

AMERICAN CANCER SOCIETY
GREATER SACRAMENTO SUPPORT GROUPS LISTING

FOR MORE INFORMATION ABOUT OUR PROGRAMS AND SERVICES, CALL 1-800-227-2345

CANCER TYPE	SUPPORT GROUP	DESCRIPTION	DATE	TIME	LOCATION	CONTACT	WEBSITE
BLADDER CANCER	Bladder Cancer Support	Through UCSF, this group is one of only two support groups in the nation.	1st Thurs. of each month	5:30-7:00 p.m.	USFC Comprehensive Cancer Center- Cancer Resource Center 1600 Divisadero St., Ste B-101, San Francisco, CA	Sarah Hong – (415) 353-7632	cancer.ucsf.edu/crc
BLOOD CANCER	Blood Cancer Support	Includes leukemia and lymphoma and other blood cancers. It is open to adult patients, family, and friends	1st Wed. of each month	5:00-6:30 p.m.	Placer Center for Health 550 West Ranch View Road, Rocklin, CA	Dr. Paul Kaesberg – (916) 703-5200 or Helen Rice, RN – (916) 734-5954	n/a
		OR	1st Wed. of each month	6:30-8:00 p.m.	UC Davis Cancer Center – Breakout rooms 1101 and 1103 4501 X Street Sacramento, CA	Cheryl Johnson- (916) 929-4720	n/a
	Blood Cancer Support	if you or a family member has been diagnosed with Leukemia or Lymphoma, Mercy Cancer Institute is committed to helping you through the care process.	1st Wed. of each month	5:30-7:00 p.m.	Mercy San Juan Medical Center, CC2 6501 Coyle Avenue, Carmichael, CA	Rachel Mcconachie – (916) 962-8892. Email: rachel.mcconachie@dignityhealth.org	n/a
	Family and Caregiver Support Groups	This support group is for anyone affected by blood cancer. All Family Support Groups are facilitated by two credentialed health/mental professionals who have extensive oncology and group work experience. They are prepared to handle sensitive issues such as loss, guilt, treatment questions and family stressors.	1st Wed. of each month	6:30-8:00 p.m.	UC Davis Cancer Center 4501 X Street Sacramento, CA	Patsy Bethards – (916) 734-5181	n/a
		OR	1st Wednesday of the month	5:00-6:30 p.m.	Placer Center for Health 550 West Ranch View Road, Rocklin, CA	Helen Rice RN- (916) 734-4818	n/a
BRAIN CANCER	Brain Tumor support group	A group offering emotional support and educational programs for brain tumor patients, their family and friends. Facilitated by a clinical nurse specialist in neurosurgery and a social worker.	1st Thurs. of each month	6:30-8:30 p.m	UCD Medical Center, Ambulatory Care Center (Room 3015) 4860 Y Street, Sacramento, CA	Karen A. Smith, R.N.– (916) 734-5613. Email: neurosurg@ucdavis.edu	n/a
BREAST CANCER	Ovarian Cancer/Breast Cancer Support	The Oncology Social Worker, a cancer survivor, facilitates. The group provides a safe, confidential atmosphere to share common experiences and achieve emotional healing	2nd and 4th Thursday of every month	10:00-11:30 a.m.	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA Conference Room #13	CJ Doran, Cancer Resource Center, (916) 781-5000	n/a
	Recurrent/Metastatic Breast Cancer Group	The Oncology Social Worker, a cancer survivor, facilitates. The group provides a confidential atmosphere to share common experiences and achieve emotional healing	1st & 3rd Thursday of every month	10:00-11:30 a.m.	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	CJ Doran, Cancer Resource Center, (916) 781-5000	n/a
	Localized Breast Cancer Group	The Oncology Social Worker, a cancer survivor, facilitates. The group provides a safe, confidential atmosphere to share common experiences and achieve emotional healing	1st & 3rd Tuesday of every month	6:00-7:30 a.m.	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	CJ Doran, Cancer Resource Center, (916) 781-5000	n/a
	Breast Cancer Support & Education Group	Free class for those diagnosed with breast cancer and their families. Learn about Mercy's Navigation Program. The pre- and post-operative period and treatment overview, including radiation and chemotherapy. Learn about the support services available at Mercy and in the community.	1st Thursday of every month	6:30-8:00 p.m.	Mercy Cancer Center 3301 C Street, Sacramento, CA	Mercy Cancer Institute Nurse Navigator (855) 637-2962	n/a
		OR	3rd Thursday of every month	4:00-5:30p.m.	Mercy San Juan Medical Center 6501 Coyle Avenue, CC2 Russell Tower, Carmichael CA	Mercy Cancer Institute Nurse Navigator (855) 637-2962	n/a
	Breast Cancer Support Group		3rd Wednesday of every month	6:00-7:30 p.m.	Faith Fellowship Community Church 5937 Watt Ave., North Highlands, CA	Gloria Williams or Rosemarie Colbert (916) 339-9156	n/a
	Breast Cancer Patient Support Group		2nd and 4th Thursday of every month	11:00-12:30am	Sutter Auburn Faith Hospital Infusion Therapy Center 11710 Education Street, Auburn, CA	Terry Wright, LCSW- (530) 888-4593 Michelle Day, RN	n/a
	Breast Cancer Network of Strength Information group	Breast cancer organization for cancer survivors. Services for people living with breast cancer in the areas of education and advocacy.	2nd Monday of every month	5:30-7:00 p.m.	University Covenant Church 315 Mace Blvd, Davis, CA	Sandy Walsh- (530) 304-2746	n/a

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	Carrie's Touch – African American Breast Cancer Support Group	This is a support group for African American women who have been diagnosed or are survivors of breast cancer. Teaching outreach, understanding, caring and healing.	2nd Monday of every month	call for details	Sam Pannell Community Center 2450 Meadowview Rd. Sacramento, CA	Rev. Tammie Denyse (founder and President) – (916) 470-1846	www.carriestouch.org
