

Support Groups

The Center for Integrative Health & Wellness hosts, sponsors, and facilitates **free** support groups in an effort to optimize the health and healing of patients, family, and caregivers of people with cancer.

Breast Cancer: Join other women who have experienced the challenge of living with breast cancer

When: 2nd and 4th Wednesdays, 10:30 am – 11:30 am

Where: Health Resource Center, 1st Floor, 1350 S. Eliseo Drive, Greenbrae

Info: Registration not required. Call 1-415-925-7827 for more information.

Facilitator: Sandy Schindler, LCSW, Oncology Social Worker

Living with Life Threatening Illness: Share experiences and insights, discover new ways to enhance your quality of life, and learn to choose love rather than fear

When: 2nd and 4th Thursday of each month, 7:00 pm – 9:00 pm

Where: Radiation Oncology Waiting Room, 1st Floor, 1350 S. Eliseo Drive, Greenbrae

Info: Call 1-415-459-4333

Facilitator: Andy Alpine, Center for Attitudinal Healing

Lymphedema Information and Support: An opportunity for women to exchange and gain information about lymphedema

When: Varies, call for more information

Where: Health Resource Center, 1st Floor, 1350 South Eliseo Drive, Greenbrae

Info: Contact Suzi Beatie at 1-415-924-1699 or Julie Hibbitts at 1-415-892-9763

Leukemia and Lymphoma: For patients and families dealing with Leukemia, Hodgkin's disease, Lymphoma, Multiple Myeloma, and Myelodysplastic Syndromes

When: 2nd Tuesday of the month, 7:00 pm – 8:30 pm

Where: Varies, call for more information

Info: Registration required. Call Fran Haghighi, RN, at 1-415-925-7615 or Judy Sheridan at 1-415-750-2202

Facilitator: Leukemia & Lymphoma Society

[See back side for additional support groups.](#)

Support Groups – Continued

Male Partners Support Group: Man to Man

When: Wednesdays, 9:30 am – 11:00 am
Where: West End Café, 4th Street, San Rafael
Info: Call 1-415-459-3434

Marin Liver Disease Group: Provides support, experience, information, and references to patients and support persons

When: 1st Wednesday of each month, 6:30 pm – 8:30 pm
Where: Health Resource Center, 1st Floor, 1350 South Eliseo Drive, Greenbrae
Info: No registration required. Call Lisa Rubio at 1-415-259-4000 or 1-415-524-3334 for information. Refreshments provided.

Prostate Cancer: A safe place to understand the impact of prostate cancer

When: Every Tuesday, 7:00 pm – 8:30 pm
Where: 250 Bon Air, Medical Library, Greenbrae
Info: Registration not required. Call 1-415-459-4668 for more information.
Facilitator: Stan Rosenfeld, volunteer and long term prostate cancer survivor

Raising a Family When You Have Cancer: Coping and support for mothers

When: 1st Tuesday of each month, 11:00 am – 12:00 pm
Where: Health Resource Center, 1st Floor, 1350 S. Eliseo Drive, Greenbrae
Info: Registration requested. Call 1-415-925-7827 for more information.
Facilitator: Sandy Schindler, LCSW, Oncology Social Worker

Women's Support Group: Living with Metastasis: Finding meaning, purpose, and resiliency

When: Every Wednesday, 10:30 am – 12:00 pm
Where: 2597 Kerner, San Rafael
Info: Before attending, call 1-415-507-1536
Facilitator: Sheila O'Donnell, Center for Attitudinal Healing

Women with Anal Cancer: This group addresses the emotional and physical impact of anal cancer

When: Varies, call for date and time
Where: Radiation Oncology Waiting Room, 1st Floor, 1350 S. Eliseo Drive, Greenbrae
Info: Registration required. Call 415-925-7827 to register
Facilitator: Sandy Schindler, LCSW, Oncology Social Worker and Jana Kelly, RN, MS, AOCNS