

# Oregon Breast Cancer Support Groups and Programs

## ALBANY

### Heritage Meadows

*Date:* 1st & 3rd Tuesdays of each month, 7 pm  
*Location:* 1212 34th Ave SE  
*Contact:* Janie Moody  
(541) 917-8478  
*Info:* Cancer Support Group

## ASTORIA

### Columbia House Condominium Party Room

*Date:* 2nd Wednesdays of each month, 12:00-1:30 pm  
*Contact:* Nancy Magathan, RN  
(503) 325-4321 ext.5565  
nancy\_magathan@columbiamemorial.or  
*Info:* Breast Cancer Support Group....women with other cancers are certainly welcomed too

## BEND

### Family Cancer Support Group

*Date:* Tuesdays, 6:00 - 8:00 pm  
*Contact:* Samantha Bennett, MSW  
(541) 388-7733

### Sara Fisher Breast Cancer Project

*Contact:* Pam Didente, RN, MN (Case Manager Clinical Care Coordinator/Patient Advocate)  
(541) 410-2006  
pdidente@scmc.org  
*Info:* Community Breast Cancer

### St. Charles Medical Center

*Contact:* Ann Remsen, Cancer Services Department  
(541) 693-5864  
aremsen@scmc.org

### The Navigator Program

*Contact:* Diane Ervin, MSW  
(541) 383-6833  
*Info:* Information & emotional peer support for newly diagnosed breast cancer patients

### Women's Cancer Support Group

*Date:* Thursdays, 1:00 - 3:00 pm  
*Contact:* Samantha Bennett, MSW  
(541) 383-6833

## COOS BAY

### **Cancer Treatment Support Group**

*Date:* Mondays, 9:00 -11:30 am  
*Contact:* Linda Furman-Grile  
(541) 269-2986  
*Info:* for patients, their family & friends.

### **Focus on Healing Exercise Group**

*Date:* Fridays, 11:00 am - 12:00 pm  
*Contact:* Kristin Crusoe, RN  
(541) 269-8526  
*Info:* For breast cancer patients.

## CORVALLIS

### **Good Samaritan Regional Medical Center**

*Date:* 3rd Monday of each month, 7:00 - 9:00 pm  
*Contact:* Gerry Gibson  
(541) 768-6005  
ggibson@samhealth.org  
Contact 2: Corvallis Breast Cancer Support Group  
(541) 768-5111

## EUGENE

### **Look Good, Feel Better**

*Date:* Monthly  
*Contact:* American Cancer Society  
(541) 484-2211  
*Info:* For patients on chemotherapy.

### **Reach to Recovery**

*Contact:* American Cancer Society  
(541) 484-2211  
*Info:* For breast cancer patients.

### **Willamette Valley Cancer Center**

*Date:* Tuesdays, 5:15 - 6:30 pm  
*Contact:* Linda Godell  
(541) 683-5001  
www.wvcancercenter.com  
*Info:* Breast Cancer Support Group

## GOLD BEACH/CURRY COUNTY

### **Breast Cancer Support Group**

*Contact:* Joyce  
exercise@charter.net

## GRANTS PASS

### **CanSurvive**

*Date:* Tuesdays, 10:00 - 11:30 am  
*Location:* Three Rivers Community Hospital  
Outpatient Center Conference Room "B"  
1505 NW Washington Blvd.  
*Contact:* Rosie Watne or Kathy Prewitt  
(541) 472-7040  
*Info:* Support group for survivors of all kinds of cancer and the people who care for them.

### **Look Good, Feel Better**

*Location:* Washington Outpatient Center  
*Contact:* (541) 472-0364 or 1-877-221-3073  
*Info:* No fee, but appointments required. Designed to help women undergoing cancer treatments learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence.

### **Three Rivers Women's Cancer Support Group**

*Date:* 2nd Thursday of each month, 6:30 - 8 pm  
*Location:* Three Rivers Community Hospital  
Outpatient Center Conference Room "B"  
1505 NW Washington Blvd.  
*Contact:* Rosie Watne or Kathy Prewitt  
(541) 472-7040

## GRESHAM

### **Strong group, Support cancer**

*Date:* 3rd Thursday of each month, 6 - 7:30 pm  
*Location:* Center for Advanced Learning building  
1484 N.E. Civic Drive  
Gresham  
*Contact:* Susan Bowker  
(503) 665-3118, ext. 208.

