. Please call for additional information and meeting times. Sessions are conducted in Japanese.

My Sister My Friend Breast Cancer Support 562-427-0002

P.O. Box 3272, Long Beach, CA 90803

www.mysistermyfriendbreastcancersupport.org

Formed out of a perceived need in the African American community, this group is dedicated to assisting women diagnosed with breast cancer, (primarily the under-served and uninsured), eradicating breast cancer and its associated myths and educating the community on breast health and the benefits of early detection. A support group meets every month at St. Mary Medical Center. Call for additional information.

Northridge Hospital Medical Center 818-885-8500 ext. 4619

18300 Roscoe Blvd., Northridge, CA 91328

www.northridgehospital.org

Breast cancer support group holds evening meetings, twice per month.

“Making Today Meaningful” general cancer, support group for men and women also available. Call for additional information.

Pomona Valley Hospital Medical Center

Robert & Beverly Lewis Family Cancer Care Center 909-865-9691

1910 Royalty Drive, Pomona, CA 91767

www.pvhmccancer.org

Breast cancer support group meets three times per month. For information on wellness and all support groups, please call the number above.

Presbyterian Intercommunity Hospital

Ruby L. Golleher Oncology Center 562-698-0811 ext. 5720

12393 Washington Blvd., Whittier, CA 90602

www.pih.net

Support group for patients and their families coping with breast cancer provided once per month.

Self-Help And Recovery Exchange (SHARE)..... 310-305-8878

5521 Grosvenor Blvd., Los Angeles, CA 90066

www.shareselfhelp.org

Offers assistance in finding breast cancer, self-help support groups in your area or help in starting new groups. Self-help support groups for care givers also available. All services and support groups are free. Donations are voluntary.

Simms/Mann-UCLA Center for Integrative Oncology 310-794-6644

200 UCLA Medical Plaza, Suite 502, Los Angeles, CA 90095

www.simmsmanncenter.ucla.edu

Center provides psychosocial care and integrated oncology support for individuals with cancer. Houses a library of video and printed material on cancer and cancer related issues. It is not necessary to be a UCLA patient to use these resources. Call for an appointment.

Sisters Breast Cancer Survivors Network®..... 323-759-0200

116½ W. 84th Place, Los Angeles, CA 90003

www.survivorsofbreastcancer.org

One Saturday per month the meeting, held at Hubert H. Humphrey Comprehensive Health Center, targets cancer patients, cancer survivors, family members, and caregivers. Call for details.

The Denise Roberts Breast Cancer Foundation..... 888-833-6473

323 N. Prairie Avenue, Suite 408, Inglewood, CA 90301

www.tdrbcf.org

Individual and group support is available. Please call for additional information.

The Wellness Community

Foothills 626-796-1083

200 E. Del Mar Blvd., Suite 118, Pasadena, CA 91105

www.twcfoothills.org

Support groups in English, Spanish and Korean. "Return to Wellness" groups are currently offered in English and Mandarin. Please call for a complete schedule.

South Bay Cities..... 310-376-3550

109 W. Torrance Blvd., Suite 100, Redondo Beach, CA 90277

www.wellnessandcancer.org

Support groups in English and Spanish. Social and educational programs, Yoga, stress reduction, T'ai Chi and Pilates are also offered. All services are free of charge. Please call for the current calendar.

Valley/Ventura

Westlake Village 805-379-4777

530 Hampshire Rd., Westlake Village, CA 91361

Winnetka Satellite..... 818-407-1643

19725 Sherman Way, Winnetka, CA 91306

www.twcvv.org

Support services in English and Spanish; educational workshops; social events; stress management and exercise programs including Yoga, T'ai Chi and Qi Gong. Please call for a complete schedule.

West Los Angeles 310-314-2555

2716 Ocean Park Blvd., Suite 1040, Santa Monica, CA 90405

www.twc-wla.org

Support services in English, Spanish and Thai are offered at White Memorial Medical Center, California Hospital Medical Center and Hollywood Presbyterian Medical Center. An Art and Expression class is also held at White Memorial Medical Center. Call for complete list of times and locations.

White Memorial Medical Center

Cecilia Gonzalez De La Hoya Cancer Center 323-260-5768

1720 Cesar E. Chavez Avenue, Los Angeles, CA 90033

Breast Cancer support groups, for Spanish speaking women who have been diagnosed or are recuperating from breast cancer, are offered several times per month. Free Meditation and Yoga classes, taught by a qualified, bilingual instructor, also available. Please call for more information.

Women of Color Breast Cancer Survivors Project 310-330-5140

301 N. Prairie Avenue, Suite 420, Inglewood, CA 90301

www.woc4me.org

African American support group held one Saturday per month in Inglewood. 45-minute educational breast health workshops, emphasizing the importance of early detection, are also available. Please call the number above for schedule.

Women of Essence Breast Cancer Support Group 310-537-8227

P.O. Box 1854, Lynwood, CA 90262

www.womenofessence.org

African American breast cancer support group, which provides support for minority breast cancer survivors, meets monthly at the AC Bilbrew Library, located at 150 East El Segundo Blvd., Los Angeles, CA 90061. Please call for more information.

YWCA ENCORE^{Plus} Program

Harbor Area 310-547-0831

Walking Together - English/Spanish support group for women who have had an abnormal mammogram or diagnostic test and are concerned about their health care choices. Meetings are held at Harbor UCLA and St. Mary's Medical Center. Please call for more details.

Refugio Support Group - Spanish support group for breast cancer survivors and patients. Meetings are held at Harbor UCLA and St. Mary's Medical Center. Please call for more details.

Santa Monica 310-452-3881

2019 14th Street, Santa Monica, CA 90405

www.smywca.org

Free peer support and post surgery water exercises for women who have had breast cancer surgery. Exercise is in the pool, taught by a certified fitness professional and an Encore Plus specialist. Please call for registration.

SUPPORT GROUP REFERRALS

American Cancer Society800-ACS-2345
www.cancer.org (800-227-2345)

Breast Cancer Network of Strength..... 800-221-2141
www.networkofstrength.org

**Cancer Information Services
of the National Cancer Institute** 800-4-CANCER
www.cancer.gov (800-422-6237)

COUNSELING

The diagnosis, treatment and recovery from breast cancer is a stressful period for the patient and her loved ones. To help a patient and her family cope with the challenges, it is helpful to seek professional counseling in the form of individual, family or group therapy. Specialists in cancer counseling are able to teach both patients, and their loved ones, how to use the necessary skills to deal with the ongoing problems of cancer and its treatment. Individual or family therapy provides a personalized approach designed to mobilize inner strengths and to facilitate positive coping methods before, during and after treatment.

QUESTIONS TO ASK ABOUT COUNSELING

- What experience do you have in working with breast cancer patients?
- What credentials do you hold?
- What do you charge for your services?
- Do you have a sliding fee scale?
- Will you bill my insurance, Medicare or Medi-Cal?

COUNSELING RESOURCES

Please refer to Support Services and Support Group Referrals found on pages 65-70.