

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering  
Cancer Center

[Make an Appointment](#)

[Back](#)

[Counseling & Support](#)

[Learn About Our Cancer Treatment](#)

[Refer a Patient](#)

ALL ABOUT US

ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

[History](#)

[Equality, diversity & inclusion](#)

[Annual report](#)

[Give to MSK](#)



A support group can help you feel heard and understood. Pictured is MSK social worker Anne Martin.

At Memorial Sloan Kettering, [our support groups and programs](#) for people with cancer and their loved ones provide a helpful forum for connecting with others who are going through or have been through similar experiences. Our social workers, psychiatrists, psychologists, and patient and caregiver volunteers are all here to help you make sense of your experience and continue on a path to healing. Here is a look at the different kinds of support we offer.

## Cancer Support Groups

Support groups are run by [licensed social workers](#) and nurses with expertise and training that can help you and your family cope with adjusting to cancer emotionally and physically. Participants are encouraged to share experiences or simply gather information. Our disease-specific support groups touch on dealing with issues such as fatigue, isolation, and concerns about the future. We also offer specialty groups for [parents](#), [caregivers](#), [survivors](#), and

[anyone grieving](#). For more information, please contact the [Department of Social Work](#) at [212-639-7020](#).

Free, in-person meetings take place across all MSK locations, including our inpatient Memorial Hospital and regional facilities.

[Check out our full calendar of social work support services here](#)

## Online Cancer Support Groups

Free meetings are available online. If you prefer to participate in an online forum, our [Virtual Programs](#) offer multiple opportunities for connecting.

## Counseling for Individuals, Couples, and Families

Psychologists and psychiatrists offer counseling for individuals, couples, and families. We also offer parenting guidance, hypnosis, mindfulness-based therapies, sexual therapy, and cognitive rehabilitation. Learn more by calling the [Counseling Center](#) at [646-888-0100](#).

PREVIOUS

[Social Work Support Groups](#)

NEXT

[Virtual Programs](#)

- Connect
  - [Contact us](#)
  - [Locations](#)
- APPOINTMENTS
  - [800-525-2225](#)
  - 
  - 
  - 
  - 
  - 
- About MSK
  - [About us](#)
  - [Careers](#) 
  - [Giving](#) 
- Cancer Care
  - [Adult cancer types](#)
  - [Child & teen cancer types](#)
  - [Integrative medicine](#)
  - [Nutrition & cancer](#)
  - [Find a doctor](#)
- Research & Education
  - [Sloan Kettering Institute](#)

[Gerstner Sloan Kettering Graduate School](#) ■

[Graduate medical education](#)

[MSK Library](#) ■

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[Price transparency](#)

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