		OR	2nd Thursday of every month	call for details	call for location	Rev. Tammie Denyse (founder and President) – (916) 470-1846	www.carriestouch.org
	Hooter Group for Women only		2nd Friday of each month	7:00-8:30 p.m.	Apple/Pear Room - upstairs 681 Main St., Placerville, CA	Charlie Hall - (530) 644-3963 or Fay Alexander (530) 620-3436	n/a
	Reach to Recovery	A volunteer visitation program that helps breast cancer patients meet the emotional, physical, and cosmetic needs related to the disease and its treatment. The program is one woman reaching out to share experiences and give support to another at time of diagnosis.	By appointment	By appointment	Call for location	American Cancer Society – (800) 227-2345	n/a
	Breast Cancer Surgery- What happens next?	Learn more about some of the physical and emotional changes that may occur after breast cancer surgery from our experienced team that includes a physician, physical therapist, and health educator	Last Tuesday of every month	5:00-7:00 p.m.	Kaiser Permanente Medical Center South in the Danmore Building 6600 Bruceville Road, Sacramento, CA	Jan Langston- (916) 688-2827	n/a
	Save Ourselves – English Breast Cancer Support Group	A breast cancer organization for cancer survivors. Services for people living with breast cancer in the areas of education, support, and advocacy. Multiple session support group.	Twice a month on Thursdays	10:00 a.m.- 12:00 p.m. and 6:00 p.m.	5150 Fair Oaks Blvd., #101-313 Folsom, CA Please call for location, locations vary	Cass Brown Capel, (916) 787-8787	n/a
		AND	Mondays	7:00 p.m.	5151 Fair Oaks Blvd., #101-313 Folsom, CA Please call for location, locations vary	Cass Brown Capel, (916) 787-8787	n/a
					OR	Save Ourselves Hotline – 1-800-422-9747 or (916) 984-9379	http://www.save-ourselves.org
	Save Ourselves – Latina Breast Cancer Support Group	No group currently meeting, call local Save Ourselves organization for Spanish speaking supportive contact.	n/a	n/a	n/a	Save Ourselves Hotline, 1-800-422-9747 or (916) 448-5432	http://www.save-ourselves.org/
	Save Ourselves – Lesbian Cancer Support Group	A breast cancer organization for cancer survivors. Services for people living with breast cancer in the areas of education, support, and advocacy.	3rd Monday of every month	6:30-8:00 p.m.	410 Alhambra Blvd., Sacramento, CA	Roxanne Hardenburgh, (916) 261-0740	n/a
					OR	Save Ourselves Hotline, 1-800-422-9747 or (916) 984-9379	http://www.save-ourselves.org/
	Breast Cancer Network of Strength Information group	A breast cancer organization for cancer survivors. Services for people living with breast cancer in the areas of education and advocacy	2nd Monday of every month (except December)	7:00 p.m.	University Covenant Church 315 Mace Blvd, Davis, CA	Sandy Walsh – (530) 304-2746. Email: swalsh@networkofstrength.org	n/a
	Breast Self-Exam	Individual counseling and demonstration is available by a Registered Nurse specializing in breast health. By appointment only.	Call for details	Call for details	Call for details	(916) 781-5000	n/a
CAREGIVERS, FAMILY, & FRIENDS	Adult Family and Friends of Cancer Patients	This support group provides a confidential place to share concerns regarding your adjustment to a loved one's cancer and to learn new coping skills and self-care. Facilitated by a health care professional that is also a cancer survivor	2nd and 4th Tuesday of every month	6:00 – 7:30 p.m.	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	CJ Doran – (916) 781-1717 or (916) 781-1634	n/a
	Family and Caregiver Support Groups	This support group is for anyone affected by blood cancer. All Family Support Groups are facilitated by two credentialed health/mental professionals who have extensive oncology and group work experience. They are prepared to handle sensitive issues such as loss, guilt, treatment questions and family stressors.	1st Wed. of each month	6:30-8:00 p.m.	UC Davis Cancer Center 4501 X Street Sacramento, CA	Patsy Bethards – (916) 734-5181	n/a
		OR	1st Wednesday of the month	5:00-6:30 p.m.	Placer Center for Health 550 West Ranch View Road, Rocklin, CA	Helen Rice RN- (916) 734-4818	n/a

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	Maidu Community Caregiver Support Group	Open to all caregivers, regardless of disease	3rd Friday of each month, except December	9:00-10:30 a.m.	Maidu Community Center - 1550 Maidu Drive, Roseville, CA	Joni Trykar- (916) 781-1559	n/a
		OR	3rd Friday of each month, except December	1:00-2:30 p.m.	Multipurpose Senior Center - 11577 E Avenue, Auburn	Joni Trykar- (916) 781-1559	n/a
		OR	3rd Thursday of each month, except December	9:00-10:30 a.m.	12 Bridges Library - 485 12 Bridges, Lincoln, CA	Joni Trykar- (916) 781-1559	n/a
	Partner to Partner	Peer support group for men whose partner has breast cancer	By appointment	By appointment	By appointment	(916) 446-7933	n/a
	Seasoned Survivors Cancer Support		2nd Saturday of each month	11:00 a.m.	call for directions	Mary Sullivan- (916) 939-2417	n/a
