

Resources for Life After Cancer

INFORMATION • EDUCATION • SUPPORT

January - December 2020

Memorial Sloan Kettering Cancer Center
485 Lexington Ave, 2nd floor, New York, NY 10017
646-888-8106
RLAC@mskcc.org

ABOUT THE PROGRAM

At Resources for Life After Cancer (RLAC), we extend the Memorial Sloan Kettering mission of providing the best cancer care anywhere. Survivors who have finished active treatment are welcome to participate. We create a community of support, education, and hope. Our services include educational lectures, support groups, counseling services, advocacy, and community referrals to help you live well after cancer treatment. We welcome individuals of all races, religions, gender identities, sexual orientations, nationalities and ethnicities. All programs are free of charge.

To participate in a program, it's necessary to register by emailing RLAC@mskcc.org or calling 646-888-8106. Programs may change or are subject to be canceled.

Resources for Life After Cancer

Department of Social Work
485 Lexington Ave, 2nd floor
New York, NY 10017
Telephone: 646-888-8106

RLAC is Going Green. If you would like to go paperless please email us at RLAC@mskcc.org.

If you would like to unsubscribe please contact us at:
Resources for Life After Cancer
485 Lexington Ave, 2nd floor
New York, NY 10017
Email: RLAC@mskcc.org

No observers without prior approval



**Memorial Sloan Kettering
Cancer Center**

Department of Social Work

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It is necessary to register for all programs.
 Please call 646-888-8106 or email rlac@mskcc.org.
 No observers without prior approval.

QUALITY OF LIFE

Lectures

An Orientation to Life after Cancer – *Online Program*

Kimarie Knowles, LCSW, Kristie Redfield, LCSW and Leah Moroge, LCSW, Department of Social Work

This lecture will review common emotional and practical concerns that can come up when treatment is over. Both patients and caregivers are welcome to join.

DATE	TIME	
Jan 14	1:00–2:15 PM	To register, go to www.mskcc.org/vp
Jul 16	2:30–3:45 PM	To register, go to www.mskcc.org/vp

Changes in Weight – *Online Program*

Cara Anselmo, MS, RD, CDN, Department of Nutrition

Many people experience unintentional changes in body weight during and after cancer treatment. This lecture will address how individuals can manage weight gain or weight loss with diet and nutrition.

DATE	TIME	
Jan 28	1:00–2:30 PM	To register, go to www.mskcc.org/vp

Returning to Work – *Online Program*

Nicole Jarvis, LMSW, Senior Manager of Programs, Cancer and Careers

This lecture will cover practical concerns that may arise when dealing with cancer in the workplace. Whether you are looking for a new job after treatment or needing additional accommodations, this session will provide information to help you take your next steps.

DATE	TIME	
Feb 11	5:30–7:00 PM	To register, go to www.mskcc.org/vp

Medical Debt

Vivienne Duncan, Esq., Director, Cancer Advocacy and Elderlaw Projects/City Bar Justice Center

This lecture will focus on the rights of patients with medical debt. A lawyer will offer advice on how to negotiate with hospitals and doctors. There will be a review of the Debt Protection Law, which helps patients who have medical bills in collection.

DATE	TIME	LOCATION	ROOM
Feb 18	5:30–7:00 PM	430 E 67th Street	RRL 103

Dental Health

Cherry L. Estilo, DMD, Dental Service, Department of Surgery

This lecture will address common dental myths, the dental impact of specific treatments such as radiation and strategies for overall oral health.

DATE	TIME	LOCATION	ROOM
Mar 24	5:30–7:00 PM	430 E 67th Street	RRL B20

Fertility and Survivorship

Anne Casson, NP, Fertility Nurse Specialist

This lecture will address common fertility-related concerns in survivorship. It will include discussion of fertility evaluation and preservation and options for having a family after treatment ends. Consultation is necessary; call 646-888-8106.

DATE	TIME	LOCATION	ROOM
May 5	5:30–7:00 PM	430 E 67th Street	RRL 103

Gynecologic Sexual Health in Survivorship – *Online Program*

Ashley Arkema, NP, Sexual Health Specialist

This lecture will address common concerns related to gynecologic and sexual health in survivorship. It will provide strategies to help patients experiencing vulvovaginal dryness, painful sex, diminished libido and arousal. Consultation is necessary.

