

SUPPORT SERVICES AND COUNSELING

A woman or man with breast cancer may experience emotional ups and downs while going through diagnosis and treatment. Friends and family often provide much needed support, but the words, "I've been there and I do know how you feel," form a special bond among breast cancer survivors. In addition to open discussion sessions, where group members share feelings and talk about their progress, most groups provide educational sessions. Some groups have professional facilitators who can provide expertise on vital resources and answer questions. All support groups listed are at no cost, unless otherwise noted. Be sure to call for information, as some groups require that you register before attending.

SUPPORT GROUPS

American Cancer Society..... 800-227-2345

www.cancer.org

Reach to Recovery program provides one-to-one support for women and men facing or living with breast cancer. Volunteers are breast cancer survivors who are trained to provide information and support.

Avon Cares for Life Program

Olive View-UCLA Medical Center 818-364-4135

14445 Olive View Drive, Sylmar CA 91342

www.cancer.ucla.edu/avon

Provides navigation and support services to patients diagnosed with breast cancer along the continuum of care from diagnosis to survivorship. Patients are also given the opportunity to participate in clinical trials and to receive quality survivorship care in the Avon Cares for Life Post-Treatment clinic.

California Hospital Medical Center

Donald P. Loker Cancer Center 213-742-5634

1338 S. Hope Street, Los Angeles, CA 90015

www.chmcla.org

Weekly cancer patient support groups, in both English and Spanish, are facilitated by the Wellness Community - West LA. Please call for a schedule.

Cancer Support Community

Pasadena **626-796-1083**

200 E. Del Mar Blvd., Suite 118, Pasadena, CA 91105
www.twcla.org

South Bay Cities **310-376-3550**

109 W. Torrance Blvd., Suite 100, Redondo Beach, CA 90277
www.wellnessandcancer.org

Valley/Ventura

Westlake Village **805-379-4777**

530 Hampshire Rd., Westlake Village, CA 91361

Chatsworth Satellite **818-407-1643**

9410 Owensmouth Ave., Chatsworth, CA 91311

www.twcvv.org

Benjamin Center **310-314-2555**

1990 S. Bundy Dr. Suite 100, Los Angeles, CA 90025

www.cancersupportcommunitybenjamincenter.org

www.cancersupportcommunity.org

Support groups in English and Spanish; educational workshops; social event; and stress management programs. All services are free of charge. Please call for a complete schedule.

Citrus Valley Health Partners

Cancer Resource Center **626-814-2479**

315 3rd Street, Suite 303B, Covina, CA 91722

www.cvhp.com

Monthly English and Spanish support groups. Please call for a schedule.

City of Hope Medical Center

Biller Patient & Family Resource Center **626-256-4673 ext. 32273**

1500 E. Duarte Road, Duarte, CA 91010

www.cityofhope.org

Breast cancer support group meets once a month and is open to the community. Pre-registration required. Call for details.

Glendale Memorial Hospital and Health Center

Marcia Ray Breast Center **818-502-2323**

222 W. Eulalia Street, Glendale, CA 91204

www.glendalememorialhospital.org

A breast cancer support group meets once a month. Call for details.

Herald Cancer Association 626-286-2600
715 E. Mission Road, San Gabriel, CA 91776
www.cchc.org
Breast cancer support groups meet monthly and are conducted in Cantonese and Mandarin. Please call for details.

Huntington Hospital Cancer Center 626-397-2524
625 S. Fairoaks Ave. Suite 100, Pasadena, CA 91105
www.huntingtonhospital.com
Breast Cancer support group meets once per month.

My Sister My Friend Breast Cancer Support Services..... 866-542-6312
www.mysistermyfriendbcs.org
Formed out of a need in the African American community, this group is dedicated to assisting women diagnosed with breast cancer, (primarily the under-served and uninsured), eradicating breast cancer and its associated myths and educating the community on breast health and the benefits of early detection. A support group meets every month at St. Mary Medical Center. Call for additional information.

Northridge Hospital Medical Center.....818-885-8500 ext. 2855
18300 Roscoe Blvd., Northridge, CA 91328
www.northridgehospital.org
Breast cancer support group holds meetings twice a month. General cancer support groups (for men and women) are also held in both English and Spanish. Call for additional information.

Pomona Valley Hospital Medical Center
Robert & Beverly Lewis Family Cancer Care Center 909-865-9691
1910 Royalty Drive, Pomona, CA 91767
www.pvhmccancercare.com
Breast cancer support group meets once a month. Please call for more information on wellness programs and support groups.