	Survivorship Support Group	A survivor is defined as someone who perseveres despite hardships, which includes anyone on the cancer continuum.	1 st Monday of each month	4:00-6:00 p.m.	Marshall Cancer Resource Center 3581 Palmer Drive #202, Cameron Park, CA	Marshall Cancer Resource Center (530) 672-7050	n/a
	Sutter Cancer Center - Cancer Patient & Family/Caregiver Support Group	Group provides safe atmosphere where you can learn positive ways to cope with the personal consequences of your disease. We emphasize informality, openness, confidentiality, respect & humor. New members may join at any time. The groups are facilitated by health care professionals who specialize in counseling cancer patients/caregivers.	1st and 3rd Tuesdays of each month	4:00-5:30 p.m.	Sutter Cancer Center 2800 L Street, 4th Floor, Suite 430, Sacramento CA	Leslie Duket, Clinical Social Worker – (916) 454-6866	http://www.suttermedicalcenter.org
	Yes I Can Workshop (only held periodically)	Teaching caregivers specific skills such as nutrition, transfer, activities, and person care to the caregiver. A four part series.	Call for details	Call for details	Call for details	Michelle Nevins – (916) 728-9333	http://www.deloro.org
	WECARE! Cancer Caregiver Telephone Support Group	A group offering support, resources, and assistance to cancer caregivers via toll-free conference calls	Call for schedule	Call for schedule	Call for details	Patti Robinson- (916) 734-0823	patricia.robinson@ucmd.ucdavis.edu
	Cancer Patient and Family Support Group	Our groups provide a safe atmosphere where you can learn positive ways to cope with the personal consequences of your disease. We emphasize informality, openness, confidentiality, respect and humor. New members may join at any time. The groups are facilitated by health care professionals who specialize in counseling cancer patients/caregivers.	Every Tuesday	4:00-5:30 p.m.	Patients meet in Sutter Resource Library, 6th Floor. Family/caregivers meet in Suite 430, 4th Floor	(916) 454-6866	n/a
	Caring For the Caregiver	Mercy Cancer Institute is hosting a caregivers workshop designed to provide resources to those providing care, while offering a supportive environment where caregivers can share their emotions, ideas, suggestions and wisdom.	3 rd Wednesday of each month	11:30am-1:30pm	Mercy Cancer Center 3301 C Street Suite 550, Sacramento, CA	Tami Hoar (916) 736-8075	n/a
CHILDREN	Children's Bereavement Art Group	The children's Bereavement Art Group is a community service project of the Sutter Auburn Faith Hospital Foundation, the Mercy Foundation, Roseville Community health Foundation and Sutter Hospitals Foundation. Children must be between the ages of four and sixteen and have experienced the death of a significant person – parent, sibling, grandparent or other – within the last year of the referral date. There are 10 sessions, held every other week over a five-month period	every other week over a five-month period	6:30-8:00 pm	Sutter Auburn Faith Hospice 11775 Education Street, Suite 201, Auburn, CA	Dee Turner (530) 886-6650	http://www.sutterauburnfaith.org
	Children and Teen Support Group when a family member has cancer	An 8 session program facilitated by an art therapist and clinical social worker, using creative activities for self-expression to cope with a loved one's cancer. Age appropriate, groups from 5-17 years	call for schedule	call for schedule	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	CJ Doran, Cancer Resource Center, (916) 781-1541	n/a
	Healing Arts program – U.C. Davis Cancer Center	Young people dealing with cancer – their own or a close loved one's – are especially vulnerable to depression, anger, anxiety, and social isolation. Music and art therapy reduce these outcomes while enhancing support, self-confidence and school performance.	monthly	monthly	varied sites depending upon activity	American Cancer Society – (800) 227-2345	n/a

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	Children's Art Therapy Group	The Children's Art Therapy Support Group (CATS) helps children learn to cope with and accept a cancer diagnosis through education, peer support and creative art expression.	6-week program running consecutively, every Tuesday (registration required)	6:00-7:30 pm	Sutter Cancer Center 2800 L Street, Sacramento, CA	Peggy Gulshen – (916) 454-6555 or 1-800-410-8170	n/a
		OR	12-week programs beginning January	call for details	U.C. Davis Cancer Center 4501 X Street, Sacramento, CA	Elaine Bowers – (916) 835-4607 or 1-800-410-8170	n/a
	Yolo Hospice Stepping Stones	Ages 5-18	call for details	call for details	call for details	(530) 758-5566	www.yolohospice.org
EDUCATION & WELLNESS CLASSES	I	Open to those affected by cancer. Public welcome; food and refreshments served. RSVP for any event at healinginthefoothills@gmail.com	4th Monday of each month	call for details	The Ridge Golf Club – Event Center 2020 Golf Course Road Auburn, CA 95602	healinginthefoothills@gmail.com	n/a
GENERAL CANCER AND ALL TYPES OF CANCER SUPPORT GROUPS	Amador Cancer Support Group For Women	This group offers an opportunity to ask questions, meet other cancer patients and survivors, while learning about nutrition, pain managements and other topics.	4th Tuesday of each month	10:30-12:30 pm	Amador Stars 12120 Industry Blvd, Suite 32, Jackson, CA	(209) 223-1246	n/a