## HILLSBORO

### **OHSU- Tuality Campus General Cancer Support Group**

*Date:* 1st Wednesday of each month, 6:30 - 8:00 pm  
*Contact:* Amy Kaiser  
(503) 681-1758  
Amy.kaiser@tualityorg

## HOOD RIVER

### **Hood River Valley Adult Center**

*Date:* 1st and 3rd Tuesday of the month at 7:00 pm and 2nd and 4th Thursday at 10:00 am  
*Location:* Hospice of the Gorge  
*Contact:* (541) 387-6449  
*Info:* Bereavement Support Group

## **KLAMATH FALLS**

### **Merle West Medical Center/Cancer Treatment Center**

*Date:* 1st Thursday of each month, 7:00 pm  
*Location:* Health Education Center, Mabel Liskey Hensel Pavilion  
*Contact:* Peggy Skillin, LCSW  
(541) 883-4171  
pskillin@mwmc.org  
*Info:* Breast Cancer Survivors Support – Women only

## **LEBANON**

### **Lebanon Hospital**

*Date:* 2nd Monday of each month, 7:00 - 8:30 pm  
*Contact:* Mary Whitney  
(541) 451-2384  
whitney@centurytel.net  
*Info:* Breast Cancer Support Group

## **MEDFORD**

### **Caring and Sharing**

*Date:* Tuesdays, 10:30 - 11:30 am  
*Location:* Dubs Cancer Center  
*Contact:* (541) 789-5836  
*Info:* No fee. Supportive group for those with cancer, their families and friends.

### **Evening Breast Cancer Support Group**

*Date:* 2nd & 4th Wednesday of each month, 5:30 -7:00 pm  
*Contact:* Jolene Wallace, LCSW  
(541) 732-6295

### **Kids Konnected**

*Date:* 4th Tuesday of each month, 6:30 pm  
*Location:* Providence Cancer Library and Resource Center  
*Contact:* (541) 732-7004  
*Info:* For kids with parents who have cancer

### **Look Good, Feel Better**

*Date:* 1st Monday of each month  
*Location:* Washington Outpatient Center, Dubs Cancer Center Library  
*Contact:* (541) 779-6092  
*Info:* Experiencing skin, facial and nail changes during cancer treatment is common.

### **Lymphedema Support Group**

*Contact:* (541) 608-5543

### **Providence Medford - Breast Cancer Support Group**

*Date:* 1st & 3rd Wednesday of each month, 12:00 - 2:00 pm

*Location:* Breast Center at Providence Medford Medical Center

*Contact:* Leila J. Eisenstein  
(541) 732-6295

*Info:* Day and Evening Breast Cancer Support Groups for all women who are living with breast cancer

### **Reach to Recovery**

*Contact:* American Cancer Society  
(541) 779-6091

*Info:* For breast cancer patients.

### **RVMC Breast Cancer Support Group**

*Date:* 1st and 3rd Thursday of each month, 12:30 - 2 pm

*Location:* RVMC First Floor, Mustard Conference Room

*Contact:* (541) 789-6176 or 789-4342

*Info:* No fee. Join us in an opportunity to enhance the quality of life for women with a diagnosis of breast cancer. Come and share your challenges and coping strategies in a safe atmosphere of mutual support. Facilitated by Gail Kessler, MSSA, LCSW.

### **Women Alive**

*Contact:* (541) 582-3965 or (541) 732-6295

*Info:* A Psycho-educational Group for Women Diagnosed with Breast Cancer

## **NEWPORT**

### **Female Cancer Support Group**

*Date:* 2nd & 4th Tuesdays of each month, 5 - 6:30pm

*Location:* SPCH conference room

*Contact:* Karen Murphy  
(541) 574-1827

## **OREGON CITY**

### **Willamette Falls Hospital**

*Date:* 3rd Tuesday of each month, 1:30- 3:00 pm

*Location:* Community Education Building  
519 15th St  
Oregon City

*Contact:* Roberta Adey, MSW  
(503) 655-7581

*Info:* Breast Cancer Support Group

## **PORTLAND**

### **Adventist Medical Center**

*Date:* 2nd & 4th Wednesdays of each month, 4-5:30pm

*Contact:* Alix Hendricks  
(503) 309-2222 or (503) 251-6305

*Info:* Anyone with cancer-their family & friends of those with cancer

**African American Health Coalition Inc.**

*Location:* 2800 N. Vancouver Suite 100  
Portland, OR 97227  
*Contact:* (503) 413-1850  
[www.aahc.org](http://www.aahc.org)

**Aquatic Center Cancer Pool Program**

*Date:* Saturdays, 11:30 am-12:30 pm  
*Location:* Providence Portland Medical Center  
*Contact:* (503) 215-6301  
*Info:* 8 classes for \$25.00. Also a Gentle Pace Pool Class or Independent Pool Program.