DATE	TIME	LOCATION
May 12	5:30–7:00 PM	To register, go to www.mskcc.org/vp

Traumatic Stress and Recovery after Cancer – *Online Program*

Leah Moroge, LCSW and Kristie Redfield, LCSW, Department of Social Work

The experience of cancer treatment can be traumatic. This lecture will focus on traumatic stress and will explore strategies for coping and recovery.

DATE	TIME	LOCATION
Sep 15	5:30–7:00 PM	To register, go to www.mskcc.org/vp

Benefits of Exercise

Sarah Lehman, MA and Kurtis Stoeckel, BS, Exercise Oncology Research Program

This lecture will focus on the benefits of exercise before, during and after treatment and suggest ways to implement it into your life.

DATE	TIME	LOCATION	ROOM
Oct 13	5:30–7:00 PM	430 E 67th Street	RRL B20

Medicare Overview

Vivienne Duncan, Esq., Director, Cancer Advocacy & Elderlaw Projects/City Bar Justice Center

This lecture will provide an overview of Medicare options including Part A, Part B, Part D, supplemental policies and guidance on appealing coverage denials.

DATE	TIME	LOCATION	ROOM
Oct 27	5:30-7:00 PM	430 E 67th Street	RRL 117

INTEGRATIVE MEDICINE APPROACHES AND SURVIVORSHIP

How Mindfulness Can Help with Anxiety After a Cancer Diagnosis

Beth Sandweiss, MSW, Mind-Body Therapist

People who have been treated for cancer often experience ongoing worry, anxiety, and fears of recurrence. In this lecture, we will review the research and teach brief mindfulness practices that can be used to interrupt cycles of anxiety and worry.

DATE	TIME	LOCATION	ROOM
Mar 31	5:30-7:00 PM	430 E 67th Street	RRL 117

Person-Centered Pain Management: Effective Integrative Approaches

Kevin Liou, MD

Integrative therapies such as acupuncture, oncology massage and meditation are research-based methods for treating pain. In this lecture we will review effective integrative therapies that cancer survivors can use to address pain and improve their quality of life.

DATE	TIME	LOCATION	ROOM
May 19	5:30-7:00 PM	417 E 68th Street	ZRC 136

CBD and Survivorship

Nirupa Raghunathan, MD

Cannabidiol, commonly referred to as CBD, is often promoted for having therapeutic effects. This lecture will present the current state of research into this herbal compound and discuss what cancer survivors should know.

DATE	TIME	LOCATION	ROOM
Jun 9	5:30-7:00 PM	430 E 67th Street	RRL 103

Integrative Management of Insomnia

Eugenie Spiguel, NP and Tina Paul, MS, C-IAYT, E-RYT500

In this lecture we will present integrative treatment options that may be useful for both short- and long-term sleep interruptions. This session will include chair yoga to help relax the body and prepare for a good night's sleep.

DATE	TIME	LOCATION	ROOM
Nov 3	5:30–7:00 PM	430 E 67th Street	RRL 103

CANCER AND AGING INTERPROFESSIONAL TEAM

Cancer, Depression and the Older Adult

Rebecca Saracino, PhD, Assisting Attending Psychologist, Department of Psychiatry and Behavioral Sciences

Following treatment for cancer, some older adults experience emotional and social challenges such as depression and social isolation. Join us for a discussion on how to enhance your emotional wellbeing and improve your quality of life.

DATE	TIME	LOCATION	ROOM
Apr 23	1:30–3:00 PM	430 E 67th Street	RRL 103

Medication Management for the Older Adult Cancer Survivor

Manpreet K. Boparai, PharmD, CGP, BCACP, Clinical Pharmacy Specialist, Department of Pharmacy

Join us for a discussion focusing on tips to manage and understand your prescription medications, drug- food interactions and innovative ways to help improve medication adherence.

DATE	TIME	LOCATION	ROOM
Jun 24	1:00–2:30 PM	430 E 67th Street	RRL 103

Cancer Related Cognitive Changes

Chrysanne Karnick, MOT, OTR/L, CAPS, CLT, Department of Neurology

Cognitive changes impact many people during and after cancer treatment. This lecture will review helpful tools for optimizing daily functioning while dealing with treatment related cognitive issues such as difficulty concentrating or memory loss.

