## **Support Groups**

Clairemont Wellness Center  3794 Clairemont Dr. San Diego, Ca. 92117 858-274-9355	Clairemont Wellness Center provides acupuncture blended with the art and science of traditional Chinese Medicine.
David Blackburn Wings of Care Program  477 N. El Camino Real Ste. D200 Encinitas, Ca. 92024 760-452-3340	Wings of Care introduce On-Site Acupuncture Services. Kimberley Taylor L. AC is their acupuncturist. Please contact them for more information.
Healthy Community Acupuncture  277 E. Lexington Ste. B El Cajon, Ca. 92020 619-447-2700	Healthy Community Acupuncture is a Community Supported Acupuncture Clinic in East San Diego that charges \$15-\$35 per treatment- you decide what you can afford to pay. Please call for more information.
San Diego Cancer Center  Vista: 760-598-1700  Encinitas: 760-634-6661	Acupuncture sessions can be scheduled at the Vista or Encinitas offices. Please call for more information.
Vital Point  3202 Third Ave. San Diego, Ca. 92103 619-220-7456	Vital Point offers traditional acupuncture, Chinese Herbs Shiatsu Massage, and Nutrition advice.

## CancerCare

275 Seventh Ave. New York, NY 10001 800-813-4673 info@cancercare.org Caregivers- Telephone support group: bring together people from around the county on a weekly one-hour phone call to share experiences, concerns and triumphs. Telephone support group is free and moderated by a professional oncology social worker from CancerCare's Staff. Call 800-813-HOPE (7673) to register.

## Leukemia & Lymphoma Society

9150 Chesapeake St. Ste. 100 San Diego, Ca. 92123 858-277-1800 This family Support Group is designed for both patients and their family members to offer emotional support and education throughout your cancer journey. Under professional guidance, patients and family members can discuss their anxieties and concerns with others who share a similar experience. Group meets the last Tues of each month from 6:30-8:30 PM. Please call Patient Services to pre-register.

## **Moores UCSD Cancer Center**

3855 Health Sciences Dr. Rm 2007 La Jolla, Ca. 92093-0658 858-657-6041 Chronic Lymphocytic Leukemia (CLL) Education & Support. A monthly educational seminar and support group for patients with chronic lymphocytic leukemia. This group meets the 1<sup>st</sup> Wednesday of every month 4:00-5:30 PM. It is located in Corner Commons at Moores UCSD Cancer Center. Facilitator: Sheila Allameh, B.A. Please contact them for more information.

231 E. 3 <sup>rd</sup> St. Ste. G107 Los Angeles, Ca. 90013 888-236-4673 A3M@LTSC.org	Information and referral about bone marrow and stem cell donations.
BMT InfoNet  2310 Skokie Valley Rd. Highland Park, IL. 60035 888-597-7674 help@bmtinfonet.org	This site offers donor matching information, a blood and marrow transplant newsletter, resource directory and a transplant center database.
Moores UCSD Cancer Center  3855 Health Sciences Dr. Rm 2007  La Jolla, Ca. 92093-0658  858-657-6041	The support group is for patient who have had allogenic stem cell transplant from a family member or an unrelated donor. This support group meets on the last Monday of every month from 11:00 AM- 12:30 PM in Room 2007. Facilitators: Pamela Gardner LCSW and Jodi Garrett RN. Please call to register.
Scripps Cancer Center  Scripps Green Cancer at Scripps Clinic 10666 N. Torrey Pines Rd. La Jolla, Ca. 92037 858-554-9376 friedman.tom@scrippshealth.org	Stem Cell Transplant workshop/support group for patients and family members. Meets approximately every 3 months in the Green Cancer Pavillion. Facilitated by Tom Friedman, LCSW and Ann Marie Borman, RN. Please call for more information
UCSD Thornton Hospital  9350 Campus Point Dr. La Jolla, Ca. 92037 858-657-6041 or 858-657-7000	Offering support to individuals and those affected by issues related to bone marrow and stem cell transplants. A support group for patients who are pre and post bone marrow transplant. Family and adult supportive friends are also invited to participate. Please call for schedule.

