

# Support Groups

## For Cancer Patients and Families

The following UVMMC support groups are free to attend. Dates and times are subject to change; please call the contact person listed for up-to-date information. For a list of other support groups and resources throughout the state, please visit the Vermont Cancer Survivor Network website and click on the "Resources" link: <http://vcsn.net/>

### **SURVIVOR/CAREGIVER LUNCH TIME MEETING**

For cancer patients and the people who love them. Lunch is provided.

**When:** 2<sup>nd</sup> Tuesday of the month

**Time:** 12:15pm - 1:30pm

**Where:** Frymoyer Community Resource Center

**Contact:** Kathleen McBeth, (802) 847-5715

### **CAREGIVER LUNCH TIME MEETING**

For individuals caring for a loved one with cancer. Lunch is provided.

**When:** 4<sup>th</sup> Tuesday of the month

**Time:** 12:15pm - 1:30pm

**Where:** Frymoyer Community Resource Center

**Contact:** Kathleen McBeth, (802) 847-5715

### **MULTIPLE MYELOMA SUPPORT GROUP**

**When:** 3<sup>rd</sup> Tuesday of the month

**Time:** 5pm - 6:30pm

**Where:** Hope Lodge Conference Room

**Contact:** JoAnn Nielson, (802) 847-5649

### **LEUKEMIA, LYMPHOMA, MYELOMA FAMILY SUPPORT**

**When:** 1<sup>st</sup> Wednesday of the month

**Time:** 5pm - 7pm

**Where:** Call for location and directions

**Contact:** Michele Mosley, (802) 847-0467

### **WOMEN'S CANCER SUPPORT GROUP**

**When:** 1<sup>st</sup> Tuesday of the month

**Time:** 5pm - 6:30pm

**Where:** Frymoyer Community Resource Center

**Contact:** Colleen Cargill, (802) 847-9647

### **GYNECOLOGIC MALIGNANCIES SUPPORT GROUP**

For women with gynecological cancers.

**When:** 3<sup>rd</sup> Monday of the month

**Time:** 5:30pm - 7pm

**Where:** Hope Lodge Conference Room

**Contact:** Stephanie Fraser, (802) 847-3234

### **FRIENDS FOR LIFE SUPPORT GROUP**

Mindfulness group for people living with cancer.

**When:** Call for dates and times

**Where:** Steps to Wellness, 62 Tilley Drive

**Contact:** Julia Wick (802) 847-5609

### **YOUNG SURVIVORS GROUP**

For cancer patients ages 18-40.

**When:** 4<sup>th</sup> Tuesday of the month

**Time:** 5:30pm

**Where:** Frymoyer Community Resource Center

**Contact:** Kathleen McBeth, (802) 847-5715

### **CHILDREN'S WORKSHOP**

For children who have a parent or adult caregiver currently being treated for cancer.

**When:** Seasonal Offerings (call for dates)

**Time:** 5:30pm - 7:30pm

**Where:** Call for location

**Contact:** Ali Waltien, (802) 847-4069

### **PARENTING WITH CANCER SUPPORT GROUP**

For people who have cancer and are also raising children (infancy-21 years). Must pre-register.

**When:** Call for dates, times, and location

**Contact:** Ali Waltien, (802) 847-4069

### **YOUTH AND FAMILY BEREAVEMENT GROUPS**

Three groups meet concurrently to support the needs of grieving families. Children, teen, and adult groups all available.

**When:** Last Saturday of every month

**Time:** 10am - 12pm

**Where:** Call for location

**Contact:** Ali Waltien, (802) 847-4069

### **HEALING ART & WRITING**

Two hour drop-in session. Explore art and writing to reduce stress and invite creativity.

**When:** Wednesdays 10am - 12pm

**Where:** Hope Lodge

**Contact:** Patricia Fontaine, (802) 985-5691