SUPPORT GROUPS IN YOUR COMMUNITY

Region 4 – Northern Virginia

Please note that the dates and times of meetings may change. Please contact the support group before attending to confirm details.

Women Living with Cancer
Women with any type of advanced cancer are invited to join this guided discussion group. Topics are generated by the group and may include, dealing with difficult feelings, communicating with friends and family, identifying ways of coping and finding hope in the present. Early registration is suggested. Facilitators: Maureen Broderick, LCSW and Shara Sosa, LCSW.

Meeting Days: 4th Tuesday
Meeting Time: 2:00-3:30pm
Meeting Location: Inova Alexandria Hospital Cancer Center
Address: 4320 Seminary Road, Alexandria, VA
Phone: 703-698-2522
Contact: Shara Sosa, LCSW
Website: www.lifewithcancer.org

Young Women with Breast Cancer Support Group
Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitator: Shara Sosa, LCSW. If attending for the first time, please call 703.698.2522.

Meeting Days: 2nd Tuesday
Meeting Time: 6:30-8:00pm
Meeting Location: Inova Alexandria Hospital Cancer Center
Address: 4320 Seminary Road, Alexandria, VA
Phone: 703-698-2522
Contact: Shara Sosa, LCSW
Website: www.lifewithcancer.org
Breast Cancer Patients with Children
Join other mothers to discuss living with a breast cancer diagnosis & raising a family.

Meeting Days: 4th Friday
Meeting Time: 1:00-2:30pm
Meeting Location: Virginia Hospital Center
Address: 1701 N. George Mason Drive, Arlington, VA 22205-3698
Phone: 703-558-5555
Contact: Kathy Dorner, LCSW
Email: kdorner@virginiahospitalcenter.com
Website: www.virginiahospitalcenter.com

Breast Cancer Support and Education Group-Mount Vernon
Meet with Nurse Navigator Michele Reddick and Surgical Physician Assistant Leah Basch to learn about, discuss and share ways of meeting the challenges of a breast cancer diagnosis. Group is open to current and former breast cancer patients. Park at yellow entrance; signs will be posted for directions to Conference Room C on the Second Floor.

Meeting Days: 2nd Wednesday
Meeting Time: 6:00-8:00pm
Meeting Location: Inova Mount Vernon Hospital-2nd Floor, Conference Room C
Address: 2501 Parker's Lane, Alexandria, VA, 22306
Phone: 703-698-2526
Website: www.lifewithcancer.org
“Opening Windows” - Recurrent/Metastatic Cancer
Share experiences, thoughts, concerns with other people with metastatic/recurrent cancer. Facilitated by an oncology counselors. Call 703.558.6913 to register.

**Meeting Days:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays  
**Meeting Time:** 10:00-11:30am  
**Meeting Location:** Virginia Hospital Center  
**Address:** 1701 N. George Mason Drive, Arlington, VA 22205-3698  
**Phone:** 703-558-6913  
**Contact:** Kathy Dorner, LCSW  
**Email:** kdorner@virginiahospitalcenter.com  
**Website:** www.virginiahospitalcenter.com

"Support Sisters" - Early Stage Breast Cancer
Women with breast cancer discuss sexuality, self-esteem, emotional changes, as well as effective coping techniques. Facilitator: oncology social worker. No registration required.

**Meeting Days:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays  
**Meeting Time:** 5:00-6:30pm  
**Meeting Location:** Virginia Hospital Center  
**Address:** 1701 N. George Mason Drive, Arlington, VA 22205-3698  
**Phone:** 703-558-5555  
**Contact:** Kathy Dorner, LCSW  
**Email:** kdorner@virginiahospitalcenter.com  
**Website:** www.virginiahospitalcenter.com
SUPPORT GROUPS IN YOUR COMMUNITY

Breast Cancer Support Group, Fair Oaks
This is a support and education group for women diagnosed with an early stage breast cancer within the past three years. The group will provide a supportive environment to meet other women, gather information and learn how to best navigate survivorship. Facilitated by oncology nurse navigator, Gale Towery, RN, BSN, OCN and social worker Shereena Rodney. Register online at www.lifewithcancer.org, or call 703-698-2526.

Meeting Days: 2nd Wednesday
Meeting Time: 5:30-7:00pm
Meeting Location: Inova Fair Oaks Radiation Oncology Center
Address: 3580 Joseph Siewick Drive, Fairfax, VA
Phone: 703-698-2522
Website: www.lifewithcancer.org

Caregiver Connection-Fairfax
Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday. Co-facilitators: Drucilla Brethwaite, LCSW, OSW-C and Lynn Magrum, MSN, CANP.

