

Cancer Support Groups



Anal Cancer

UCSF (Marin patients welcome).

The UCSF Anal Cancer Support Group for Women is designed for women who have been diagnosed with anal cancer and are in any stage of treatment.

Location: Online

Time: Fourth Tuesday of the month, 2:15-3:30 pm

Call: 415-502-1887

Bladder Cancer

Bladder Cancer Advocacy Network (BCAN)

BCAN call center for bladder cancer patients and loved ones.

To speak with a BCAN oncology social worker, call during regular business hours (Eastern Time)

Call: 833-ASK-4BCA (883-275-4222)

bcan.org/find-support/

UCSF Bladder Cancer Education and Support Group

The UCSF Bladder Cancer Education and Support Group is available so that patients with bladder cancer as well as their caregivers and family members may share experiences, educate one another and support each other.

Location: Online

Time: First Thursday of each month, 4:00-5:30 pm

Call: 628-224-7739

ucsfhealth.org/en/services/cancer-support-groups#bladder

Breast Cancer

UCSF

A support group for those diagnosed with stages I-III breast cancer.

Time: 3rd Thursday of the month, 1:00-2:30 pm

Telehealth format. Call for information and availability.

Call: 415-514-7972

cancer.ucsf.edu/support/csc/support-groups

Kaiser San Rafael

Support group for people currently in treatment (in person)

Time: Tuesdays from 5:15-6:30 pm (Zoom)

Location: 820 Las Gallinas, San Rafael

*No appointment necessary

thrive.kaiserpermanente.org/care-near-you/northern-california/sanrafael/health-resources-2/health-education-programs-and-classes/support-groups/breast-cancer-support-group/

Bay Area Cancer Connections

Breast and Ovarian Support group

Time: Every Saturday via Zoom

Please call or email the Helpline at 650-326-6686 to register/or email info@bayareacancer.org to complete the Support Group Consent Form before joining a group via telephone or Zoom.
bayareacancer.org/program-calendar.html

North Bay Cancer Alliance list

northbaycancer.org/cancer-support-groups/

The Cancer Support Community

Support groups and breast cancer networking groups offered online. The first step in joining a support group is to complete a Newcomers Meeting and Intake Interview that will take place via Zoom. Please email CSC Program Manager Maricela Becerra at mbecerra@cancersupport.net to schedule an appointment.

Call: 925-933-0107

cancersupport.net/services/support-groups

DCIS Support Groups (online)

SHARE Cancer Support DCIS Group

sharecancersupport.org/calendar/support-groups/dcis-support-group/

Bay Area Cancer Connections DCIS Group

DCIS Support Group

Time: First and Third Mondays from 6:45 to 8:00 pm

Please call or email the Helpline at 650-326-6686 to register /or email info@bayareacancer.org to complete the Support Group Consent Form before joining a group via telephone or Zoom.
bayareacancer.org/program-calendar/

Triple Negative Breast Cancer (online)

Bay Area Cancer Connections - Triple-Negative Breast Cancer Support Group

Time: First and third Saturday from 10:45 am to 12:15 pm

*Newcomer intake: Please contact the Helpline at 650-326-6686 or email info@bayareacancer.org.

Support Groups – Bay Area Cancer Connections bayareacancer.org/support-groups/

Triple Negative Support Group

Time: Last Thursday of every month- 8/28 @ 4:00 pm PT (Zoom)

tnbcfoundation.org/

Tuesdays with TNBC and Friends

tnbcfoundation.org/

Young Adult (< 45 yo) groups (online)

Bay Area Cancer Connections - Breast Cancer Support Group for People < 45

Time: Every Thursday from 7:00 to 9:00 p.m

To join the group, please contact the Helpline first at 650-326-6686 or email info@bayareacancer.org.

bayareacancer.org/support-groups/

Cancer Support Community - Young Adult Support Group (online)

Time: 2nd and 4th Tuesday of the month from 4:00 to 6:00 pm

The first step in joining a support group is to complete a Newcomers Meeting and Intake Interview that will take place via Zoom. Please email CSC Program Manager Maricela Becerra at mbecerra@cancersupport.net, to schedule an appointment.

csc-sf.gnosishosting.net/Events/Calendar?eviid=53397

UCSF Young Women's Breast Cancer Support Group

A support group for women 45 years or younger with early stage breast cancer receiving care at UCSF. We hope to enable shared stories, connection, and learning.

Co-facilitators: Chiara Leifer LCSW & Debby Hamolsky RN, MSN

Expert faculty and staff guest speakers will join us.

Location: Hybrid. Please contact us for information and availability.

Contact: simona.krasnegor@ucsf.edu

cancer.ucsf.edu/support/csc/support-groups

Young People with Breast Cancer (BAYS)

BAYS is a support community for young people with breast cancer in the San Francisco Bay Area. They are an inclusive breast cancer community for those experiencing the unique issues that come with having breast cancer at a young age.

Time: Monthly Online Zoom Support Groups

1st Sunday morning, 10:00 am – 12:00 pm PST

2nd Thursday evening, 7:00 – 9:00 pm PST

3rd Sunday morning, 10:00 am – 12:00 pm PST

4th Tuesday evening, 7:00 am – 9:00 pm PST

MITC (for young members with metastatic breast cancer)

Zoom Online Support Groups

1st Tuesday afternoon, 2:00 – 4:00 pm PST

3rd Tuesday afternoon, 2:00 – 4:00 pm PST

For more information and to sign up, please email BAYS staff at info@bayareayoungsurvivors.org or contact cancersupportcenter@ucsf.edu

Latinx / Spanish-speaking Support Groups (online and in person)

Bay Area Cancer Connections: Spanish Language Breast Cancer Support Group: Mujeres Unidas

Time: Third Thursday from 7:00 – 8:00 pm

*Newcomer intake- Please contact the Helpline at 650-326-6686 or email info@bayareacancer.org.