DATE	TIME	LOCATION	ROOM
Dec 1	10:30 AM–12:00 PM	417 E 68th Street	ZRC 136

QUALITY OF LIFE

Discussion and Education Programs

Dating and Disclosure

Kimarie Knowles, LCSW, Kristie Redfield, LCSW and Leah Moroge, LCSW, Department of Social Work

After treatment ends it can be hard to know when, how and whether to disclose your cancer history. This program will focus on the complexities of dating after treatment.

DATE	TIME	LOCATION	ROOM
Feb 11	12:00–1:00 PM	Online	To register, go to www.mskcc.org/vp
Jun 16, Aug 11	5:30-7:00 PM	160 E 53rd Street	11th Fl Conf Rm

Embodied: Coping with Cancer-Related Body Image Changes

Rachael Goldberg, LCSW, Liz Fortier, LCSW and Meredith Cammarata, LCSW, Department of Social Work

This program will cover common body image concerns for individuals who have completed treatment for cancer. It will review how physical changes after treatment can impact one's sense of self. Consultation is necessary; call 646-888-8106.

DATE	TIME	LOCATION	ROOM
Mar 4	2:00–3:30 PM	Online	To register, go to www.mskcc.org/vp
Jun 3	5:30–7:00 PM	430 E 67th Street	RRL B22
Sep 16	2:00–3:30 PM	Online	To register, go to www.mskcc.org/vp
Dec 2	5:30–7:00 PM	430 E 67th Street	RRL 102

Finding Our Way: A Discussion of Spirituality and Survivorship

Melissa Stewart, LCSW, Department of Social Work and Rev. Jill Bowden, Director, Chaplaincy Services

The cancer experience can leave survivors and those close to them questioning their spiritual beliefs, redefining them or having a more intense connection with their own belief system. Join in a discussion about how this profound experience can impact one's spiritual self.

DATE	TIME	LOCATION	ROOM
Mar 11	5:30–7:00 PM	430 E 67th Street	RRL B20
Sep 16	5:30–7:00 PM	430 E 67th Street	RRL 102

SUPPORT GROUPS

Life after Cancer – Online Support Group

Kimarie Knowles, LCSW, Kristie Redfield, LCSW and Leah Moroge, LCSW, Department of Social Work

The end of treatment can bring about unexpected feelings and reactions such as a sense of loss, a shifting of priorities and worries about the future. We will address these and other related feelings and consider strategies for managing during this time.

DATE	TIME	
Apr 7, Oct 6	12:30–1:30 PM	To register, go to www.mskcc.org/vp

POPULATION SPECIFIC

Adult Survivors of Childhood Cancers

Adult Survivors of Childhood Cancers Discussion Group

Leah Moroge, LCSW, Department of Social Work and Roseann Tucci, RN, MSN, ANP, Department of Medicine

Join fellow adult survivors of childhood cancers for a discussion of the issues unique to this population such as family relationships, changed perspectives and late effects of treatment.

DATE	TIME	LOCATION	ROOM
Jan 14, Apr 14 Jul 14, Oct 13	5:00–6:30 PM	205 E 64th Street	Concourse Library 201

Men

Men and Cancer – Online Support Group

Kimarie Knowles, LCSW and Chris Anrig, LCSW, Department of Social Work

This is a group for men who are finished with treatment. The group will address common areas of concern including building stamina, body image changes, sexuality, employment, communication with friends and family, preoccupation with health and fear of recurrence.

DATE	TIME	
Jan 15, Apr 15 Jul 15, Oct 21	2:30–3:30 PM	To register, go to www.mskcc.org/vp

Women

Grace and Grit: A Women's Circle

Kimarie Knowles, LCSW, Kristie Redfield, LCSW and Leah Moroge, LCSW, Department of Social Work

This eight-week closed group is for women who have completed treatment for cancer. Topics will include building stamina, body image changes, sexuality, employment, communication with friends and family, preoccupation with health and fear of recurrence. Consultation is necessary; call 646-888-8106. Group will begin February 2020.

