

Breast Cancer Support Group

Personal Triumphs
Practical Suggestions
Helpful Suggestions


Holy Name
Medical Center
Regional Cancer Center
Healing begins here.

Holy Name Medical Center 
Regional Cancer Center

718 Teaneck Road | Teaneck, NJ 07666
201-541-5900 | www.holyname.org

For referral to a Holy Name physician, or for information about programs and services,
call **1-877-HOLY-NAME** (1-877-465-9626) or visit www.holyname.org.

Why join a Breast Cancer Support Group?

A diagnosis of breast cancer affects every aspect of your life, and can generate a wide range of emotions—shock, denial, fear, anger and sadness. Medical treatment addresses your physical needs, but you must tend to your emotional health, as well. A network of social support that includes regularly-scheduled, informal group meetings can help you cope with the challenges associated with cancer, provide practical assistance, and improve your quality of life. Support allows you to articulate your concerns, gain valuable information and insights, and share your experience with others who know exactly what you're going through. It reminds you that you are not alone.

The Breast Cancer Support and Discussion Group is a vehicle for information, encouragement and support that is facilitated by two clinical psychologists. In addition to informal conversation and sharing, there are presentations by healthcare professionals on topics such as genetic counseling, treatment decisions and reconstruction, disease recurrence and survivorship, and healthy lifestyle concerns nutrition and exercise. Experts will also discuss relationship and employment issues, and helpful services and resources. It's a place where you can feel safe, understood and empowered.

When is the best time to seek group support?

No matter where you are in your journey—recently diagnosed, undergoing treatment or many years post-therapy—group support has something to offer. We are here for you at the beginning, and all the way through treatment and beyond.

Please Join Us...

WHERE:

Holy Name Medical Center Regional Cancer Center (located in the back of hospital next to Emergency Room; please park in the ER parking lot).

WHEN:

Twice monthly, on the first and third Wednesday, 5:30 – 7 p.m. Registration is encouraged, but walk-ins are welcome. No fee.



The Regional Cancer Center at Holy Name Medical Center

Great cancer care is more than treating tumors; it's treating people like members of our own family.

- One-stop, comprehensive program.
- Personalized service and easy access to your medical team.
- A multidisciplinary approach that uses the expertise of multiple specialists to care for individual patients—critical to effective care with the best possible prognosis.
- Experienced oncologists and other physician specialists, all certified by their respective professional boards.
- Excellence in all three branches of oncology care: medical, surgical and radiation
- Skilled and compassionate nurse specialists, physicists and technologists, as well as a pharmacist and dietician dedicated specifically to the Cancer Center.
- Revolutionary options in interventional radiology for patients who need alternatives to traditional cancer therapy.
- Leading-edge diagnostic, staging and treatment technology.
- Access to clinical research trials.
- Availability of genetic counseling
- Supportive care, home and hospice care, physical rehabilitation services and nutritional guidance.

To learn more about the Regional Cancer Center at Holy Name Medical Center, visit www.holyname.org and click on the “**Services**” tab; then go to “**Cancer Services.**”

Contact for Questions:

Please call Holy Name Medical Center's “Ask-a-Nurse” Service at **1-877-HOLYNAME** (1-877-465-9626).