Support Groups – Bay Area Cancer Connections <https://www.bayareacancer.org/support-groups/>

Más Allá Del Estrés - (Beyond Stress) - Latinas Contra Cancer

Join a Latina group to learn tools such as mindfulness and identifying stress symptoms to help reduce worry, anxiety, depression, and sleep problems.

Contact: Nancy Villarreal, at 669-258-4940, or by email at nancy@latinascontracancer.org.

<https://www.latinascontracancer.org/survivor-support>

Women's Cancer Resource Center (WCRC) LatinX program

Offers a variety of groups that provide emotional support to people of diverse backgrounds and cultures. These services include navigation support, counseling and psychotherapy, support groups, and services for Latinas.

Call: 510-601-4040

wcrc.org

Grupo Esperanza: Support Group for Spanish Speakers (UCSD Moores Cancer Center)

Time: 2nd Wednesday of each month, 10:00 am

A free emotional support group for cancer patients and their families. The group is in Spanish and facilitated by Dr. Sara Fainstein, a breast cancer survivor. Patients do not have to be UCSD patients. It is open to adults only, with any type of cancer and any stage. It is open to both patients and families. This is a hybrid group. We meet in person (San Diego, CA) as well as via Zoom.

Contact us at cancersupportcenter@ucsf.edu for more information.

health.ucsd.edu/care/cancer/support-services/support-groups-classes-workshops/support-groups/

African American Support Groups (online)

Bay Area Cancer Connections- Black, Indigenous, and People of Color with Breast Cancer Support Group (Via Zoom)

Time: Third Monday of the month. See calendar for dates.

Facilitated by Dolores Moorehead, M.S., APCC

This group is for Black, Indigenous, and people of color who have also been diagnosed with any stage of breast cancer. In this group, individuals come together to offer support, resources, and encouragement while sharing experiences and building relationships.

If you'd like to join a support group, please note that registration closes 24 business hours before the group meeting. To register or learn more, contact our Helpline at 650-326-6686 or email info@bayareacancer.org.

All of Bay Area Cancer Connections' programs and services are free of charge.

TOUCH - The Black Breast Cancer Alliance

touchbbca.org/blesstielove/

African American Breast Cancer Alliance

Survivors Network (located in MN, but online Zoom meetings are open to all)

aabcainc.org/programs/

Colorectal Cancer: (Colon and Rectal)

UCSF (Marin patients welcome)

Time: 2nd and 4th Mondays 5:00 – 6:30 pm

Online: Call for information and availability

Call: Vittorio Comelli, PsyD, 415-203-9619

Gynecological Cancer

The UCSF Gynecological Cancer Support Group is a drop-in support group for women who have been diagnosed with any kind of gynecological cancer and are in any stage of treatment.

Location: Online. Please contact us for information and availability.

Time: First Wednesday of the month, 4:30 – 6 pm

Call: 415-514-1962

Kidney Cancer:

Kidney Cancer Association

kidneycancer.org/support-groups/

Neuroendocrine(NET)

UCSF (Marin patients welcome)

Virtual Support Group

norcalcarcinet.org/

Meeting Schedule

norcalcarcinet.org/meeting-schedule/meeting-registration-page#year=2024&month=5&day=10&view=month

Ostomy Support Groups:

United Ostomy Association of America

ostomy.org/

Pancreatic & Gastrointestinal Cancers

Stanford (Marin Patients Welcome)

This free group is open to non-Stanford patients and families.

Time: Second Wednesday of each month, 2:00 – 3:30pm

Location: Online. Registration is required

Contact: For questions or to register: Erika Wong, MSW, 650-308-6274

stanfordhealthcare.org/events/gi-cancer-support-group.html

This online group provides fellowship, hope, education, and support to people with cancer of the GI tract, their family, and caregivers. The group is available to those newly diagnosed, undergoing treatment, or recovering.

Prostate Cancer

The Marin prostate cancer support group (led by Stan Rosenfeld) meets every Tuesday evening from 7:00 – 8:30 pm. It's a terrific group of men and an excellent resource for sharing information, treatment experiences, questions, concerns, etc.

[MyMarinHealth.org/programs-services/cancer-care/prostate-cancer/prostate-cancer-support/prostate-cancer-support-group/](https://www.marinhealth.org/programs-services/cancer-care/prostate-cancer/prostate-cancer-support/prostate-cancer-support-group/)

[MyMarinHealth.org/programs-services/cancer-care/prostate-cancer/prostate-cancer-support/meet-stan-rosenfeld/](https://www.marinhealth.org/programs-services/cancer-care/prostate-cancer/prostate-cancer-support/meet-stan-rosenfeld/)

Please email Stan at vegstan3@gmail.com (preferred) or call him at 415-290-6060 to introduce yourself and confirm logistics for the meetings.

Other Support Group Resources

American Cancer Society

<https://www.cancer.org/support-programs-and-services.html>

<https://www.cancer.org/cancer/survivorship/coping/understanding-psychosocial-support-services.html>

Cancer Support Sonoma

<https://www.cancersupportsonoma.org/>