**BCAC- Breast Cancer Connection**

*Contact:* Kaiser Permanente Health Plan  
Jeanette Chardon, Coordinator  
(503) 280-2902  
*Info:* Volunteer outreach program for women newly diagnosed with breast cancer at Kaiser Permanente.

**Breast Cancer Education & Support Group**

*Date:* 1st & 3rd Thursday of each month, 5:00-6:30 pm  
*Location:* Providence Portland Medical Center  
*Contact:* Krista Nelson, MSW & Patient Advocate  
(503) 215-3204

**Breast Cancer Outreach Program (BCOP)**

*Contact:* Katie Hartnett, M. Ed., LPC  
(503) 215-6015  
*Contact 2:* Jocelyn Libby, RN, MA  
(503) 215-5305  
*Info:* Trained volunteers (breast cancer survivors) will provide information & support for breast cancer patients and their families, before, during and after treatments for breast cancer. Volunteers are available through direct request from a patient or with physician referral. Free to ALL patients & support persons. Christine Mulder; BCOP Coordinator - 503.215.3206 Cancer Counseling and Support Services - Free to patients/family whose physician is on the staff.

**Breast Cancer Education & Support Group**

*Date:* Tuesdays, 10:30 am -12:00 pm  
*Contact:* Diane Harris, MSW, LCSW  
(503) 216-2917  
*Contact 2:* June Nakamura, MSW, LCSW  
(503) 216-4679

**Breast Cancer Outreach Program (BCOP)**

*Contact:* Christine Mulder; BCOP Coordinator  
(503) 216-4673  
*Info:* Trained volunteers (breast cancer survivors) will provide information & support for breast cancer patients and their families, before, during and after treatments for breast cancer. Volunteers are available through direct request from a patient or with physician referral. Free to ALL patients & support persons.

### **Breast Cancer Support Group**

*Date:* 2nd Mondays of each month, 5:30 - 7:00 pm

*Contact:* Vi Hansen, MSW, LCSW  
(503) 413-6512 or (503) 413-7753

*Info:* Counseling Services - Bereavement, coping with cancer, life planning, and stress management/relaxation

### **Bridging the Gap, Male Breast Cancer Support Group**

*Date:* 1st Thursday of each month, 7:00 - 8:30 pm

*Location:* North/South conference room  
Good Samaritan Medical Bldg

*Contact:* Lowell Gere  
(503) 723-9087  
lagere@earthlink.net

*Info:* Whether you are diagnosed yourself or your wife or partner has been diagnosed, this support group will help answer some of your questions and allow you to not feel so alone in this journey. Open to all.

### **Cancer Care Resources**

*Location:* 439 N. Broadway  
Portland, OR 97227

*Contact:* 503.528.5236 or 1.866-528.5236

<http://www.cancercarerresources.org/>

*Info:* A non-profit service that helps community members deal with cancer. They offer tools to improve the quality of life for anyone and their family during their cancer experience. They offer a breast cancer support group, breast cancer retreats, fitness & yoga classes, and nutritional counseling. "Let's Talk" is their support program connecting you with someone who's "been there and done that." Trained volunteers provide support throughout your cancer treatment.

### **Cancer Counseling Center**

*Date:* Tuesdays, 10:30 am – 12pm

*Location:* Interstate Medical Office Central

*Contact:* Ruth Beiser Bach, Med, LPG, Director/Counselor  
(503) 331-6550

*Info:* Mind/Body Support Group

### **Cancer Counseling & Support Services**

*Contact:* Diane Harris, MSW, LCSW  
(503) 216-2917

*Contact 2:* Toni Lonning, MSW, LCSW  
(503) 216-2280

### **Cancer Group for Families & Friends**

*Date:* Wednesdays, 4:30 - 6:00 pm

*Contact:* Katie Hartnett, M. Ed. LPC  
(503) 215-6015

### **Cancer Support Group**

*Date:* Tuesdays, 10:30 am-12:00 pm  
*Contact:* Katie Hartnett, M.Ed., LPC  
(503) 215-6015  
*Contact 2:* Jocelyn Libby, RN, MA  
(503) 215-5305  
*Info:* A smaller group for people dealing with cancer.

