



# Resources for Life After Cancer

## 2026 Live Online Programs

Information • Education • Support



Memorial Sloan Kettering  
Cancer Center

# About the Program

Resources for Life After Cancer (RLAC) is a Memorial Sloan Kettering Cancer Center program that extends our mission of providing the best cancer care anywhere. We create a community of support, education, and hope by providing educational lectures, support groups, counseling services, advocacy and community referrals to help you live well after cancer treatment. Survivors who have finished active treatment are welcome to participate.

We welcome individuals of all races, religions, gender identities, sexual orientations, abilities, nationalities and ethnicities. All programs are free of charge. Programs may change and are subject to cancellation.

## Contact Us

Phone: 646-888-8106

Email: [RLAC@mskcc.org](mailto:RLAC@mskcc.org)

Resources for Life After Cancer  
Department of Social Work  
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New York, NY 10017



Memorial Sloan Kettering  
Cancer Center

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# Quality of Life Programs

## LECTURES

To register for any of our programs, go to [www.mskcc.org/vp](http://www.mskcc.org/vp)

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### **Coping with Post-Treatment Anxiety**

**Meghan McDarby, PhD, Postdoctoral Research Fellow, Department of Psychiatry and Behavioral Sciences**

Patients often experience a range of positive emotions at the end of treatment, including relief, gratitude, and hope for the future. However, though sometimes unexpected, it is also common for patients to experience increased worry and anxiety. In this talk, Dr. McDarby will discuss why anxiety can increase when treatment is done and what you can do to help manage it. The information presented will help empower you to recognize and cope with post-treatment anxiety.

MAR 3 4:00-5:00pm

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### **Skin, Hair and Nail Health in Survivorship**

**Allison Gordon, MD, Associate Attending Physician and Director of Outpatient Oncodermatology, Dermatology Service, Department of Medicine**

Dr. Gordon will discuss the effects of cancer treatment on the skin, hair and nails, and will offer recommendations for managing these treatment side effects.

MAY 12 4:00-5:00pm

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### **Cancer Discrimination in the Workplace**

**Alison G. Greenberg, Esq., Employment Law and Commercial litigation Director, Cancer Advocacy & Elderlaw Projects/City Bar Justice Center**

Cancer patients and survivors may face certain legal challenges in the workplace or when seeking employment. This may raise questions such as: “Who needs to know about my diagnosis – and how much should I tell?” “Could I lose my job if I take time off for treatment or recovery?” “How much time off can I take?” “What if I need help to do my job when I return?” The presentation will outline the applicable laws, explain your rights and options, and provide guidance on requesting what you need at work.

JUN 9 4:00-5:00pm

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## **Mindfulness Based Approaches to Managing Anxiety After Cancer**

**Diane Lee, MSN, AGPCNP-BC, Nurse Practitioner, Integrative Medicine Service**

In this lecture, we will learn about the history of mindfulness and its usefulness in helping to manage anxiety after cancer. A mind body therapist will join us to teach brief mindfulness practices that can be used to interrupt cycles of anxiety and worry.

SEP 29 4:00-5:00pm

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## **Eating Well in Survivorship**

**Cara Anselmo, MS, RDN, CSOWM, CDN, Clinical Dietitian Nutritionist, Food and Nutrition Services**

Your food choices affect not only your long-term health but also how you feel day to day. Join us for this presentation that will talk about nutrition to optimize your health and sense of well-being while taking into consideration the unique needs of cancer survivors.

OCT 15 4:00-5:00pm





## DISCUSSION AND EDUCATION MEETINGS

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### Dating and Disclosure

**Barbara Golby, LCSW, Department of Social Work**

After treatment ends, it can be hard to know when, how, and whether to disclose your cancer history. This interactive discussion will focus on the complexities of dating after treatment. Consultation is required before joining.

JAN 20 4:00-5:00pm

### An Orientation to Life After Cancer

**Barbara Golby, LCSW, Department of Social Work**

This presentation and interactive discussion will review common emotional and practical concerns that emerge when treatment is over. Both patients and caregivers are welcome to join.