Meeting Days: 2nd Monday
Meeting Time: 7:00-8:30pm
Meeting Location: Life with Cancer Family Center
Address: 8411 Pennell Street, Fairfax, VA, 22031
Phone: 703-698-2522
Website: www.lifewithcancer.org
SUPPORT GROUPS IN YOUR COMMUNITY

Coalesce
This group is for women of all ages, with advanced breast cancer. Meet weekly in a closed support group to share life’s joys and sorrows. Facilitator: Shara Sosa, LCSW. Prior screening is required; please call 703-698-2522.

Meeting Days: Fridays
Meeting Location: Life with Cancer Family Center
Address: 8411 Pennell Street, Fairfax, VA, 22031
Phone: 703-698-2522
Website: www.lifewithcancer.org

Living with Advanced Disease
This group welcomes people who are exploring ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Feel free to bring your lunch and join others who can support you on this road. Facilitators: Suzanne Freeman, MSW, and Gale Towery, RN, BSN, OCN. Questions? Call 703-391-4673. Registration encouraged.

Meeting Days: 2nd and 4th Fridays
Meeting Time: 12:00-1:30pm
Meeting Location: Inova Fair Oaks Hospital-Conference Room 1
Address: 3600 Joseph Siewick Drive, Fairfax, VA
Phone: 703-391-4673
Website: www.lifewithcancer.org
SUPPORT GROUPS IN YOUR COMMUNITY

Young Women with Breast Cancer Support Group-Fairfax
Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others in a supportive environment to gather information and learn how to best navigate survivorship. Facilitators: Shara Sosa, LCSW and Miranda Gingerich, RN, BSN, OCN. If attending for the first time, please call 703-698-2522.

Meeting Days: 3rd Tuesday
Meeting Time: 6:30-8:00pm
Meeting Location: Life with Cancer Family Center
Address: 8411 Pennell Street, Fairfax, VA, 22031
Phone: 703-698-2522
Website: www.lifewithcancer.org

Breast Cancer Support Group
Learn, discuss and gain support from others who understand the concerns and challenges you face. Facilitators: Corinne Cook, LCSW, OSW-C and Marsha Komandt, RN, BSN, OCN®. Questions? Call facilitators at 703.776.2813 or 703.698.2530.

Meeting Days: 1st and 3rd Wednesdays
Meeting Time: 5:30-7:00pm
Meeting Location: Inova Fairfax Hospital for Children
Address: 3300 Gallows Road, Falls Church, VA, 22042
Phone: 703-776-2813 or 703-698-2530
Website: www.lifewithcancer.org
**Cancer Support Group**

Our mission is to provide a caring Christian community for individuals facing the challenges of cancer. This includes spiritual and emotional encouragement, as well as physical assistance for patients/survivors and their families/friends.

**Meeting Days:** 3rd Thursday  
**Meeting Time:** 6:30-8:00pm  
**Meeting Location:** Floris United Methodist Church  
**Address:** 13600 Frying Pan Road, **Herndon**, VA, 20171  
**Phone:** 703-793-0026 x121  
**Contact:** Jeanette Debernardi  
**Email:** jdebernardi@florising.org  
**Website:** www.florising.org/supportgroups

**Advanced Breast Cancer Support Group-Loudoun**

This group welcomes women who have had a recurrence or have metastatic breast cancer. Please register if attending for the first time. Register via [www.lifewithcancer.org](http://www.lifewithcancer.org).

**Meeting Days:** 4th Monday  
**Meeting Time:** 6:30-8:00pm  
**Meeting Location:** Inova Loudoun Hospital-Radiation Oncology Center  
**Address:** 44035 Riverside Parkway, Ste. 100, **Leesburg**, VA, 20176  
**Phone:** 703-698-2526  
**Website:** [www.lifewithcancer.org](http://www.lifewithcancer.org)
SUPPORT GROUPS IN YOUR COMMUNITY

Breast Cancer Support Group - Loudoun
For women newly diagnosed, making decisions about treatment, those in treatment and those finished with treatment. Registration is requested if attending for the first time. Please register via www.lifewithcancer.org.

Meeting Days: 4th Monday
Meeting Time: 5:00-6:30pm
Meeting Location: Inova Loudoun Hospital-Radiation Oncology Center
Address: 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
Phone: 703-698-2526
Website: www.lifewithcancer.org

Caregiver Connection - Loudoun
Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Friday via www.lifewithcancer.org. Facilitator: Saundra Weller, LCSW, OSW-C.

