

Cancer Support Groups for Patients and Families

Breast Cancer Education and Support Group

This group is for women who are diagnosed with breast cancer stage 0-III and provides information and support around diagnosis, treatment and survivorship. Partners and caregivers are welcome to attend the first group of the month.

Providence Portland Medical Center – First and third Thursday of the month
10:30 a.m. – 12:00 p.m.

To register please call Anne Marie Evered, MSW at 503-215-3274.

Providence St. Vincent Medical Center – First and third Tuesday of the month
10:30 a.m. – 12:00 p.m.

To register please call Beth Ruml, LCSW at 503-216-4676.

Family Program Group

Providence Portland Medical Center – Second Thursday of the month
6:00 – 8:00 p.m. (dinner served from 6:00 – 6:30 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.

To register and confirm the scheduled dates please call Krista Nelson, LCSW at 503-215-3204.

Touchstone

Providence St. Vincent Medical Center – Second Tuesday of the month
4:00 – 5:30 p.m.

Touchstone is a support group for cancer patients to learn ways of coping with stress and uncertainty. Give and receive support to others who are living with, or beyond cancer.

To register please call Beth Ruml, LCSW at 503-216-4676.

Living with Advanced Cancer

Providence Portland Medical Center – Every first and third Tuesdays of the month
11:00 a.m. – 12:30 p.m.

This group is for those living with advanced cancer (metastatic, stage IV, or incurable) and their primary caregiver/support person. Patients and/or caregivers meet separately to address the challenges of living with advanced disease and coping with uncertainty.

To register please call Phoebe Souza, LCSW at 503-215-5950 or Dawn Brucker, LCSW at 503-215-5305.

Multiple Myeloma Education and Support Group

Providence St. Vincent Medical Center – Second Wednesday of the month
10:00 – 11:30 a.m.

An educational support group for multiple myeloma patients. Partners and caregivers are welcome to attend.

To register please call Adell Lenart, MSW, LCSW at 503-216-0209



Peer Support Program

Trained volunteers provide one-on-one peer support for patients with cancer and/or their caregivers. Patients and caregivers have an opportunity to talk about their fears or concerns, as peers come from a place of understanding. This can help ease the stress, and sense of isolation often experienced following a cancer diagnosis.

To be matched with a peer cancer survivor, contact:

Lori Kresse at 503-215-3206

Support groups are free

To learn more visit:

www.providenceoregon.org/cancersupportgroups

Online Support Services with 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.cancercare.org

