

ONCOLOGY RESOURCES AT PENN MEDICINE'S ABRAMSON CANCER CENTER

SUPPORT GROUPS AND WORKSHOPS FOR ALL CANCER TYPES

FOR NEWLY DIAGNOSED PATIENTS

2nd and 4th Thursday of the month from 11am to 12pm. This virtual group will offer patients who are within 6 months of diagnosis a safe, supportive space to connect and share on the changes and adjustments they are experiencing related to diagnosis and treatment. The group will be led by oncology social workers to provide emotional and practical support.

For more information: Please contact Tiffany at 267.496.2480.

To register: PennMedicine.org/CancerSupportGroups

FOR WOMEN ONLY

First Monday of each month at 11am. This virtual group is "for women only." It will offer women patients with any diagnosis of cancer a safe, supportive space to connect and share about the experience of having cancer. We will also be able to talk about treatment, side effects, and the effects on children, family and friends. We will talk about how cancer affects important relationships in your life. This group will be led by oncology social workers to provide emotional and practical support and guidance.

For more information: Please contact Courtney at 215.605.5304.

To register: PennMedicine.org/CancerSupportGroups

LOOK GOOD FEEL BETTER-VIRTUAL

Live, interactive video chat allows a licensed beauty professional to guide a group of participants through skin care & cosmetic application and how to manage hair loss, including use of wigs, hats and scarf tying. Visit: <https://lookgoodfeelbetter.org/alliance-partner-virtual-workshops/> to learn more and to register. **Free to Penn patients.**

WHAT'S THE MEANING OF THIS?

Virtual meeting of six weekly sessions We invite those diagnosed with advanced cancer (metastatic cancer, recurrence or disease progression), to a supportive group focused on meaning.

Have you wondered, "How can I find meaning in this?" The need to find meaning is a defining human characteristic. We use Meaning-Centered psychotherapy to explore the concept and sources of meaning for each individual, through reflective exercises and open discussion. Sessions to run 6 weeks.

For more information:

Please contact Megan at 215.459.4728

To Register: PennMedicine.org/CancerSupportGroups

VIRTUAL PHYSICAL ACTIVITY GROUP FOR BREAST CANCER SURVIVORS:

This group meets monthly via Blue Jeans to help motivate and inspire breast cancer survivors to move. This group meets monthly on the 4th Monday of the month at 7pm, offering space to support participants to become more active by setting realistic and achievable physical activity goals.

A medical waiver will be required for this group

Once the medical waiver is returned, I will send a link to our monthly virtual meeting. For more information or to sign up for the group, please contact Doris Piccinin at doris.piccinin@pennmedicine.upenn.edu

*Instructions for utilizing BlueJeans Video Conferences will be shared prior to the meetings. For those without computer or smart phone access, instructions for telephone (or audio) participation will also be shared