



Cancer Support Groups for Patients and Families

Support groups are free - please call to register

Current information available:

- www.providenceoregon.org/cancer
 - 503-215-6014
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- **Breast Cancer Education and Support Group | Providence Portland Medical Center** – Every first and third Thursdays from 10:30 a.m. to noon. Your support person is welcome to attend. Please call Anne Marie Evered, MSW, MPH, CSW at 503-215-3274. **Pre-registration is required.**
 - **Breast Cancer Education and Support Group | Providence St. Vincent Medical Center** – First and Third Tuesdays from 10:30 a.m. to noon. Your support person is welcome to attend. Please call Beth Ruml, RN, LCSW, at 503-216-4676. **Pre-registration is required.**
 - **Family Program Group | Providence Portland Medical Center** – Meets the second Thursday of the month. Please call to register and confirm the scheduled dates. Dinner is served from 6 to 6:30 p.m., followed by group from 6:30 to 8 p.m. Children and teens that have a family member diagnosed with cancer benefit from a safe environment in which they can express their feelings. Groups are divided by age, with a parent group meeting at the same time. Please call Krista Nelson, LCSW at 503-215-3204. **Pre-registration is required.**
 - **Multiple Myeloma Support Group | Providence St. Vincent Medical Center**
An educational group to support patients with Multiple Myeloma. Caregivers welcome. Meets on the second Wednesday of the month from 10 to 11:30 a.m. **Pre-registration is required.** Please call Erin Leake, LCSW at 503-216-2280.
 - **Best Steps against Cancer | various locations** – Caregivers from Providence Integrative Medicine Center present cancer related information about nutrition, exercise and natural medicine to reduce risk, enhance survival and improve quality of life. To register, please call 503-574-6595 or visit www.providence.org/integrativemedicine and click on *Events*.

■ **Online Support Services | CancerCare**



CancerCare is a national nonprofit organization that provides free professional support services for anyone affected by cancer. Services include phone counseling, online support groups, educational workshops, publications and financial assistance. Call 800-813-HOPE (4673) or visit www.cancer.org

- **Touchstone 2017** – Please join us for a monthly support group for Cancer patients and their caregivers. Learn strategies for dealing with cancer related stress. Give and receive support to others who are living with, or beyond, cancer. This Group takes place the 2nd Tuesday of every month from 4-5:30 at St. Vincent’s Hospital. For more information or to sign up, call Beth Ruml LCSW at 503-216-4676

Providence Locations

Providence Portland Medical Center
4805 NE Glisan St.
Portland, OR 97213

Providence St. Vincent Medical Center
9205 SW Barnes Road
Portland, OR 97225