



# Adelphi NY Statewide Breast Cancer Hotline & Support Program Support Group Schedule



**\*\*All support groups are being offered over the phone and online.**

## SUPPORT GROUPS

## GROUPS FOR SPANISH SPEAKING WOMEN

### General Support Group

Women who are recently diagnosed with breast cancer will have the opportunity to meet with others in similar situations.

### Recurrence Support Group

Women who have experienced a recurrence with breast cancer will have the opportunity to meet with others in similar situations and provide and receive support.

### Under 40, Young Women's Group

Women under the age of 40 who are diagnosed with breast cancer have particular needs. This support group will focus on those concerns while allowing the members to share their feelings in a safe supportive environment.

### Support for Stage 4 Breast Cancer

Individuals with Stage 4 Metastatic Breast Cancer will meet to share information, feelings, hopes, and coping strategies.

**Call Adriana Valencia, LMSW (516) 877-4371**

### Cafecito

Cafecito is a Spanish language support group for survivors of breast cancer who are post-treatment.

### Para Nuestro Bienestar

Para Nuestro Bienestar is a Spanish language support group for newly diagnosed women with breast cancer. If you have been diagnosed within the last 18 months, this group offers a safe and confidential space where we can help you identify, accept and express the feelings you may be experiencing with your diagnosis.

## Creative Arts Workshops

Our (4) week creative arts workshops empower participants to express themselves using art. This therapeutic program offers a safe place to communicate your thoughts, feelings, concerns, problems, hopes and dreams. Our professional staff guides you through different exercises and discussions helping you to find ways to gain personal insight and develop new coping skills.

For information on future workshops, please call Angela M. Papalia, LMSW at **(516) 877-4329** or email [apapalia@adelphi.edu](mailto:apapalia@adelphi.edu).

**breast-cancer.adelphi.edu**  
**800-877-8077**



To participate in one of the listed support groups please call our **Hotline at 800.877.8077** or email [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) to pre-register. Pre-registration is required.

**All groups are facilitated by a licensed social worker.**

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# Breast Cancer Support Groups