Meeting Days: 2nd Monday
Meeting Time: 6:30-8:00pm
Meeting Location: Inova Loudoun Hospital-Radiation Oncology Center
Address: 44035 Riverside Parkway, Ste. 100, Leesburg, VA, 20176
Phone: 703-698-2526
Website: www.lifewithcancer.org
SUPPORT GROUPS IN YOUR COMMUNITY

Cancer Support Group

Meeting Days: 2nd Monday  
Meeting Time: 5:30-6:30pm  
Meeting Location: Fauquier Hospital – Sycamore Room  
Address: 500 Hospital Drive, Warrenton, VA 20186  
Phone: 540-316-2273  
Contact: Richard Shrout  
Email: Richard.shrout@fauquierhealth.org  
Website: http://www.fauquierhealth.org/classes-and-events

Active Treatment Group

The active treatment group is open to any cancer patient currently undergoing treatment. We meet on a weekly basis to discuss common themes and give support. This group is open to all diagnoses. As it meets during the lunch hour, you are welcome to bring your lunch with you. Free parking provided.  
Meeting Days: every Wednesday  
Meeting Time: 12:30-1:30pm  
Meeting Location: First floor, Room 1-402, GW Medical Faculty Associates  
Address: 2150 Pennsylvania Ave, NW, Washington, DC 20037  
Phone: 202-741-2218  
Contact: Jennifer Bires, LICSW  
Email: jbires@mfa.gwu.edu  
Website: http://smhs.gwu.edu/katzencancer/events/calendar/month
SUPPORT GROUPS IN YOUR COMMUNITY

Advanced Cancer Group for Women
Share common concerns, fear and coping strategies with other woman facing advanced cancer. This free group is co-facilitated by a licensed social worker and art therapist. A light dinner and parking will be provided.

Meeting Days: 3rd Thursday
Meeting Time: 5:30-6:30pm
Meeting Location: First floor, Room 1-402, GW Medical Faculty Associates
Address: 2150 Pennsylvania Ave, NW, Washington, DC 20037
Phone: 202-741-2218
Contact: Jennifer Bires, LICSW
Email: jbires@mfa.gwu.edu
Website: http://smhs.gwu.edu/katzencancer/events/calendar/month

Breast Cancer Support Group for Women in Active Treatment
This group is free and open to any woman who is currently in treatment for breast cancer. Free parking is provided.

Meeting Days: 1st and 3rd Monday
Meeting Time: 6:00-7:00pm
Meeting Location: First floor, Room 1-402, GW Medical Faculty Associates
Address: 2150 Pennsylvania Ave, NW, Washington, DC 20037
Phone: 202-741-3153
Contact: Monica Dreyer, MA
Email: mdreyer@mfa@gwu.edu
Website: http://smhs.gwu.edu/katzencancer/events/calendar/month
SUPPORT GROUPS IN YOUR COMMUNITY

Caregivers’ Support Group
The caregiver support group is a place to share common concerns, get and give advice, and learn coping skills. It is open to anyone who has a family member with cancer.

Meeting Days: 4th Tuesday
Meeting Time: 12:30-1:45pm
Meeting Location: First floor, Room 1-402, GW Medical Faculty Associates
Address: 2150 Pennsylvania Ave, NW, Washington, DC 20037
Phone: 202-741-2218
Contact: Jennifer Bires, LICSW
Email: jbires@mfa.gwu.edu
Website: http://smhs.gwu.edu/katzencancer/events/calendar/month

Breast Cancer Support Group
An education and support group for women, men and families impacted by breast cancer.

Meeting Days: 2nd Tuesday
Meeting Time: 1:00-2:00pm
Meeting Location: Wellspring Conference Room
Address: 525 Amherst Street, Winchester, VA
Phone: 540-536-4981
Email: khausenf@valleyhealthlink.com
Website: www.valleyhealthlink.com/wellspring
SUPPORT GROUPS IN YOUR COMMUNITY

Cancer Support Group
This group meets the second and fourth Wednesdays of the month, one meeting with an outside speaker and the other for devotional and support.

Meeting Days: 2nd and 4th Wednesdays
Meeting Time: 7:00pm
Meeting Location: First Presbyterian Church
Address: 116 South Loudoun Street, Winchester, VA
Phone: 540-723-4262
Contact: Mark Johnson
Email: khausenf@valleyhealthlink.com
Website: www.valleyhealthlink.com/wellspring

Ripples
Wellspring offers Ripples, an opportunity for women with cancer to network and connect with each other and explore different ways to use the creative process for healing. The program is free and open to all women who have had cancer.

Meeting Days: 3rd Saturday
Meeting Time: 10:00am-12:00pm
Meeting Location: Wellspring Conference Room
Address: 525 Amherst Street, Winchester, VA
Phone: 540-536-4981
Email: khausenf@valleyhealthlink.com
Website: www.valleyhealthlink.com/wellspring