Women's Long-Term Hodgkin's Group

Leah Moroge, LCSW, Department of Social Work and Roseann Tucci, RN, MSN, ANP, Department of Medicine

This is a support group for women who are long-term survivors of Hodgkin's lymphoma, treated in childhood/young adulthood. Discussion focuses on coping with the impact of long-term treatment effects on relationships, career, and daily life.

DATE	TIME	LOCATION	ROOM
Mar 2, Jun 1, Sep 21, Dec 7	1:00-2:30 PM	160 E 53rd Street	11th Fl Conf Rm

LGBTQ

Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors – *Online Support Group*

Kimarie Knowles, LCSW, Kristie Redfield, LCSW and Leah Moroge, LCSW, Department of Social Work

This group for cancer survivors who identify as LGBTQ will address adjustment to life after cancer. Topics will include concerns about careers, dating, sexual health, fertility, fear of recurrence and changed perspectives.

DATE	TIME
June 2, Dec 1	2:30-3:30 PM

To register, go to www.mskcc.org/vp

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
No observers without prior approval.

Spanish

Spanish Speaking Group: Life with Cancer – Online Support Group

Yanette Tactuk, LCSW and Carmen Castillo, RN

Join our online group for Spanish speakers. Talk about your cancer diagnosis, treatment experience and recovery. Receive support from others, share your thoughts and learn about resources. All Spanish speaking patients at MSK, their caregivers and family can participate.

DATE	TIME	
Jan 8, Feb 5, Mar 4, Apr 1 May 6, Jun 3, Jul 1, Aug 5 Sep 2, Oct 7, Nov 4, Dec 2	11:00 AM-12:00 PM	To register, go to www.mskcc.org/vp

Grupo de Habla Hispana: Vida con Cáncer-Grupo de Apoyo en Línea

Yanette Tactuk, LCSW y Carmen Castillo, RN

Únase a nuestro grupo en línea de habla hispana. Hable acerca de su diagnóstico de cáncer, su experiencia con el tratamiento, y su recuperación. Reciba apoyo de otras personas y encuentre un lugar seguro donde puede compartir sus pensamientos y aprender acerca de los recursos disponibles. Todos los pacientes de habla hispana en el MSK, sus cuidadores y su familia pueden participar.

FECHA	HORA	
Enero 8, Feb 5, Marzo 4, Abr 1 Mayo 6, Jun 3, Jul 1, Agosto 5 Sept 2, Oct 7, Nov 4, Dic 2	11:00 AM-12:00 PM	para registrarse, vaya a www.mskcc.org/vp

YOUNG ADULT CANCER SURVIVORS

Young Adult Survivorship Group

Kimarie Knowles, LCSW, Kristie Redfield, LCSW and Leah Moroge, LCSW, Department of Social Work

This group is for young adults who have completed treatment for cancer. Topics will include concerns about careers, dating, sexual health, fertility, fear of recurrence and changed perspectives. This is an eight-week group. Consultation is necessary; call 646-888-8106. Group will begin September 2020.

It is necessary to register for all programs.
Please call 646-888-8106 or email rlac@mskcc.org.
No observers without prior approval.

Dating and Disclosure for Young Adults – Online Program

**Kimarie Knowles, LCSW, Kristie Redfield, LCSW and Leah Moroge, LCSW,
Department of Social Work**

It can be hard to know when, how and whether to disclose your cancer history. This program will focus on the complexities of dating after treatment for young adults.

DATE	TIME	
Nov 17	12:30–1:30 PM	To register, go to www.mskcc.org/vp

Young Adult Socializing Events

Young adult survivors often report feelings of isolation after treatment ends. Events focused on socialization and networking will be offered to meet the needs of this unique population. Consultation is necessary; call 646-888-8106.

SUPPORT GROUPS – POST-TREATMENT SUPPORT GROUPS BY DIAGNOSIS

If you are **NEW** to our support groups, a registration and assessment process is necessary. Please call 646-888-8106 or email rlac@mskcc.org.

