

## ARIZONA CANCER CENTER SUPPORT SERVICES

**For general information and support for patients and families, call social workers: Marsha Drozdoff 694-4605, Kathleen Pickrel 694-4786, Jill Winter/Lynn Barwick/Xochitl Gaxiola 694-0845, or Brenda Casey 694-0347**

**Adult Bone Marrow Transplant Support Group** – Support group for Bone Marrow Transplant patients at any stage of the process. This group is now forming with plans to meet the first and third Wednesday of each month from 2:00-3:30 pm at UMC North, 3838 N. Campbell Ave., Room 2280. To register or inquire, please contact Susanne Castellano, MSW, (520) 694-3814.

**Brain Tumor Support Group** - Support group for individuals who have a brain tumor and significant others who want to share concerns and educational information. This group meets the second Wednesday of each month 10:30 am – 12:00 pm at the AZ Cancer Center, Room 2920, on the main UMC campus. Contact: Marsha Drozdoff 694-4605 or Kathleen Pickrel 694-4786.

**(Breast/GYN) Winning Together** - Winning Together is a weekly support group for women with Breast and GYN cancers. This group meets each Friday 10:30 am – 12:00 pm at the Arizona Cancer Center on the main UMC campus, in Conference Room 3978 (Please contact Marsha Drozdoff at 694-4605 prior to your first visit to the group in order to get directions to the room location). Contact Marsha Drozdoff 694-4605.

**Colorectal & Anal Cancer Support Group** - Monthly support group for individuals who have colon, rectal or anal cancer and significant others who want to share concerns and educational information. This group meets the last Tuesday of each month, 4:00-5:30 pm at Arizona Cancer Center/UMC North, 3838 N. Campbell Ave., Room 2280. Contact Kathleen Pickrel 694-4786 or Marsha Drozdoff 694-4605. **\*\*No meeting in July\*\***

**High Risk Cancer Support Group** - Monthly cancer support group for anyone with risk factors such as genetics or family history. This group is held at UMC North in Room 1127 the last Monday of the month at 4 pm. Contact Brenda Casey at 694-0347 or [bcasey@umcaz.edu](mailto:bcasey@umcaz.edu).

**LBT Cancer Support Group** - Weekly cancer support group for lesbians, bisexual and transgender women. This group is held at UMC North in Room 1127 every Monday at 4:30 pm, except for the last Monday of the month. For further information, contact Brenda Casey 694-0347, [bcasey@umcaz.edu](mailto:bcasey@umcaz.edu).

**Leukemia and Lymphoma Society of America Family Support Group** - Support group for patients with Leukemia, Hodgkin's disease, Lymphoma, Multiple Myeloma, and their significant others. This group is cosponsored by Arizona Cancer Center and University Medical Center and meets the second Monday of each month, 5:30 pm – 7:00 pm at the UMC North, 3838 N. Campbell Ave., Room 1290. Contact Marsha Drozdoff, 694-4605.

**Living with Cancer** - Support group meets weekly for cancer patients and their caregivers. People with any type of cancer are welcome. This group meets each Thursday, 2:30 pm – 4:00 pm at the Arizona Cancer Center, UMC North, 3838 N. Campbell Ave., in Room 1290. Contact Jill Winter or Nancy Meister 694-0845. **\*Writing for Wellness** - meets the second Thursday of each month in lieu of the regular group. This is a monthly drop-in session for patients and families where they can express themselves through structured writing exercises in a relaxed setting.

**Look Good, Feel Better Program** - A program for women who are going through cancer treatment. Women receive free beauty/skin care products and tips on how to care for skin/hair/brows. There is no cost but registration for the program is required. Classes are offered at UMC North, Northwest Medical Center, St. Elizabeth Health Center, and the American Cancer Society. For exact locations, times and to register in advance, please call patient navigator Linda Jones at 520-694-0826 or for Espanol, call 520-323-4200.

**Melanoma Support Group** – A forum for people with melanoma to share resources, experiences and hope. This group meets the fourth Wednesday of each month, 3:00-4:30 pm at the Arizona Cancer Center, UMC North, 3838 N. Campbell Ave in Room 1127. For further information, contact Jill Winter 694-0845.

**Monthly Educational Support Group** - Educational support series for cancer patients, families and staff. This group meets the first Wednesday of each month, 12:00 pm – 1:00 pm at the Arizona Cancer Center on the main UMC campus, Room 2920. Contact Marsha Drozdoff 694-4605 or Kathleen Pickrel 694-4786. **\* Guest Speaker: Sabrina Douglas, Southern Arizona Outreach Coordinator, Arizona Smokers' Helpline. Topic: Smoking Cessation.**

**Prostate Cancer Support Group** - Support group for men with prostate cancer. Meetings are the first and third Tuesday, 2:00 pm – 3:45 pm at the Arizona Cancer Center on the main UMC campus in Room 2920. Spouses are welcome to attend. For further information, please contact Marsha Drozdoff 694-4605 or Kathleen Pickrel 694-4786. **Note: only meets first Tuesday of the month May-August.**

**Radiation 101** – Join us in learning more about the process involved in planning your radiation treatments. This hour-long class is intended for patients undergoing treatments, patients who have not yet started treatment, or patients who have completed treatment. The intention of this class is to provide a behind-the-scenes look at what it takes to create your custom radiation treatment plan. Informational sessions are each Tuesday, 11:00-12:00 in the Radiation Oncology Department (Room 0401). For further information, please contact Lexie Smith-Raymond at 694-6868.

**\*\* Reiki Trained Cancer Survivors, Family Members and Staff** - This group meets the 3<sup>rd</sup> Wednesday of each month, 11:30 am – 1:00 pm in Kiewit auditorium at the Arizona Cancer Center on the main UMC campus. One must have received at least Level I Reiki training. There is no charge & it is open to the community. Contact Marsha Drozdoff, 694-4605.

**7 Levels of Healing Introductory Session** – This is a ground-breaking education & support program created by board-certified oncologist Jeremy Geffen, MD, FACP. Dr. Geffen is a leading expert in integrative medicine and oncology and author of *The Journey Through Cancer: Healing & Transforming the Whole Person*. This program helps patients & family members skillfully and effectively navigate their journey through cancer. One must attend an introductory session prior to enrolling in the seven week program. Next introductory session will be June 19, 2:00-4:00 pm in Room 1290 at UMC North, 3838 N. Campbell Ave. For further information or to RSVP please call 694-0383.