	Cancer Genetic Counseling and Testing		Call for details	Call for details	Call for location	(916) 781-5000	n/a
	Cancer Genetics Clinic - Certified Genetic Counselor		call for details	call for details	UC Davis Medical Center	Donna D. Walgenbach, MS – (916) 734-6413	n/a
	Cancer Hotline	Offers one-on-one support, patients will be matched with a cancer survivor with the same disease and personal parameters as possible. The hotline also provides referrals to resources and help in obtaining searches for printed cancer information. The Cancer Hotline is available to anyone nationwide	call for schedule	call for schedule	Cancer Hotline 11930 Heritage Oak Place, ste. 2, Auburn, CA	1-800-433-0464	n/a
	Cancer Support Group	Supportive verbal talk therapy dealing with various issues members may be having at different stages of their illness. Members that are further along can offer support to new members. Post traumatic stress will be a major element in group support meetings. Educational presentations on nutrition, exercise, meditation, affirmations, and assertiveness training.	Alternating Wednesdays	6:30-8:00pm	The United Methodist Church of Rancho Cordova 2101 Zinfandel Dr. at Hirschfeld Drive Rancho Cordova, CA	Jeanabeth Halley LCSW(916) 541-3047. Church (916) 635-4242	www.rcumc.net
	Carmichael Presbyterian Church - "Cancer and Faith Experience" (C.A.F.E.)	This support group is open to the cancer patient, spouse, widow/widower, family member, survivor, or caregiver. Support group session begins with a devotional prayer and provides a forum for sharing, learning and supporting each other.	2nd and 4th Sundays of each month	10:00 AM	Carmichael Presbyterian Church 5645 Marconi Avenue, Carmichael, CA	Rev. Carol Pagelsen, (916) 486-9081	n/a
	Fair Oaks Presbyterian Church	Group offers each other support through prayer and sharing experiences and resources. Open to the community.	call for schedule	call for schedule	Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd., Fair Oaks, CA	Inger Farnsley, Facilitator, (916) 722-8544	n/a
	Hope in Christ Cancer Support Group	A non-denominational support program for people with cancer, and their concerned family and friends	Tuesdays	6:30pm	9818 Adamellow Way, Elk Grove, CA	Bob and Ethel Rose, (916) 714-0635	n/a
	General Cancer Support Group "Striving and Thriving" - GALT	General cancer support group open to patients and caregivers. Provides cancer information, assistance and community resources. A open and supportive environment for those going through or who have survived the cancer experience. This is a self-help support group.	1st and 3rd Monday of every month	5:00-6:00 pm	New Hope Senior Village 890 Village Run Drive, Galt, CA	Nicky Weil, (209) 745-1203 (please call between the hours of 9:00am-7:00 pm only	n/a
	Kaiser Roseville Oncology Support Group	Support group for: cancer survivors with advanced stage, metastasis or over a year since initial diagnosis.	2nd and 4th Thursday of every month	3:30-5:00 pm	Medical Bldg. 2, first floor, room C10A 1600 Eureka Road, Roseville, CA	Sandy Gembinski M.S.W. Sandy.Gembinski@kp.org	n/a
	Kaiser General Oncology Support Group	Support group for: cancer survivors with advanced stage, metastasis or over a year since initial diagnosis.	Every Monday	5:00- 6:30pm	Commons Building (directly across from Morse Ave. hospital) Rm 117 2008 Morse Ave. Sacramento, CA	Thomas Boone. Email: thomas.w.boone@kp.org	n/a

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	Kaiser's "A Team" Cancer Support Group	An educational support group for patients, family, friends and community members with various topics presented each month. Facilitated by a Medical Social Worker	3rd Wednesday of each month	3:00-4:30pm	Kaiser South Sacramento, Medical Office Bldg 2 Conference Room #2B 6600 Bruceville Road, Sacramento, CA	Kaiser South Sacramento Med D/Onc Clinic Cora Schumacher-Mukai, MSW, ACSW.(916)688-6376	n/a
	Legacy	General cancer group.	call for details	call for details	Mercy San Juan Medical Center 6555 Coyle Ave. Suite 140, Carmichael CA	Rachel McConachie or Ann Chrisler (916) 962-8892	n/a
	Living with Cancer Support Group	A support group for individuals who have or have had cancer, whether receiving treatment or not. Spouses, caregivers, family members and friends are welcome and encouraged to attend	1st, 3rd, and 5th Tuesday of every month	7:00 - 8:30 p.m	Woolsey Health Services Library Woodland Hospital, Cafeteria 1325 Cottonwood Street, Woodland, CA	Shelia Murray, R.N., Community Health Education, (530) 662-3961 ext.5540	n/a
	Look Good...Feel Better (American Cancer Society)	For women undergoing cancer treatment. Helps you to cope with the side effects of cancer treatment, and to make you feel comfortable with the self you see. Facilitated by cosmetologists, makeup and head covering specialists in the community. PRE-REGISTRATION IS REQUIRED	Call for details	call for details	call for location	American Cancer Society - (800) 227-2345	n/a
	Mercy Hospital of Folsom Cancer Support Group	Two support groups for all types and stages of cancer. Facilitated by a health care professional.	Every Tuesday	11:00-12:30pm	Mercy Hospital of Folsom, Meeting room 3 1650 Creekside Drive, Folsom, CA	Jonathan Hake, MD, (916) 390-2661	n/a
