

ENLOE REGIONAL CANCER CENTER RESOURCES

Shifting My Perception – This is not a traditional support group. Instead, we focus on learning skills to feel better in the present moment, regardless of what the future may hold. Open to all patients, caregivers and survivors of serious illness, sessions are free and offered on Zoom and in-person. Participants can enjoy activities, find inspiration and take time to reflect in the company of others who want to help each other thrive. To learn more, call Enloe Cancer Support Program Coordinator at (530) 332-3856.



Cancer Center Library | 265 Cohasset Road, Chico | (530) 332-3856

The Cancer Center Library offers materials related to breast cancer, coping, relationships, nutrition, metastatic cancer, complementary therapies and books for kids. The library is free and open to the public. Please call for more details or go to www.enloe.org/library, where you can also view the library's online catalog.

TELEPHONE AND ONLINE RESOURCES



After Breast Cancer Diagnosis (ABCD) – You'll be matched with a professionally trained mentor/breast cancer survivor who not only shares a similar diagnosis and treatment, but whose age, life stage and interests closely align with yours. Go to www.abcdbreastcancersupport.org/get-support, or call 1-800-977-4121.



Breast Cancer Patient Support Group – CancerCare has offered professional counseling, case management, support groups, education and financial assistance to cancer patients for over 75 years. For a list of their groups, including multiple for breast cancer patients, go to www.cancercare.org/support_groups or call 800-813-HOPE (4673).



Reach to Recovery – Through the website or accompanying mobile app, you can create an online profile and match with a volunteer who has experienced a similar type of breast cancer, stage and treatment. To join and create a profile, visit reach.cancer.org or download the mobile Reach To Recovery app.

There are many telephone and online support resources for breast cancer. Find a list of them at www.komen.org/support-resources.

LOCAL BREAST CANCER SUPPORT GROUPS



Picking up The Pieces: Life After Breast Cancer Support Group – Facilitated by local breast cancer survivor, Auburn Menefee, LMFT. Visit www.auburnmenefeelmft.com or call/text (530) 433-9171.



Northern California Bosom Buddies (NCBB) – NCBB offers free programs including Breast Cancer Support Groups and donor sponsored Personalized Care Packages to make your treatment experience more comfortable. For more information, go to norcalbosombuddies.org, call (209) 800-8442 or e-mail info@norcalbosombuddies.org.

Chico Face2Face – Private Facebook group for women diagnosed with breast cancer before the age of 50 and living in the Chico area.

COUNSELING



Counseling helps you respond to mixed emotions about the challenges of cancer in healthy ways. It can also help your family understand and adjust to changes that result from your cancer diagnosis. Go to www.psychologytoday.com and search “How to Find the Best Therapist for You” for helpful tips. The website also allows you to type in your ZIP code and search for counselors in your area, and the listings include what types of insurance they accept. You can also request a “Considering Counseling” resource sheet by calling the Cancer Center Library at (530) 332-3856.

LOCAL LICENSED THERAPISTS

Local licensed therapist who are also breast cancer survivors:

Auburn Menefee, MFT 2220 Saint George Lane, Chico, CA 95926 | (530) 433-9171

Gale Dixon Brown, MFT 1620 Oak Park Ave, Chico, CA 95928 | (530) 433-5423

Kathleen Teal, MFT 75 Declaration Dr #7, Chico, CA 95973 | (530) 892-9772

Lisa Hancock, MS, MFT 344 Flume St, Chico, CA 95928 | (530) 892-1879

Always verify health insurance coverage when you arrange your first visit.