Please be advised that program locations can change or programs can be cancelled. **Please register in advance for each group.**

Diagnosis-specific support groups provide opportunities for individuals who have completed treatment to connect with others going through similar situations, to obtain and share information, to express their feelings about the cancer experience, to receive understanding and support, and to affirm their own way or discover new ways to adjust to life after treatment. Each group is co-led by social workers, nurses and/or physical therapists. We encourage participants to share experiences while gathering medical and rehabilitation information from health care professionals. We welcome individuals of all races, religions, gender identities, sexual orientations, nationalities and ethnicities.

Bladder Cancer Support Group

Linda Mathew, LCSW and Vashti Livingston, CWOCN

DATE	TIME	LOCATION	ROOM
Jan 9	12:00–1:30 PM	417 E 68th Street	ZRC 136
Feb 13, Mar 12, Apr 9, May 14	12:00–1:30 PM	430 E 67th Street	RRL 103
Jun 11, Jul 9, Aug 13	12:00–1:30 PM	430 E 67th Street	RRL 103
Sep 10	12:00–1:30 PM	430 E 67th Street	RRL B20
Oct 8, Nov 12, Dec 10	12:00–1:30 PM	430 E 67th Street	RRL 103

Brain Tumor Support Group

Anastasia Zankowsky, LMSW and Bora Manne, CNRN

DATE	TIME	LOCATION	ROOM
Jan 13, Feb 10, Mar 9, Apr 13 May 11, Jun 8, Jul 13, Aug 10 Sep 14, Oct 12, Nov 9, Dec 14	1:00-2:30 PM	160 E 53rd Street	11th Fl Conf Rm

Breast Cancer Support Group

Kristie Redfield, LCSW

DATE	TIME	LOCATION	ROOM
Jan 20, Feb 17, Mar 16, Apr 20 May 18, Jun 15, Jul 20, Aug 17 Sep 21, Oct 19, Nov 16, Dec 21	2:30-4:00 PM	300 E 66th Street	243-A

Colorectal Cancer – Online Support Group

Leah Morage, LCSW and Zana Correa, NP, BC

DATE	TIME	
Feb 18, Apr 21, Jun 16, Aug 18 Oct 20, Dec 15	1:00-2:30 PM	To register, go to www.mskcc.org/vp

Esophageal Cancer – Online Support Group

Kristie Redfield, LCSW and Carolyn Sadler, RN

DATE	TIME	
Jan 13, Mar 9, May 11, Jul 13 Sep 14, Nov 9	1:00-2:00 PM	To register, go to www.mskcc.org/vp

Gynecologic Cancer Support Group

Kristie Redfield, LCSW and Sally Yong, BSN, RN

DATE	TIME	LOCATION	ROOM
Jan 14, Feb 11, Mar 10, Apr 14 May 12, Jun 9, Jul 14, Aug 11 Sep 8, Oct 13, Nov 10, Dec 8	3:30-5:00 PM	160 E 53rd Street	11th Fl Conf Rm

Head, Neck and Oral Cancer Support Group

Leah Morage, LCSW and Violeta Dokic, BSN, RN, OCN

DATE	TIME	LOCATION	ROOM
Jan 9, Feb 13, Mar 12, Apr 9 May 14, Jun 11, Jul 9, Aug 13 Sep 10, Oct 8, Nov 12, Dec 10	2:00-3:30 PM	205 E 64th Street	Concourse Library 201

Stem Cell Transplant – *Online Support Group*

Kimarie Knowles, LCSW, Kristie Redfield, LCSW and Leah Moroge, LCSW

DATE	TIME	
Mar 3, Sep 1	2:30-3:30 PM	To register, go to www.mskcc.org/vp

Lung Cancer Support Group

Kimarie Knowles, LCSW and Carolyn Sadler, RN

DATE	TIME	LOCATION	ROOM
Jan 21, Feb 18, Mar 17, Apr 21 May 19, Jun 16, Jul 21, Aug 18 Sep 15, Oct 20, Nov 17, Dec 15	11:30-1:00 PM	160 E 53rd Street	11th Fl Conf Rm

Prostate Cancer Support Group

Linda Mathew, LCSW

DATE	TIME	LOCATION	ROOM
Feb 6, Mar 5	12:00-1:00 PM	430 E 67th Street	RRL 102
Apr 2	11:00-12:00 PM	430 E 67th Street	RRL B22
May 7	12:00-1:00 PM	430 E 67th Street	RRL B22
Jun 4, Jul 2	12:00-1:00 PM	430 E 67th Street	RRL 102
Aug 6	12:00-1:00 PM	417 E 68th Street	ZRC 136
Sep 3, Oct 1, Nov 5, Dec 3	12:00-1:00 PM	430 E 67th Street	RRL 102

Cancer-Related Lymphedema / *Commack Location*

Karen Hartman, LCSW and Debbie Mattera, PT

DATE	TIME	
First Thursday of each month	4:00-5:30 PM	Please call 631-623-4008 to register.