		OR	Every Tuesday	4:00-5:30pm	Mercy Hospital of Folsom, Meeting room 3 1650 Creekside Drive, Folsom, CA	Jonathan Hake, MD, (916) 390-2661	n/a
	Season Survivors General Cancer Support Group		2nd Saturday of every month	11:00 AM	El Dorado Hills (call or email Mary for directions)	Mary Sullivan – (916) 939-2417. Email: sullivan2458@sbcglobal.net	n/a
	Survivorship Support Group		1st Wednesday of the month	4:00-6:00pm	Marshall Cancer Resource Center 3581 Palmer Drive #202, Cameron Park, CA	Marshall Cancer Resource Center (530) 672-7050	n/a
	Sutter Auburn Faith Cancer Support Group	This is a cancer support group for patients and their families. The group setting provides a safe, nurturing place to express thoughts and feelings, exchange ideas and experiences, and discuss treatment options.	1st and 3rd Wednesdays	9:30-11:00 a.m.	Gold Rush Chevrolet Dealership (off of Highway 49) Community Conference Room	Jonathan Hake, MD (916) 390-2661	n/a
	Sutter Cancer Center - Cancer Patient & Family/Caregiver Support Group	Group provides safe atmosphere where you can learn positive ways to cope with the personal consequences of your disease. We emphasize informality, openness, confidentiality, respect & humor. New members may join at any time. The groups are facilitated by health care professionals who specialize in counseling cancer patients/caregivers.	1st and 3rd Tuesdays of each month	4:00-5:30 p.m.	Sutter Cancer Center 2800 L Street, 4th Floor, Suite 430, Sacramento CA	Leslie Duket, Clinical Social Worker – (916) 454-6866	http://www.suttermedicalcenter.org
	Sutter Roseville General Cancer Support Group	Offering support to people with a family member who has cancer. Provides a safe and confidential atmosphere to share concerns regarding adjusting to a loved one's cancer, and learn new coping skills and self-care	Every Monday of the month (except holidays),	10:00-11:30am	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	CJ Doran, Cancer Resource Center, (916) 781-5000	n/a
	Adult Family and Friends of Cancer Patients		2nd and 4th Tuesday of the month	6:00-7:30 pm	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	(916) 781-5000	n/a
	WeCARE Cancer Peer Navigator Program	A peer navigator program that pairs survivors with newly diagnosed patients	Call for appointment	call for appointment	UC Davis Cancer Center 4501 X Street, Sacramento, CA	Marcie Ellis, (916) 734-5786. Email: marcie.ellis@ucdmc.ucdavis.edu	n/a
	Mercy Peer Navigator Program		Call for appointment	call for appointment	Mercy Cancer Center 3301 C Street Suite 550, Sacramento, CA	Ann Chrisler (916) 962-8892	n/a
	Writing as Healing	Writing with others is inspirational, fun and healing. Come join us as we write together and share our voices. The intention of the workshop is to create a sense of freedom and excitement about writing. We are all writers. Discover and share with us your way and your voice. Participation is free. Experience in creative writing is not required.	Wednesdays	6:30- 8:00pm	Cancer Care Network Offices, 7273 14th Ave. Suite 135, Sacramento, CA	Terri Wolf, writing facilitator (916) 734-2353 Pre-Registration: Patricia Robinson (916) 734-0823	terri.wolf@ucdmc.ucdavis.edu

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	Yoga Classes for Cancer Patients and Survivors	A new series of weekly yoga classes are open to all levels of physical ability- from beginners to advanced yoga practitioners. No matter what treatment you are receiving or where you are in survivorship, the poses will be accessible to you. Vinyasa yoga is a breath focused practice where we balance active and passive poses. Each hour-long class provides a safe space for you to try something new.	Mondays through December 19, 2013	6:00- 7:00pm	Classroom 2030, FSSB Bldg, 4800 2nd Ave, Sacramento, CA	Patti Robinson- (916) 734-0823	n/a
GRIEF	Auburn Bereavement Support Group	Designed for individuals experiencing grief resulting from loss, tragedy, and disappointment.	2nd and 4th Friday of every month	9:30-11:00am	Multipurpose Senior Center - 11577 E Avenue, Auburn	Deborah McCrary, (530) 886-6650	n/a
		OR	1st and 3rd Wednesday of every month	6:30-8:00pm	11775 Education St, ste. 201, Auburn, CA	Julie Nencini, (530) 886-6650	n/a
	Bereavement Outreach Meetings	open to the grieving public, facilitated by volunteer community professionals, self-help support meetings.	Thursdays	7:30-9:00pm	Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramentp	n/a	
	Bereavement Group Support: Sacramento	No description	Call for details	call for details	call for details	(916) 388-6215.	n/a
	Young Adult Grief	8 week support group for young adults, 17-24 years old. Offered twice a year. Call for registration.	call for details	call for details	call for details	Don Lewis (916) 734-1139 donald.lewis@ucdmc.ucdavis.edu	n/a
	Kaiser Permanente Hospital	Bereavement support groups on-going and open to the public in Elk Grove, Roseville, and Sacramento	call for details	call for details	call for details	(916) 486- 5300	n/a
	Bereavement and Grief Support: Roseville	No description	Every Tuesday	10am – 11:30am	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	(916) 797-7850	n/a
