http://www.seattlecca.org/client/MRCC_New-Cancer-Logo-WEB2.jpg Community Cancer Support Groups

**\* *Please Check with Support Group Facilitators for Meeting Updates\****

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| *Group* | *Location* | *Meeting Times* | *Contact* |
| Advance Directives Class  Madigan patients | Madigan Army Medical Center | Fourth Wednesday of the month at 1:30pm | Laurie Mizrahi, LICSW, OSW-C (253) 968-1014 |
| Breast Cancer Support Group for Madigan patients | Madigan Army Medical Center | Fourth Tuesday of the month from 10:30am-12pm | Laurie Mizrahi, LICSW, OSW-C (253) 968-1014 |
| Ladies in Pink Breast Cancer Support Group | Currently meeting by phone. Please call for details. | Meets the first Wednesday of the month at 6pm | Jan Jarmon  (253) 381-4742 |
| Reach to Recovery  (one-on-one support for breast cancer patients) | American Cancer Society | On-going | (800) ACS-2345  reach.cancer.org |
| Sisters of Hope Breast Cancer Support Group for  Women of Color | 2106 So. Cushman  Tacoma | Meets the first Monday of the month at 6:30pm | Betty Mewborn  (253) 572-2683 |
| CancerCare Triple-Negative Online Breast Cancer  Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/42-triple\_negative\_breast\_cancer\_patient\_support\_group |
| Virtual Breast Cancer  Support Group | Women’s Health Center at St. Francis, Federal Way | Wednesdays from  4-5:30pm | (888) 808-6929  Access Code# 20090720 |
| CancerCare Online Metastatic Breast Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/44-metastatic\_breast\_cancer\_patient\_support\_group |
| CancerCare Online Gynecologic Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/46-gynecologic\_cancers\_patient\_support\_group |
| Women’s Cancer Care  Support Group | Chapel Hill Presbyterian Church, Gig Harbor | Thursdays at 3:30pm | Sandy  (253) 514-9716 |
| Breathe in Breathe Out  Anxiety and Cancer  Support Group | Online via Zoom until further notice | Every other Tuesday  from 2-3pm | Caitlyn Graves, MSW, LSWA-IC  Northwest Medical Specialties, PLLC  (253) 428-8776 ext. 4927  [cgraves@nwmsonline.com](mailto:cgraves@nwmsonline.com) |
| Cancer Lifeline | Online Support Groups & Classes | Meets throughout the month at various times | https://cancerlifeline.org/services/support-groups/ |
| CancerCare Online Blood Cancers Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/41-blood\_cancers\_patient\_support\_group |
| Caregiver and Loved Ones Support Group: for people who have a loved one diagnosed with cancer and is currently coping with cancer. | Telephone Group | Meets throughout the year for 12-week sessions | <https://www.cancercare.org/support_groups/13-caregiver_and_loved_ones_support_group>  To register, call (800) 813‑4673 |
| CancerCare Online Caregiver Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/77-caregiver\_support\_group\_spouses\_partners |
| Various Cancer Support Groups  Open to patients and  care partners | Online | https://cancerpathways.org/support-group-registration/ | Maddie Cody, MSW, LSWAIC  (206) 709-1400 |
| General Cancer Support Group  Open to all cancer survivors and care partners | Elite Physical Therapy  9909 224th St E  Graham | First Thursday of the month from  6:30-7:30pm | Dr. Jessica Sorano  (253) 780-4965 |
| Advanced Stage Cancer  Support Group | Online | Meets online the third Thursday of the month from 1-2:30pm | Abra Kelson, MSW, LSWA-IC  (253) 200-3180 |
| CancerCare Online Colorectal Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/45-colorectal\_cancer\_patient\_support\_group |
| Discoveries  For children and youth ages 4-18 coping with the serious illness of a family member | Call for details | https://www.marybridge.org/services/discoveries-program/ | Lisa Duke  (253) 403-1966 |
| CancerCare Online Head and Neck Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/134-head\_and\_neck\_and\_oral\_cancer\_patient\_support\_group |
| CancerCare Healing with Words- Therapeutic Online Writing Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/89-healing\_with\_words\_a\_therapeutic\_writing\_group |
| Cancer Survivors Network provides a safe online connection for cancer patients and caregivers | Online | https://csn.cancer.org/?\_ga=2.21767347.944359069.1631721111-1357654051.1611258960 | American Cancer Society  (800) 227-2345  Cancer.org |
| MultiCare Auburn & Puyallup  Cancer Support Group | Online | First Thursday  of the month at 1pm | Tamara Miller, MSHS, BCPA  (253) 697-4899  milleta@multicare.org |
| MultiCare Tacoma  Cancer Support Group | Online | Second & Fourth Thursday of the month at 5:30pm | Betsy Allen, MSW, LICSW, OSW-C  (253) 403-3169 |
| Mahogany Circle of Hope | Greater Heights  COGIC Church  4819 South 12th St  Tacoma 98405 | Meets online the second Tuesday of the month from 5-6pm  Zoom 2107809623  Password 9znjwb  or call in 253-215-8782 | Anita (253) 753-5413  [mahoganyHope2017@gmail.com](mailto:mahoganyHope2017@gmail.com)  FaceBook: @MahoganyCOH  Gloria Bryant (253) 306-1918 |
| Northwest Multiple  Myeloma Fighters | Online | Meets via Zoom on the 4th Saturday of most months from 10am-12pm | [Contact Us | Northwest Multiple Myeloma Fighters! (mmfighters.com)](https://mmfighters.com/contact-us/) |
| Grief & Loss Support Group for Madigan patients | Madigan Army Medical Center | Second Monday of the month at 11:30am | Laurie Mizrahi, LICSW, OSW-C (253) 968-1014  Mary Zeigler LICSW, APHSW-C (253) 968-5749 |
| CancerCare Online Multiple Myeloma Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/123-multiple\_myeloma\_patient\_support\_group |
| CancerCare Online Kidney Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/137-kidney\_cancer\_patient\_support\_group |
| Knit for Life Support Group. A free knitting support group for all cancer patients, family members and care partners. | St. Joseph Medical Center, Tacoma  Cancer Unit  Room 10-B-8 | Meets the first and third Wednesday of the month from 1-3pm | (253) 426-6746  [www.knitforlife.org](http://www.knitforlife.org) for other locations and times |
| CancerCare Online Lung Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/2-lung\_cancer\_patient\_support\_group |
| CancerCare Online Melanoma Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/132-melanoma\_patient\_support\_group |
| CancerCare Online Ovarian Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/51-ovarian\_cancer\_patient\_support\_group |
| CancerCare Online Post-Treatment Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/52-post-treatment\_survivorship\_support\_group |
| Men’s Cancer Support Group | Please call for details | Meets the first and third Wednesday of the month  at 7pm | Bill (253) 851-7111 |
| Tacoma Prostate Cancer Support Group | Online | Meets the fourth Tuesday of the month at 6:30pm  (Except December) | Bob Freeborn  [raf0444@comcast.net](mailto:raf0444@comcast.net)  (253) 566-1651 |
| CancerCare Online Thyroid Cancer Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/138-thyroid\_cancer\_patient\_support\_group |
| CancerCare Online Young- Adult Post-Treatment Survivorship Support Group | Online | Meets throughout the year for 15-week sessions | http://www.cancercare.org/support\_groups/130-young\_adult\_post-treatment\_survivorship\_support\_group |

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