



Breast Cancer Support Groups at Capital Health

Support groups can be an important part of survivorship. If you have been diagnosed with breast cancer, we invite you to participate regardless of where you may be receiving your cancer treatments.

You will benefit from educational and emotional support by expert facilitators to assist you wherever you are in your breast cancer journey. Discussions include strategies on how to manage your diagnosis,

treatments, treatment side-effects, survivorship in addition to dealing with anxiety and fear, adjusting to lifestyle and relationship changes, and day-to-day challenges you may be facing.

Survivor support groups are led by **TRISH TATRAI**, breast navigator and clinical manager of Oncology. The Metastatic Breast Cancer Support Group is led by **ELSJE REISS**, a licensed clinical social worker.

NEWLY DIAGNOSED SUPPORT GROUP

Second Tuesday of Every Month

6:30 – 7:30 p.m.

Virtual via Zoom

For those diagnosed with breast cancer in the previous 12 months.

SURVIVORS SUPPORT GROUP

Third Tuesday of Every Month

6 – 7 p.m.

Virtual via Zoom

METASTATIC (STAGE IV) SUPPORT GROUP

Second Tuesday of Every Month

5 – 6 p.m.

Virtual via Zoom

Groups are open to anyone with breast cancer, regardless of where you are receiving treatment. Pre-registration is required.

These support groups will be virtual via Zoom until it is safe to resume in-person meetings. A call-in option is available for those without video access. The login for the meetings will be emailed 2-3 days before the program date.

TO REGISTER

Register online at capitalhealth.org/events or by contacting Trish Tatrai, breast navigator and clinical manager of Oncology at ptatrai@capitalhealth.org or at 609.537.7485. Be sure to include your email address.



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capitalhealth.org/cancer