### **Family Support Group**

*Date:* 2nd Thursday of each month, 6:30-8:00 pm  
*Location:* Providence Professional Plaza  
*Contact:* Jocelyn Libby, RN, MA  
(503) 215-5305  
*Info:* Dinner served from 6:00-6:30 pm, followed by group. Registration required.

### **Integrative Medicine Group**

*Contact:* Jocelyn Libby, RN, MA  
(503) 215-5305  
*Info:* Limited to 10 members. It's a 10-week series held several times a year. Registration required.

### **Legacy Good Samaritan Hospital**

*Contact:* (503) 413-8404  
*Info:* Art therapy for kids with parents who have cancer

### **Legacy Mt. Hood Medical Center**

*Date:* 1st and 3rd Tuesday of each month, 3:00 - 4: 30 pm  
*Contact:* (503) 413-7753  
*Info:* Surviving Cancer Together Support Group

### **Lymphedema Management**

*Contact:* (503) 413-7753

### **Metastatic & Advanced Cancer Support Group**

*Date:* 1st & 3rd Wednesday of each month, 12 pm -1:30 pm  
*Location:* Providence St Vincent Medical Center  
Medical Office Building, East Pavillion, Suite 631  
*Contact:* Diane Harris, MSW, LCSW  
(503) 216-2917  
*Contact 2:* Susan Hedlund, MSW, LCSW  
(503) 528-5236

### **Mind/Body Practices for Cancer Patients**

*Date:* Thursdays, 10:00 -11:30 am  
*Location:* Spear Breast Center Conference Room  
*Contact:* Diane Harris, MSW, LCSW  
(503) 216-2917  
*Contact 2:* Toni Lonning, MSW, LCSW  
(503) 216-2280  
*Info:* This educational/support group is for any person/family member with cancer.

### **Making Today Count Support Group**

*Date:* 1st & 3rd Wednesday of each month, 12 -1:30 pm  
*Location:* Providence St. Vincent Medical Center, East Pavilion, Suite 631  
*Contact:* Diane Harris, MSW, LCSW  
(503) 216-2917  
*Contact 2:* Susan Hedlund, MSW, LCSW  
(503) 528-5236  
*Info:* For women living with metastatic & advanced cancer.

### **NIA Movement Class**

*Date:* Tuesdays & Thursdays, 11:00 am - 12:00 pm  
*Contact:* (503) 413-7753

### **OHSU - Individual Counseling & Support**

*Contact:* Katie Hennessy, LCSW  
(503) 494-9244  
*Info* For individuals & their families

### **OHSU - Living with Breast Cancer**

*Date:* 1st Tuesday of each month 6-7 pm  
*Contact:* Martha McInnes RN, BSN, OCN  
(503) 418-4544

### **Providence St Vincent Medical Center/Ruth J. Spears Breast Center**

*Contact:* June Nakamura, MSW, LCSW; Breast Cancer Patient Advocate  
(503) 216-4676

### **Relaxation and Guided Imagery Support Group**

*Date:* Wednesdays, 4:30 - 6:00 pm  
*Location:* Conference Room 12  
*Contact:* Diane Harris, MSW, LCSW  
(503) 216-2917  
*Contact 2:* Toni Lonning, MSW, LCSW  
(503) 216-2280  
*Info:* An ongoing patient-oriented group for persons with all types of cancer

### **Strategies for Living with Cancer & Other Chronic Diseases**

*Contact:* Selma Annala  
(503) 413-7284

### **Susan G. Komen Breast Cancer Foundation - Oregon & SW Washington Affiliate**

*Location:* 1411 S W Morrison, Suite 290  
Portland, OR 97205  
*Contact:* 1.800.404.8241 or 503.552.9160  
survivor@komenoregon.org  
[www.komenoregon.org](http://www.komenoregon.org)  
*Info:* Sponsors the Portland Race for the Cure and Issues After Breast Cancer Conference; offers educational materials and free screening through county health departments. Also provides community grants in Oregon and SW Washington.

