

Free to cancer patients, caregivers, and loved ones.

Living With Cancer

This group is open to all who have a cancer diagnosis, and includes tips on how to navigate and be supported by the healthcare system. All patients, including those with ongoing, recurrent, or metastatic cancer, can share their emotional and practical concerns in a confidential and empathetic environment. This group addresses the concept of living well with a chronic illness as well as the associated grief, loss, and fears.

Meets every Wednesday from 1:00 - 2:30 p.m.

Facilitated by Janet Smith, RN

For remote access, please email janet@smith.net or call (505) 795-4814

Together

This group is open to caregivers, including family and friends of cancer patients, and addresses their unique needs. It provides an opportunity to share with others and discover ways to find hope and healing in a compassionate and non-judgmental setting.

SESSION 1:

Meets every Tuesday from 11:00 a.m. - 12:30 p.m.

Facilitated by Ronni Levine, LMFT

For remote access, please email rslevinemft@aol.com or call (909) 896-3816

SESSION 2:

Meets the 2nd & 4th Wednesdays of every month from 11:00 a.m. - 12:30 p.m.

Facilitated by Lori Padilla, MA, LMHC

For remote access, please email pmlori@q.com or call (505) 670-5643

Grief & Recovery

There is no expiration date on grieving because the process changes and evolves over time. This group is open to anyone who is experiencing grief and has lost a loved one to cancer.

Caregivers, family, and friends are welcome to share and learn with others in a safe space.

*Meets every Thursday from 11:00 a.m. - 12:30 p.m.
In person at CFFNM or online via Zoom Facilitated by Ronni Levine, LMFT*

For remote access, please email rslevinemft@aol.com or call (909) 896-3816

Write to Heal Workshop

This popular workshop for cancer patients and survivors runs intermittently throughout the year, meeting once per week for 8 weeks. Participants will explore expressive writing as a way of healing. All experience levels are welcome. The workshop is based on the acclaimed Amherst Writers & Artists method.

Facilitated by Joanne Brown, MSW.

To register for an upcoming workshop, please email joanne@joannebrown.com or call (510) 381-1205

Survivorship

This group is open to patients and caregivers who are in the “post-treatment” phase of their cancer diagnosis. It includes ways to communicate and cope as well as share their story with others in a confidential and empathetic environment.

Meets every Monday 11:30-1PM

Facilitated by Johanna Medina, LCSW

To register, please email johanna@cffnm.org