FEB 10 4:00-5:00pm | JUL 7 4:00-5:00pm



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### **For Young Adults: Coping with Cancer-Related Body Image Changes**

**Alexandra Russo, LCSW, and Rebecca Santiago, LCSW, Department of Social Work**

Cancer can change how you feel about your body - and you're not alone in that. This session offers a chance to learn how cancer can impact body image and identity, and to connect with other young adults who get it. Led by oncology social workers, the session includes helpful information, space to reflect, and opportunities for discussion. Whether you just want to listen or you're open to sharing, you're welcome here. Consultation is required before joining.

FEB 24 5:30-6:30pm | AUG 4 1:00-2:00pm

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### **Coping with Physical Scars in Cancer Survivorship**

**Meredith Cammarata, LCSW, Department of Social Work**

Living with scars and other changes to physical appearance after cancer treatment can impact a person's emotional well-being and quality of life. This session will address the survivor experience and discuss techniques to help cope with the emotional impact of post-treatment body changes.

APR 21 4:00-5:00pm

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### **For Young Adults: Dating and Disclosure**

**Alexandra Russo, LCSW, Department of Social Work**

It can be hard to know when, how, and whether to disclose your cancer history. This meeting will focus on the complexities of dating as a young adult after treatment. Consultation is required before joining.

MAY 19 1:00-2:00pm | NOV 5 5:30-6:30pm

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### **Finding Our Way: A Discussion of Spirituality and Survivorship**

**Annamma Abraham-Kaba, LCSW, Department of Social Work, and Reverend Paul Yoon, BCC, Program Manager, 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.

NOV 18 4:00-5:00pm



# Support Groups

To register for any of our support groups, go to [www.mskcc.org/vp](http://www.mskcc.org/vp) or email [rlac@mskcc.org](mailto:rlac@mskcc.org)

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## Adult Survivors of Childhood Cancers Support Group

**Barbara Golby, LCSW, Department of Social Work**

Join fellow adult survivors of childhood cancer for a discussion of the issues unique to this population such as managing work and career, social relationships, and late effects of treatment. This group is for MSK patients. Consultation is required before joining.

JAN 15, APR 16, JUL 16, OCT 15, 5:00-6:00pm

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## Cancer-Related Lymphedema Support Group

**Nicole Wood, LCSW, OSW-C Department of Social Work**

This is an online survivorship support group for MSK patients with cancer-related lymphedema. Consultation is required before joining.

JAN 8, MAR 5, MAY 7, JUL 2, SEPT 3, NOV 5, 4:00-5:00pm

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## Men's Survivorship Support Group

**Barbara Golby, LCSW, and Octavio Moreno-Lomeli, LCSW, Department of Social Work**

This is an online drop-in support group for men who have completed treatment for any type of cancer at MSK. Common areas of concern will be addressed including body image changes, sexuality, work and career, understanding feelings of sadness, worry and uncertainty, and managing treatment side effects.

JAN 15, APR 16, JUL 16, OCT 15, 2:00-3:00pm

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## Women's Survivorship Support Group

**Barbara Golby, LCSW, Rebecca Santiago, LCSW Department of Social Work**

This six-week online support group is for women who have completed treatment for any type of cancer at MSK. Topics of discussion will include body image changes, managing personal and professional relationships after cancer, treatment side effects, shifting priorities and worries about recurrence. Requires 6-week commitment. Consultation is required before joining.

WINTER 2026

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## **Breast Survivorship Support Group**

**Barbara Golby, LCSW, Department of Social Work**

This six-week online support group is for women who have completed breast cancer treatment at MSK. Discussion topics will include common survivorship related concerns such as managing sadness and fear of recurrence, as well as managing treatment side-effects unique to breast cancer. Requires 6-week commitment. Consultation is required before joining.

SPRING 2026

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## **Black Women's Survivorship Support Group**

**Annamma Abraham Kaba, LCSW, and Barbara Golby, LCSW, Department of Social Work**

This group is for Black women to discuss their experiences with life after cancer treatment. Requires 6-week commitment. Consultation is required before joining.

FALL 2026

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## **Young Adult Survivorship Support Group**

**Estina Cain, LCSW, and Rachel Henesy, LCSW, Department of Social Work**

This group is for young adults in their 20's and 30's who have completed treatment for cancer. Topics will include career, dating, sexual health, fertility, fear of recurrence and changed perspectives after treatment. Requires a 6-week commitment. Consultation is required before joining.

FALL 2026



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