American Cancer Society (ACS)	I CAN COPE is an educational series and individual
2655 Camino Del Rio N., Ste 100 San Diego, Ca. 92108 619-299-4200	class sessions are held throughout San Diego County for cancer patients and their families. Please call for locations and times.
CancerCare  275 Seventh Ave. New York, NY 10001 800-813-4673 info@cancercare.org	Family or Caregiver: Telephone support group: bring together people from around the county on a weekly one-hour phone call to share experiences, concerns and triumphs. Telephone support group is free and moderated by a professional oncology social worker from CancerCare's Staff. Call 800-813-HOPE (7673) to register.
CancerCare  275 Seventh Ave. New York, NY 10001 800-813-4673 info@cancercare.org	Caregivers- Telephone support group: bring together people from around the county on a weekly one-hour phone call to share experiences, concerns and triumphs. Telephone support group is free and moderated by a professional oncology social worker from CancerCare's Staff. Call 800-813-HOPE (7673) to register.
David Blackburn Wings of Care Program  477 N. El Camino Real, Ste D200 Encinitas, Ca. 92024 760-452-3340 rlamaster@pacificoncology.com	A Breath of Fresh Air: Caregiver Support Group. A free support group for caregivers, family and friends. It meets every other Monday from 10AM-11:15 AM. Please call Ruth Lamaster for more information.
Hospice of the North Coast  2525 Pio Pico Dr. Carlsbad, Ca. 92008 760-431-4100	This caregivers group is available to anyone caring for the seriously ill. Fellow caregivers share coping tips, resources, and find mutual support. The group meets the 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month from 9:30-11:00 AM. Please call for further information.
Hospice of the North Coast  2525 Pio Pico Dr. Carlsbad, Ca. 92008 760-431-4100	Licensed counselors, interns and trainees provide individual counseling. Occasionally small fees are asked to cover expenses related to art supplies, memory books, and related items. Please call for appointment.

wish Family Service- Center For Counseling  04 Balboa Ave. n Diego, Ca. 92008 8-637-3000  iser Permanente  sta Medical Offices	Caregivers support group meets 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday from 12:15-1:45 PM. There is a \$20.00 screening fee. Please call Rachel Manes to register.  This program provides information and ongoing
n Diego, Ca. 92008 8-637-3000 iser Permanente	screening fee. Please call Rachel Manes to register.
n Diego, Ca. 92008 8-637-3000 iser Permanente	register.
8-637-3000 iser Permanente	
iser Permanente	This program provides information and ongoing
	This program provides information and ongoing
ta Madical Offices	
ta Medical Offices	support to help caring for ill loved ones, where
	they will find information about coping skills,
0 Shadowridge Dr. Ste. 2	community resources, caregiver techniques, and
sta, Ca. 92083	more. This class is open to the general public.
0-599-2350	Support group meets every 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday
	of each month from 3-4 PM at Vista Medical
	Offices. Please call to register.
iser Permanente	Ambulatory Care Nurse coordinator-Available for
	Kaiser patients only. Please call with any
9-528-6664 or 619-682-6101	questions regarding coordination of care and
	oncology services.
	<i>,</i>
iser Permanente	This program provides information and ongoing
	support to help caring for ill loved ones.
iser Permanente Medical Center	Information about coping skills, community
47 Zion Ave.	resources, caregiver techniques, is also provided.
n Diego, Ca. 92120	This class is open to the general public. Support
9-641-4456 or 619 5437	group meets every 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each
	month from 5:30-6:30 PM, at the San Diego
	Medical Center. To register, please call.
iser Permanente	This program provides information and ongoing
	support to help caring for ill loved ones.
iser Permanente Medical Center	Information about coping skills, community
47 Zion Ave.	resources, caregiver techniques, is also provided.
n Diego, Ca. 92120	This class is open to the general public. Support
9-641-4456 or 619-528-5437	group meets ev3ry 3 <sup>rd</sup> and last Tuesday of each
	month from 1-2 PM, at the San Diego Medical
	Center. Please call to register.
iser Permanente	This program provides information and ongoing
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n Diego, Ca. 92120 9-641-4456 or 619 5437  iser Permanente iser Permanente Medical Center 47 Zion Ave. n Diego, Ca. 92120	This class is open to the general public. Support group meets every 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of emonth from 5:30-6:30 PM, at the San Diego Medical Center. To register, please call.  This program provides information and ongoin support to help caring for ill loved ones. Information about coping skills, community resources, caregiver techniques, is also provid This class is open to the general public. Support group meets ev3ry 3 <sup>rd</sup> and last Tuesday of each month from 1-2 PM, at the San Diego Medical

Kaiser Permanente  El Cajon Medical Offices 1630 East Main St. San Diego, Ca. 92021	This program provides information and ongoing support to help caring for ill loved ones.  Information about coping skills, community resources, caregiver techniques, is also provided.  This class is open to the general public. Support
619-590-0616	group meets every 2 <sup>nd</sup> and last Friday of each month from 1-2 PM, at the Bostonia Medical Office. Please call to register.
Kids Konnected	Non-Profit org. providing friendship, understanding, education, and support to kids
Scripps Mende Well Being Center	who have a parent with cancer.
5305 La Jolla Village Dr. Ste. L-5 San Diego, Ca. 92122	2 <sup>nd</sup> Thurs of each month from 7:00-8:00 PM
1-800-SCRIPPS info@kidskonnected.org Call Cary Terra, MA 619-540-3630	UTC (above Peking Palace Restaurant)