Cancer-Related Lymphedema – *Online Support Group*

Kimarie Knowles, LCSW and Laurie Kilmartin PT, DPT, WCS, CLT-LANA

DATE	TIME	EMAIL
Mar 18, Jun 17, Sep 16, Dec 16	1:00-2:15 PM	To register, go to www.mskcc.org/vp

It is necessary to register for all programs.
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No observers without prior approval.

CALENDAR

JANUARY-DECEMBER 2020

January

8	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
9	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
13	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - Online Support Group
14	Tuesday	1:00	An Orientation to Life after Cancer - Online Program
		3:30	Gynecologic Cancer Support Group
		5:00	Adult Survivors of Childhood Cancers Discussion Group
15	Wednesday	2:30	Men and Cancer - Online Support Group
20	Monday	2:30	Breast Cancer Support Group
21	Tuesday	11:30	Lung Cancer Support Group
28	Tuesday	1:00	Changes in Weight - Online Program

February

5	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
6	Thursday	12:00	Prostate Cancer Support Group
10	Monday	1:00	Brain Tumor Support Group
11	Tuesday	12:00	Dating and Disclosure - Online Program
		3:30	Gynecologic Cancer Support Group
		5:30	Returning to Work - Online Program
13	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
17	Monday	2:30	Breast Cancer Support Group
18	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer - Online Support Group
		5:30	Medical Debt

March

2	Monday	1:00	Women's Long-Term Hodgkin's Group
3	Tuesday	2:30	Stem Cell Transplant - Online Support Group
4	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
		2:00	Embodied - Online Program
5	Thursday	12:00	Prostate Cancer Support Group
9	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - Online Support Group
10	Tuesday	3:30	Gynecologic Cancer Support Group
11	Wednesday	5:30	Finding Our Way: A Discussion of Spirituality and Survivorship
12	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
16	Monday	2:30	Breast Cancer Support Group
17	Tuesday	11:30	Lung Cancer Support Group
18	Wednesday	1:00	Cancer Related Lymphedema - Online Support Group

24	Tuesday	5:30	Dental Health
31	Tuesday	5:30	How Mindfulness Can Help with Anxiety After a Cancer Diagnosis

April

1	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
2	Thursday	11:00	Prostate Cancer Support Group
7	Tuesday	12:30	Life after Cancer - Online Support Group
9	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
13	Monday	1:00	Brain Tumor Support Group
14	Tuesday	3:30	Gynecologic Cancer Support Group
		5:00	Adult Survivors of Childhood Cancers Discussion Group
15	Wednesday	2:30	Men and Cancer - Online Support Group
20	Monday	2:30	Breast Cancer Support Group
21	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer - Online Support Group
23	Thursday	1:30	Cancer, Depression, and the Older Adult

May

5	Tuesday	5:30	Fertility and Survivorship
6	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
7	Thursday	12:00	Prostate Cancer Support Group
11	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - Online Support Group
12	Tuesday	3:30	Gynecologic Cancer Support Group
		5:30	Gynecologic Sexual Health in Survivorship - Online Program
14	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
18	Monday	2:30	Breast Cancer Support Group
19	Tuesday	11:30	Lung Cancer Support Group
		5:30	Person-Centered Pain Management: Effective Integrative Approaches

June

1	Monday	1:00	Women's Long-Term Hodgkin's Group
2	Tuesday	2:30	Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors - Online Support Group
3	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
		5:30	Embodied
4	Thursday	12:00	Prostate Cancer Support Group
8	Monday	1:00	Brain Tumor Support Group
9	Tuesday	3:30	Gynecologic Cancer Support Group
		5:30	CBD and Survivorship
11	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group

