

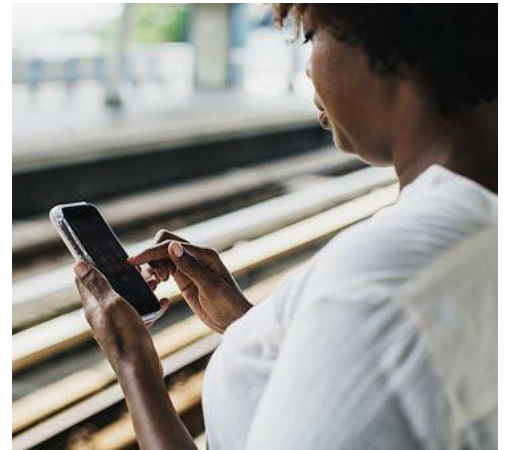
Support for Your Journey

For Alvord Brain Tumor Center patients and families

Support Groups

A support group is a gathering of people who share a similar journey. Support groups can provide a safe place for you to share your concerns. The groups may meet in person, online, or on the phone.

Brain tumor support groups can provide emotional and social support for you and your loved ones. You may also learn new ways to cope with your diagnosis and treatment.



Support groups meet online or by phone.

Phone and Online Support

- **Alvord Brain Tumor Center** offers a support group via zoom. If you are interested, please email the ABTC social workers who will put you on the distribution list for upcoming meetings. Email abtcsupportgroup@uw.edu.
- **CancerCare:** CancerCare offers support groups for brain tumor patients and caregivers. You must register for a group to attend. All groups have start and end dates. Visit www.cancercare.org/diagnosis/brain_cancer.
- **Musella Foundation:** The foundation offers online support groups that focus on specific topics. You can join a group at any time. Visit <https://forum.virtualtrials.org>.
- **PeaceHealth St. Joseph Cancer Center Brain Tumor Caregiver Support Group:** Please contact the St. Joseph (Bellingham, WA) Cancer Center at 360.788.8222.

- **The Healing Exchange BRAIN TRUST:** T.H.E. BRAIN TRUST offers online groups according to diagnosis. They also have a caregiver support group. Visit <http://braintrust.org/groups>.
- **Cancer Lifeline Phone Line:** Cancer Lifeline has a phone line to support anyone touched by cancer. Their trained staff and volunteers provide caring support and information. Call 206.297.2500 Monday through Friday, 9 a.m. to 5 p.m. PST.
- **Cancer Lifeline** (www.cancerlifeline.org) and **Cancer Pathways** (www.cancerpathways.org) both offer support groups and classes. They do not have separate brain tumor groups, but they are a great resource for education and support.
- **The Swedish Brain Tumor Center** offers a support group via zoom. If you are interested, please email Brenda Autobee-Bigalk, MSW, LICSW who will put you on the distribution list for upcoming meetings. Email Brenda.Autobee-Bigalk@Swedish.org

Counseling

Counselors or therapists offer one-on-one or family counseling. They can help with complex issues or when other types of support do not meet your needs. Your social worker can help you connect with a counselor who works with cancer-related issues.

- **Cancer Lifeline Counseling Program:** This program provides free counseling services to adults and children of all ages in Washington State who are struggling with the challenges of a cancer diagnosis and treatment. Cancer Lifeline also provides free counseling to those who have a loved one with a cancer diagnosis. It focuses on those without adequate insurance resources, or those who have been unable to find a therapist on their own. To apply, please fill out the online form found at <https://cancerlifeline.org/counseling-services/>. For more information, please call 206.832.1271 or send an email to counseling@cancerlifeline.org

Rehab Psychology

A psychotherapist who works with brain tumor patients will meet with you in private sessions. The goal of these sessions is to help you handle emotions and improve behaviors that may have changed due to your brain tumor. This therapist may also want to meet with your caregiver or family members. Please discuss this with your provider for a referral.

Peer Support Mentoring Programs

Peer programs offer support for patients and caregivers from someone who has been on a similar journey. This support is provided online or over the phone.

- **American Brain Tumor Association’s CommUNITY Peer Support Network:** www.abta.org/about-brain-tumors/social-emotional-support
- **Imerman Angels:** www.imermanangels.org/get-support
- **4th Angel Mentoring Program:** www.4thangel.org

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Alvord Brain Tumor Center:
206.598.2282