		AND	2 nd and 4 th Tuesday of every month	6pm – 7:30pm	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	(916) 797-7850	n/a
	Bereavement and Grief Services	An on call nurse available 24 hours/7 days a week. Support groups are held once a week (children's support group is held in the evening).	Mon-Thurs	8:00 a.m. – 5:00 p.m.	Snowline Hospice of El Dorado County, Inc. 6520 Pleasant Valley Rd., Diamond Springs, CA 95619	Sue Watson - (530) 621-782	n/a
	Mercy General Hospital	Ongoing 6-week grief and loss sessions. Call for information and registration	call for information	call for information	call for information	(916) 453-4552	n/a
	Sutter Roseville Hospice Bereavement Support Group	Designed for individuals experiencing grief resulting from loss, tragedy, or disappointment.	1st and 3rd Tuesday of every month	10:00-11:30am	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	Dennis Cox – (916) 797-7850	n/a
		OR	2nd and 4th Tuesday of every month	6:00-7:30pm	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	Dennis Cox – (916) 797-7850	n/a
	Sutter Roseville Children Bereavement Art Support Group	Children must be between the ages of four and seventeen and have experienced the death of a significant person – parent, sibling, grandparent or other – within the last year of the referral date.	Call for details	call for details	call for location	Sacramento, CA (916) 454-6555 Roseville, CA (916) 797-7850 Auburn, CA (530) 886-6650	n/a
	General Bereavement Group: Sutter Care at Home Bereavement	No description	1st and 3rd Wednesday of every month	6:30-8:00pm	2800 L Street, Sacramento, CA	Sutter Care at Home Bereavement (916) 388-6255	n/a
		OR	2nd Tuesday of every month (being September 2011)	10:00am-11:30AM	8334 Ferguson Avenue, Sacramento, CA	Sutter Care at Home Bereavement (916) 388-6255	n/a
	Mercy San Juan Hospital Support Group	Program for anyone experiencing grief	1st and 3rd Wednesdays	6:00-7:30pm	2nd Floor Conf. Rm Russel Tower, Mercy San Juan Hospital, 6501 Coyle Ave, Carmichael	(916) 537- 5098	n/a
	Sutter VNA & Hospice	Bereavement support group for those who have experienced a loss	Alternating Wednesdays	6:30-8:30pm	Sutter Cancer Center, 2800 L St., Sacramento, on a walk-in basis	(916) 388- 6215	n/a

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	UC Davis Hospice Bereavement Support Group	Bereavement Support Groups for Adults, Grief Support Groups for Young Adults (Ages 17-24), and Parents Bereavement Support Groups (parents who have lost a pediatric aged child). These groups are free of charge and space is limited so it is important to make reservations before hand.	Call for details	Call for details	UC Davis Home Care Services Building 3630 Business Drive, Suite "F" Sacramento, CA 95820 (Business Drive is located off 14th Avenue, between 65th St. and Power Inn Road, South of Hwy 50 and Folsom Blvd.)	(916) 734-1139	n/a
LEUKEMIA & LYMPHOMA	Blood Cancer Support	Includes leukemia and lymphoma and other blood cancers. It is open to adult patients, family, and friends	1st Wed. of each month	5:00-6:30 p.m.	Placer Center for Health 550 West Ranch View Road, Rocklin, CA	Dr. Paul Kaesberg – (916) 703-5200 or Helen Rice, RN – (916) 734-5954	n/a
		OR	1st Wed. of each month	6:30-8:30 p.m.	UC Davis Cancer Center – Breakout rooms 1101 and 1103 4501 X Street Sacramento, CA	Cheryl Johnson- (916) 929-4720	n/a
	Blood Cancer Support	If you or a family member has been diagnosed with Leukemia or Lymphoma, Mercy Cancer Institute is committed to helping you through the care process.	1st Wed. of each month	5:30-7:00 p.m.	Mercy San Juan Medical Center, CC2 6501 Coyle Avenue, Carmichael, CA	Rachel Mcconachie – (916) 962-8892	Rachel.Mcconachie@dignityhealth.org
Lymphedema	Lymphedema Education Class	Education class intended for those who have had cancer treatment involving surgery or radiation that has put them at risk for Lymphedema	Appointment only	Appointment only	Sutter Roseville Medical Center 1 Medical Plaza, Roseville, CA	(916) 781-5000	n/a
	Lymphedema Support Group for Women		4th Wednesday of the month, except Nov. and Dec.	2:00-4:00 p.m	Sutter Cancer Center 2800 L Street, Sacramento CA	Lois Phillips- (916) 422-5973	n/a
	Lymphedema Education Class	Did you have lymph nodes removed during surgery for treatment of your cancer? Have you received radiation treatments to your lymph nodes? If so, you may be at risk for developing a treatable condition known as Lymphedema.	3rd Tuesday of the month	1:00-3:00pm	3581 Palmer Drive, Suite 202, Cameron Park CA	Marshall Medical Cancer Resource Center – (530) 672-7050	n/a
LUNG CANCER	The Lung Cancer Chat Room	The Lung Cancer Chat Room provides a time for education, sharing and an opportunity to connect face-to-face with people who can relate to the realities of lung cancer. Special guest speakers are invited to give presentations on topics of interest to patients. Educational and support materials are also provided.	3rd Thursday of each month	11:15am - 12:45pm	UC Davis Comprehensive Cancer Center 4501 X St. Sacramento, CA - Radiation Oncology conference room (in the basement)	Jena Cooreman, LCSW (916) 734-5198	n/a