Presbyterian Intercommunity Hospital
Ruby L. Golleher Oncology Center562-698-0811 ext. 5720
12393 Washington Blvd., Whittier, CA 90602
www.pih.net
Support group for patients and their families coping with breast cancer.

Self-Help And Recovery Exchange (SHARE!)

SHARE! Culver City..... **310-846-5270**

6666 Green Valley Circle, Culver City, CA 90230

SHARE! Downtown..... **213-213-0100**

425 S. Broadway, Los Angeles, CA 90012

www.shareselfhelp.org

Offers assistance in finding breast cancer, self-help support groups or help in starting new groups. Self-help support groups for care givers also available. All services and support groups are free.

Simms/Mann-UCLA Center for Integrative Oncology **310-794-6644**

200 UCLA Medical Plaza, Suite 502, Los Angeles, CA 90095

www.simmsmanncenter.ucla.edu

Center provides psychosocial care and integrated oncology support for individuals with cancer. Houses a library of video and printed material on cancer and cancer related issues. It is not necessary to be a UCLA patient to use these resources. Call for an appointment.

Sisters Breast Cancer Survivors Network®..... **323-759-0200**

www.survivorsofbreastcancer.org

One Saturday per month the meeting, held at Hubert H. Humphrey Comprehensive Health Center, targets cancer patients, cancer survivors, family members, and caregivers. Call for details.

weSPARK Cancer Support Center

Sherman Oaks..... **818-906-3022**

13520 Ventura Blvd. Sherman Oaks, CA 91432

Santa Clarita..... **661-288-2322**

26370 Diamond Place, Santa Clarita, CA 91350

www.wespark.org

Support groups are offered for people in all stages of treatment, for all kinds of cancer. All services are free of charge. Please call for a schedule.

White Memorial Medical Center

Cecilia Gonzalez De La Hoya Cancer Center **323-260-5768**

1720 Cesar E. Chavez Avenue, Los Angeles, CA 90033

www.whitememorial.com

Breast Cancer support groups, for Spanish speaking women who have been diagnosed or are recuperating from breast cancer, are offered weekly. Please call for more information.

Women of Color

Breast Cancer Survivors Support Project..... 310-330-5140

301 N. Prairie Avenue, Suite 420, Inglewood, CA 90301

www.woc4me.org

African American support group held every second Saturday of the month.
Please call the number above for specifics.

Women of Essence Breast Cancer Support Group..... 310-537-8227

www.womenofessence.org

African American breast cancer support group, which provides support for minority breast cancer survivors, meets monthly at the AC Bilbrew Library.
Please call for more information.

Y-ME National Breast Cancer Organization 800-221-2141

Spanish 800-986-9505

www.y-me.org

YourShoes™ 24/7 Breast Cancer Support Center is staffed with trained peer counselors who are all breast cancer survivors. Peer counselors are available to talk about breast cancer and about your feelings and concerns.

YWCA ENCORE^{Plus} Program

Harbor Area and South Bay 310-547-0831

437 9th Street, San Pedro, CA 90731

www.ywcaharbor.org

English/Spanish support groups for women who have had an abnormal mammogram or diagnostic test and are concerned about their health care choices. Please call for more details.

Santa Monica 310-452-3881

2019 14th Street, Santa Monica, CA 90405

www.smywca.org

Free peer support groups for women who have been diagnosed with breast cancer. Please call for registration.

SUPPORT GROUP REFERRALS

American Cancer Society..... 800-227-2345
www.cancer.org

**Cancer Information Services
of the National Cancer Institute**..... 800-422-6237
TTY 800-332-8615
www.cancer.gov

Y-ME National Breast Cancer Organization 800-221-2141
Spanish 800-986-9505
www.y-me.org

COUNSELING

The diagnosis, treatment and recovery from breast cancer is a stressful period for patients and their loved ones. To help patients and their families cope with the challenges, it is helpful to seek professional counseling in the form of individual, family or group therapy. Specialists in cancer counseling are able to teach both patients, and their loved ones, how to use the necessary skills to deal with the ongoing problems of cancer and its treatment. Individual or family therapy provides a personalized approach designed to mobilize inner strengths and to facilitate positive coping methods before, during and after treatment.

QUESTIONS TO ASK ABOUT COUNSELING

- What experience do you have in working with breast cancer patients?
- What credentials do you hold?
- What do you charge for your services?
- Do you have a sliding fee scale?
- Will you bill my insurance, Medicare or Medi-Cal?

COUNSELING RESOURCES

Please refer to Support Services and Support Group Referrals found on pages 66-71.