

Support for Your Journey

For Alvorð Brain Tumor Center patients, caregivers and families

Support Groups

A support group is a gathering of people who share a similar journey. Support groups can provide a safe place for you to share your concerns. The groups may meet in person, online, or on the phone.

Brain tumor support groups can provide emotional and social support for you and your loved ones. You may also learn new ways to cope with your diagnosis and treatment.

Phone and Online Support

- **Alvorð Brain Tumor Center:** Offers patient and caregiver support groups via zoom. Email abtcsupportgroup@uw.edu to be notified about upcoming meetings.
- **American Brain Tumor Association:** Offers support group resources for patients and caregivers. Visit abta.org/supportgroups/ to learn more.
- **CancerCare:** Offers support groups for brain tumor patients and caregivers. You must register for a group to attend. All groups have start and end dates. Visit cancercares.org/diagnosis/brain_cancer
- **UCSF Young Adult Brain Tumor Support Group:** Monthly peer led support group for young adults ages 18 - 40s living with a brain tumor. The group meets on the last Thursday of the month from 6:30 - 8:00 p.m. Register online at braintumorcenter.ucsf.edu/support/survivorship/support-groups
- **PeaceHealth St. Joseph Cancer Center Brain Tumor Caregiver Support Group:** Please contact the St. Joseph Cancer Center (Bellingham, WA) at 360.788.8222.
- **The Healing Exchange BRAIN TRUST:** T.H.E. BRAIN TRUST offers online groups according to diagnosis. They also have a caregiver support group. Visit braintrust.org/groups
- **National Brain Tumor Society's Patient and Caregiver Support Programs:** Online support groups for patients and caregivers impacted by a brain tumor diagnosis. Offers a welcoming space where they can have honest, supportive discussions about their emotions and experience.

Peer Support Mentoring Programs

Peer programs offer support for patients and caregivers from someone who has been on a similar journey. This support is provided online or over the phone.

- **American Brain Tumor Association's CommYOUity Peer Support Network:** abta.org/about-brain-tumors/social-emotional-support
- **Imerman Angels:** imermanangels.org/get-support
- **4th Angel Mentoring Program:** 4thangel.org
- **Pickles:** free peer-to-peer support and resources for kids and teens impacted by their parent or guardian's cancer. Visit picklesgroup.org.