### **Yoga for Women with Cancer**

*Date:* Tuesdays, 4:30 - 6:00 pm and Fridays, 10:30 am -12:00 pm  
*Contact:* Kathleen Perkins  
(503) 292-3653  
*Info:* Pre-registration & medical clearance required

### **Young Survivor Coalition**

*Date:* 2nd Sunday of each month, 7:00pm  
*Location:* Starbucks on NW 23rd Ave (usually)  
*Contact:* Nicole Taylor-Williams  
colieta@peoplepc.com

### **Young Survivor Network for Breast Cancer**

*Contact:* Barbara McDonald, ND  
(503) 970-3049  
bmacdnd@yahoo.com  
*Info:* A local network for young survivors.

### **YWCA Breast Program**

*Date:* Wednesdays - 10-11am (Land Exercise); 11-11:45am (Water Exercise)  
*Contact:* Susan Maselli  
(503) 294-7415  
[www.ywca-pdx.org](http://www.ywca-pdx.org)  
*Info:* A program that provides exercise and support for women following breast cancer treatment.

## **ROSEBURG**

### **Douglas County Cancer Services**

*Location:* 516 W. Umpqua Street  
P. O. Box 2064  
Roseburg, OR 97470  
*Contact:* (541) 440-9409

## **SALEM**

### **Mind-Body Class/Support Group**

*Date:* Tuesdays, 10:30 am - 12:00 pm  
*Location:* Kaiser Permanente Skyline Medical Office  
*Contact:* Jeanette Chardon, MSW  
(503) 280-2902

### **YWCA - Breast Cancer Support Group**

*Date:* 2nd & 4th Wednesday of each month, 5:30-7:00 pm  
*Contact:* Linda Gertz  
(503) 581-9922 ext. 125  
lgertz@ymcasalem.org

## SILVERTON

### **Breast Cancer Support Group**

*Date:* 3rd Monday of each month, 7:00 - 9:00pm  
*Location:* Silverton Hospital-H.R.C.  
*Contact:* Christen Owen-Golden  
(503) 873-6716

## THE DALLES

### **Bereavement Support Group**

*Date:* 1st and 3rd Wednesday of each month  
*Location:* The Dalles Hospice Office  
*Contact:* (541) 296-3228

### **Family Caregiver Support Group**

*Date:* 3rd Tuesday of each month, 2:00 to 3:00 pm  
*Location:* The Celilo Cancer Center  
*Contact:* (541) 296-7278

### **Women's Cancer Support Group**

*Date:* 1st and 3rd Tuesday of each month, 6:30 to 7:30 pm  
*Location:* The Celilo Cancer Center  
*Contact:* (541) 296-7205 or (541) 296-1086

## TILLAMOOK

### **Women's Cancer Support Group**

*Date:* 3rd Thursday of each month, 10:30 am -12 pm  
*Contact:* Jan Bartlett  
(503) 842-4508

## TUALATIN

### **Legacy-Meridian Park Hospital Breast Cancer Support Group**

*Date:* 3rd Tuesday of each month, 12:00 -1:30 pm  
*Contact:* Amy Hawthorne  
(503) 692-2113  
ahawtho@lhs.org

### **Lymphedema Support Group**

*Date:* 4th Tuesday of each month, 4:00 - 5:30 pm  
*Contact:* Selma Annala  
(503) 413-7753

### **Surviving Cancer Together Support Group**

*Date:* 2nd Tuesday of each month, 3:00 - 4:30 pm  
*Contact:* Amy Hawthorne  
(503) 692-2113  
ahawtho@lhs.org

## **WARM SPRINGS**

### **Warm Springs Cancer Support Group**

*Date:* 2nd Thursday of each month, 6pm - 8 pm  
*Location:* Warm Springs Health & Wellness Center  
*Contact:* Yvonne Iverson  
(541) 553-1196, ext. 4240

## **OTHER HELPFUL RESOURCES**

### **Breast Cancer Awareness Foundation**

*Contact:* Benaz Shidfar, founder/director  
(503) 579-1261  
benaz@bcawareness.org  
<http://bcawareness.org>

*Info:* "Bring Life & Hope to Women of Developing Countries"

### **Breast Friends**

*Location:* 8152 SW Hall B1vd. #301 Beaverton, OR 97008  
*Contact:* 503.598.8048  
mail@breastfriends.com  
[www.breastfriends.com](http://www.breastfriends.com)