MELANOMA	Malignant Melanoma	No support group but cancer survivor will speak to anyone with a need.	n/a	n/a	n/a	Jean Berry, (916) 961-8783 (please do not call between 5:00-6:00pm)	n/a
MULTIPLE MYELOMA	Multiple Myeloma Support Group	This is an excellent way to meet and interact with fellow myeloma patients and their family members, and learn new things about the treatment and management of myeloma. Interested patients, caregivers, family members and friends are encouraged to join us!	call for details	call for details	Lukens Auditorium in the Physicians Medical Plaza Building 6555 Coyle Ave, Carmichael CA, 95608	Kelley Cox 800-452-2873 ext. 233. Email: kcox@myeloma.org OR Linda Borgeson (916) 616-5197 OR Jim Keeler (916) 616-5172. Email: jkeeler50@gmail.com	n/a
OSTOMY	Ostomy Support Group		3rd Thursday of every month	1:00 – 3:00 p.m.	Marshall Medical Cancer Resource Center 3581 Palmer Drive, #202, Cameron Park, CA	Sherron West, (530) 823-9677. Email: sherron.west@yahoo.com	www.uoaa.org
	Sacramento Ostomy Association	This group has regular meetings and focuses primarily on coping with ostomies.	2nd Sunday of every month	2:00pm	Sutter Memorial Hospital, 7th floor Auditorium 52nd & F Street, Sacramento, CA	Jim McGee, (916) 332-1963. Email: mcgeeje@netzero.net	n/a
PROSTATE CANCER	Mather Prostate Cancer Support Group	This support groups provide a forum in which members may exchange information regarding treatments and experiences, as well as a friendly environment to discuss both the physical and emotional aspects of prostate cancer and their impact to you personally. This support group is open to your family and friends.	4th Friday of every month (No meeting in July or August)	11:30am-1:00pm	Mather VA Medical Center, 4th floor meeting room 10535 Hospital Way, Mather, CA	Kim Garrett, (916) 369-8385	n/a
	Mercy San Juan/ UC Davis Cancer Center Prostrate Cancer Support Group	A group for men and their significant others. Participants share experiences in a supportive environment and learn new information about prostate treatment. Facilitated by a health care professional.	3rd Thursday of every other month: Jan., March, May, July, Sept., Nov.,	1:30-3:30pm	Mercy San Juan Medical Center 6555 Coyle Ave. Suite 140, Carmichael CA	Beverly Nicholson, RN., (916) 537-5237. Email: beverly.nicholson@dignityhealth.org	n/a

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	Prostate Cancer Support Group	Lead by a prostate cancer survivor, this group is specifically designed to provide information and support to men with prostate cancer as they gather information about their treatment.	1st Thursday of each month	3:00 - 4:30 p.m	Marshall Medical Cameron Park Campus 3581 Palmer Drive Suite 202, Cameron Park, CA	Dick Montgomery (916) 213-5593. Email: richardmontgomery773@gmail.com	n/a
	Sutter Roseville Prostate Cancer Support Group	This support groups provide a forum in which members may exchange information regarding treatments and experiences, as well as a friendly environment to discuss both the physical and emotional aspects of prostate cancer and their impact to you personally. This support group is open to your family and friends.	2nd Thursday of every month	6:30-7:30 pm	Sutter Roseville Medical Center Conference Room 13 1 Medical Plaza, Roseville, CA 95661	Jessica Brest, (916) 781-1591. Email: brestj@sutterhealth.org	n/a
	Yolo Prostrate Cancer Support Group	Lead by a prostate cancer survivor, this group is specifically designed to provide information and support to men with prostate cancer as they gather information about their treatment.	2nd Monday of even months (Feb, April, etc)	7:00 – 8:30pm	Yolo Library – Davis Branch 314 East 14th Street Davis, CA 95616	Ray Biancalana, (530) 756-6408. Email: rjalana@yahoo.com	n/a
	Grass Valley Prostate Cancer Support Group		4th Friday of each month	4:00-5:30 pm	Sierra Nevada Memorial Hospital Building 2, Classroom A 155 Glasson Way, Grass Valley, CA	Virginia Wyman, RN (530) 346-6680. Email: virgwyman@foothill.net	n/a
	Jackson Prostate Cancer Support Group		2 nd Tuesday of every month	6 -7:00pm	Sutter Amador Hospital 2nd Floor, Oakview Room 200 Mission Blvd Jackson, CA 95642	Jerry Trotter, (209) 223-9133. Email: trotter@volcano.net	n/a
	Woodland Prostate Cancer Support Group		2 nd Monday, odd months (Jan, Mar, etc)	7-8:30pm	Senior Center 2001 East Street Woodland, CA 95776	Gil Walker, (530) 661-6449. Email: walkergil@hotmail.com	n/a
PALLIATIVE CARE SUPPORT	Kaiser Permanente's Advance Illness Care Coordination Program	This program provides emotional support, practical support, education, and information. Must be a patient of Kaiser Permanente. Need referral from Oncologist.	Need referral	Need referral	2025 Morse Ave. Sacramento, CA	916-977-3017	n/a
	AND		Need referral	Need referral	1600 Eureka Road, Roseville, CA	916-977-3017	n/a
OVARIAN CANCER	National Ovarian Cancer Coalition, Sacramento Chapter		call for schedule	call for schedule	call for location	(916) 497-1420. Email: ca.sac.nocc@ovarian.org	n/a
	Ovarian Cancer Survivors Group		3rd Tuesday of each month	1pm-3pm	call for location	Denise Crum - 916-342-5504 or 916-961-4215	n/a
WOMEN	Women with gynecological cancer support group		3rd Wednesday of each month	10:30am-12:00pm	call for location	Judi Marsell- (916) 973-6846	n/a
