



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, RN, MS, OCN, CBCN**, Manager of Oncology Support Services/Breast Navigator.

SURVIVORS SUPPORT GROUPS

Second Tuesday of Every Month
6 – 7:30 p.m. | Virtual via Zoom



Third Tuesday of Every Month
6 – 7:30 p.m. | Virtual via Zoom

FOR MORE INFORMATION, CALL 609.537.7485 or 609.303.4503

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 or Aileen Diccion, breast health nurse navigator at adiccion@capitalhealth.org or at 609.303.4503.. Be sure to include your email address.



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capitalhealth.org/cancer