

# Support Groups at BMDA

## Breast Cancer Support Group

A monthly support group for those diagnosed with breast cancer. Come share your experiences, helpful coping strategies, and hopes with others who are facing similar challenges. This is an opportunity to network, make new friendships, receive information, and provide comfort and support to one another.

*When: 2nd Thursday of the month from 10:30AM-11:30AM*

## Gynecologic Cancer Support Group

Being diagnosed with gynecologic cancer brings up unique challenges and emotions that can impact your physical and emotional health. Our Gynecologic Cancer Support Group provides a safe space to connect with others, receive education on topics related to gynecologic cancers and support one another from diagnosis and throughout treatment. We are committed to each person's journey and giving them a safe space that supports their needs while on active treatment.

*When: 2nd Tuesday of the month from 6:00PM-7:30PM*

## Life After Cancer Support Group

The L.I.F.E. Survivorship Program offers an educational session and traditional support group for cancer survivors of any type. Many patients find themselves wondering, "Now what?" after their treatment ends. This program will provide support and education to both patients and caregivers that will help them navigate the challenges people often experience after completing cancer treatment. This support group forum gives the participants the support and strength to move forward together, rather than on their own.

*When: 4th Tuesday of the month from 12:00PM-1:00PM*



To register for a group, you can visit <https://www.baptistmdanderson.com/patients-and-families/support-groups> and click on the registration link or use your phone to scan the QR code to be directed to the BMDA Support Groups webpage.

For additional information regarding our support groups, please send a message to [BMDASupportGroup@bmcjax.com](mailto:BMDASupportGroup@bmcjax.com) with the name of the group you are inquiring about in the subject line.

## Caregiver Support Group

Are you helping a loved one through their cancer journey? This group is designed to help you learn new ways of coping to reduce feelings of loneliness, anxiety and distress while connecting you with others who are also caring for loved ones with cancer. Take a moment to take care of yourself by joining us for our monthly meetings.

*When: 3rd Thursday of the month from 11:00AM-12:00PM*

## Head and Neck Cancer Support Group

Have you been diagnosed with head & neck cancer and feeling a little overwhelmed? This group is designed to provide you with physical, mental, and emotional support to manage your head & neck cancer symptoms and the feelings associated with your diagnosis. You will meet others in similar circumstances, have a chance to share your thoughts and feelings, and learn new ways to cope.

*When: 3rd Thursday of the month from 2:30PM-3:30PM*

## Lung Cancer Support Group

We would like to invite you to our Lung Cancer Support Group, a place designed for patients to ask questions about their diagnosis and treatment while creating a supportive community for themselves. Come join us in a group that is co-facilitated by a Nurse Navigator and Social Work Counselor who are available to provide medical education and emotional support to empower you on your journey with cancer.

*When: 4th Thursday of the month from 12:30PM-1:30PM*