	Look Good, Feel Better (American Cancer Society)	Helps women with cancer look good, improve their self-esteem, and manage their treatment and recovery with greater confidence.	call for details	call for details	call for location	American Cancer Society – (800) 227-2345	n/a
	Wig Banks	For a listing of a free wig bank near you	call for details	call for details	call for location	American Cancer Society – (800) 227-2346	n/a
ONLINE SUPPORT GROUPS	Bladder cancer online support groups	http://www.bcan.org/facing-bladder-cancer/support-groups/ http://www.inspire.com/groups/bladder-cancer-advocacy-network/ http://bladdercancersupport.org/component/content/article/54-hl/206-chat.html					
	Bone Cancer online support group	http://bone-cancer.supportgroups.com/ http://www.dailystrength.org/c/Bone-Cancer/support-group http://www.mdjunction.com/bone-cancer					
	Brain Cancer online support group	http://brain-cancer.supportgroups.com/ http://www.dailystrength.org/c/Brain-CNS-Tumors/support-group http://www.mdjunction.com/forums/brain-tumors-discussions					

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	Breast Cancer support groups online	www.Youngsurvival.org (young women with breast cancer diagnosis) www.bcsupport.org http://breast-cancer.supportgroups.com/ http://www.mdjunction.com/breast-cancer http://www.dailystrength.org/c/Breast-Cancer/support-group					
	Caregiver of Prostate cancer support group online	http://www.hisprostatecancer.com/prostate-cancer-support-groups.html					
	Cervical Cancer online support group	http://cervical-cancer.supportgroups.com/ http://www.inspire.com/groups/national-cervical-cancer-coalition/					
	Colon Cancer online support group	http://www.dailystrength.org/c/Colon-Cancer/support-group www.mdjunction.com/colon-cancer					
	Esophageal Cancer online support group	http://www.dailystrength.org/c/Esophageal-Cancer/support-group http://www.mdjunction.com/esophageal-cancer http://www.everydayhealth.com/esophageal-cancer/support-					
	General Cancer support online	http://cancerhopenetwork.org/index.php?page=findamatch&gclid=CjOds8z89rICFWjhQgod-34Akg http://www.cancercaresupportgroups.org					
	Hodgkins Lymphoma online support group	http://hodgkins-lymphoma.supportgroups.com/ http://www.dailystrength.org/c/Hodgkins-Lymphoma/support-group					
	Leukemia online support groups (all types)	http://www.dailystrength.org/support-groups/Leukemias http://www.mdjunction.com/leukemias http://www.mdjunction.com/acute-myelogenous-leukemia					
	Lung cancer online support group	http://www.inspire.com/groups/lung-cancer-survivors/ http://www.dailystrength.org/c/Lung-Cancer/support-group http://www.mdjunction.com/forums/lung-cancer-discussions					
	Metastatic Breast cancer support groups online	www.bcmets.org www.HER2support.org www.advancedbreastcancercommunity.com/ www.inspire.com/groups/advanced-breast-cancer/ http://community.breastcancer.org/forum/8 http://my.youngsurvival.org/discussions					
	Multiple Myeloma online support group	http://www.dailystrength.org/c/Multiple-Myeloma/support-group www.mdjunction.com/multiple-myeloma					
	Non-hodgkins Lymphoma online support group	http://non-hodgkins-lymphoma.supportgroups.com/ http://www.mdjunction.com/non-hodgkins-lymphoma http://www.dailystrength.org/c/Non-hodgkins-Lymphoma/support-group					
	Ovarian Cancer online support group	http://www.inspire.com/groups/ovarian-cancer-national-alliance/ http://www.dailystrength.org/c/Cervical-Cancer/support-group http://www.mdjunction.com/ovarian-cancer					
	Prostate cancer online support groups	http://www.mdjunction.com/prostate-cancer http://www.ustoo.org/InspireCommunity.asp					

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	Renal cell carcinoma (Kidney cancer) online support group	http://www.dailystrength.org/c/Renal-Cell-Carcinoma-Kidney-Cancer/support-group www.mdjunction.com/kidney-cancer					
	Rhabdomyosarcoma online support group	http://www.mdjunction.com/rhabdomyosarcoma http://www.dailystrength.org/c/Rhabdomyosarcoma/support-group					
	Skin Cancer online support group	www.mdjunction.com/forums/skin-cancer-discussions http://www.dailystrength.org/c/Skin-Cancer/support-group					
	Stomach/Gastric Cancer online support group	http://www.dailystrength.org/c/Gastric-Cancer/support-group www.mdjunction.com/gastric-cancer					
	Teens with Cancer online support group	http://www.dailystrength.org/c/Teens-With-Cancer/support-group					
	Testicular Cancer online support group	http://www.dailystrength.org/c/Testicular-Cancer/support-group www.mdjunction.com/testicular-cancer					
	Thyroid Cancer online support group	http://www.inspire.com/groups/thyca-thyroid-cancer-survivors-association/ http://www.mdjunction.com/thyroid-cancer http://www.dailystrength.org/c/Head-and-Neck-cancers/support-group http://www.dailystrength.org/c/Thyroid-Cancer/support-group					
	Uterine Cancer online support group	http://www.dailystrength.org/c/Uterine-Cancer/support-group www.mdjunction.com/uterine-cancer www.mdjunction.com/endometrial-cancer					
	Vaginal Cancer online support group	http://www.dailystrength.org/c/Vaginal-Cancer/support-group http://www.mdjunction.com/vaginal-cancer					
	Wilms Tumor online support group	www.mdjunction.com/kidney-cancer					