Support Groups
Professionally Led Support for Cancer Patients, Caregivers, Family and Friends

Supportive spaces where cancer patients, survivors, and caregivers can share, connect, and heal together. Our groups are designed to provide comfort, strength, and guidance as you navigate your cancer journey.To better serve our community we now offer support groups in Spanish.

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 an empathetic environment.

Facilitator:
Janet Smith, *RN*

Grief & Recovery

This group is open to caregivers, family, and friends who have lost a loved one to cancer. There is no expiration date on grieving because the process changes and evolves over time. Share, learn, and feel supported in a safe space.
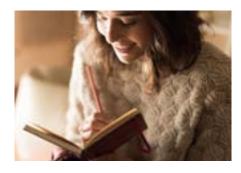
Facilitator:
Ronni Levine, *LMFT*

Together

This group addresses the unique needs of the caregiver and those closest to the cancer patient in a supportive and non-judgmental setting.

Facilitators:
Session 1: **Ronni Levine**, LMFT
Session 2: **Lori Padilla**, MA, *LMHC*

Write to Heal

Explore expressive writing as a healing tool in this workshop for cancer patients and survivors. All skill levels welcome. Writing, though not a cure, offers therapeutic benefits, helping us reclaim our voices and reconnect with our lives.

Facilitator:
Joanne Brown, *MSW*

Beyond Cancer

A support group designed for those who have finished their treatment including those on maintenace treatment, who are looking to find a new normal.

Facilitator:
Judith Kiersky Sperling, *PhD*

Horse Cirlce

A transformative journey with Romeo, Crush, and Fancy, the wise and gentle horses, at Blissful Heart Coaching, led by Lyn Carpenter. This unique support group harnesses the gentle power of horses to guide cancer patients and caregivers.

Facilitator:
Lyn Carpenter

To sign-up or for more information:
Email **SupportGroups@cffnm.org** or call **505-955-7931**