15	Monday	2:30	Breast Cancer Support Group
16	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer - Online Support Group
		5:30	Dating and Disclosure
17	Wednesday	1:00	Cancer Related Lymphedema - Online Support Group
24	Wednesday	1:00	Medication Management for the Older Adult Cancer Survivor

July

1	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
2	Thursday	12:00	Prostate Cancer Support Group
9	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
13	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - Online Support Group
14	Tuesday	3:30	Gynecologic Cancer Support Group
		5:00	Adult Survivors of Childhood Cancers Discussion Group
15	Wednesday	2:30	Men and Cancer - Online Support Group
16	Thursday	2:30	An Orientation to Life after Cancer - Online Program
20	Monday	2:30	Breast Cancer Support Group
21	Tuesday	11:30	Lung Cancer Support Group

August

5	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
6	Thursday	12:00	Prostate Cancer Support Group
10	Monday	1:00	Brain Tumor Support Group
11	Tuesday	3:30	Gynecologic Cancer Support Group
		5:30	Dating and Disclosure
13	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
17	Monday	2:30	Breast Cancer Support Group
18	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer - Online Support Group

September

1	Tuesday	2:30	Stem Cell Transplant - Online Support Group
2	Wednesday	11:00	Spanish Speaking Group: Life with Cancer - Online Support Group
3	Thursday	12:00	Prostate Cancer Support Group
8	Tuesday	3:30	Gynecologic Cancer Support Group
10	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
14	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer - Online Support Group
15	Tuesday	11:30	Lung Cancer Support Group
		5:30	Traumatic Stress and Recovery after Cancer - Online Program
16	Wednesday	1:00	Cancer Related Lymphedema - Online Support Group
		2:00	Embodied - Online Program
		5:30	Finding Our Way: A Discussion of Spirituality and Survivorship

21	Monday	1:00	Women's Long-Term Hodgkin's Group
		2:30	Breast Cancer Support Group

October

1	Thursday	12:00	Prostate Cancer Support Group
6	Tuesday	12:30	Life after Cancer – Online Support Group
7	Wednesday	11:00	Spanish Speaking Group: Life with Cancer – Online Support Group
8	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
12	Monday	1:00	Brain Tumor Support Group
13	Tuesday	3:30	Gynecologic Cancer Support Group
		5:00	Adult Survivors of Childhood Cancers Discussion Group
		5:30	Benefits of Exercise
19	Monday	2:30	Breast Cancer Support Group
20	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer – Online Support Group
21	Wednesday	2:30	Men and Cancer – Online Support Group
27	Tuesday	5:30	Medicare Overview

November

3	Tuesday	5:30	Integrative Management of Insomnia
4	Wednesday	11:00	Spanish Speaking Group: Life with Cancer – Online Support Group
5	Thursday	12:00	Prostate Cancer Support Group
9	Monday	1:00	Brain Tumor Support Group
		1:00	Esophageal Cancer – Online Support Group
10	Tuesday	3:30	Gynecologic Cancer Support Group
12	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
16	Monday	2:30	Breast Cancer Support Group
17	Tuesday	11:30	Lung Cancer Support Group
		12:30	Dating and Disclosure for Young Adults – Online Program

December

1	Tuesday	10:30	Cancer Related Cognitive Changes
		2:30	Life after Cancer Support Group for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Cancer Survivors – Online Support Group
2	Wednesday	11:00	Spanish Speaking Group: Life with Cancer – Online Support Group
		5:30	Embodied
3	Thursday	12:00	Prostate Cancer Support Group
7	Monday	1:00	Women's Long-Term Hodgkin's Group
8	Tuesday	3:30	Gynecologic Cancer Support Group
10	Thursday	12:00	Bladder Cancer Support Group
		2:00	Head, Neck and Oral Cancer Support Group
14	Monday	1:00	Brain Tumor Support Group
15	Tuesday	11:30	Lung Cancer Support Group
		1:00	Colorectal Cancer – Online Support Group
16	Wednesday	1:00	Cancer Related Lymphedema – Online Support Group
21	Monday	2:30	Breast Cancer Support Group

Resources for Life After Cancer
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