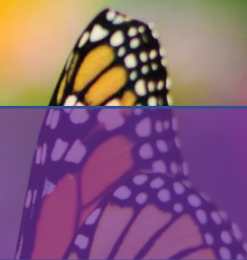


Breast Cancer Care Resources Greater Southern Alameda Area (GSAA)



Support Services

A cancer diagnosis can be difficult for everyone involved. At Kaiser Permanente, we provide many support services to assist you and your loved ones throughout your cancer treatment.

Social Work

Our social workers can provide you with community resources and referrals, including:

- Financial issues
- Disability (short- and long-term)
- Return to workplace
- Home care needs
- Transportation
- Support groups
- Psychotherapy referrals
- Coping and stress management tools
- Life care planning
- Advance directives and decision-making resources
- American Cancer Society

For more information about the services the oncology social workers provide, call your local Oncology Department:

- Medical Oncology Department: (510) 454-2760 (San Leandro); (510) 248-3274 (Fremont)
- Radiation Oncology Department: (510) 752-4000 (Oakland); (925) 556-5800 (Dublin)

Mental Health Resources

For emotional health concerns, talk with your doctor or social worker or call the Mental Health Department at your facility. No referral needed.

Nutrition Services

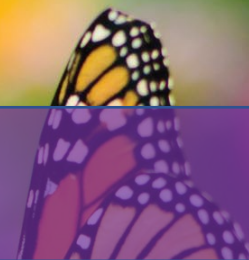
Our registered dietitians will provide you with important information about how to maintain good nutrition during and after treatment, including:

- Nutrition challenges you might have during treatment
- Foods and drinks that can help with eating problems during treatment
- How to eat well after treatment

For more information about our Nutrition Services Department, call your local:

- Medical Oncology Department: (510) 248-3237 (San Leandro and Fremont)
- Radiation Oncology Department: (925) 556-5800 (Dublin); (510) 752-4000 (Oakland)

Breast Cancer Care Resources Greater Southern Alameda Area (GSAA)



Classes and Support Groups

Cancer treatment brings many physical and mental challenges. Learn more by taking one of our cancer care classes. We also encourage you to reach out to others who've experienced what you're going through by joining one of our support groups.

Kaiser GSAA Breast Cancer Support Group

Join other women in a support group where you can share your experiences and feelings and be reminded that you are not alone. Women with any type of breast cancer and at any stage of treatment (or done with treatment) are welcome.

Location(s): Online

Date(s)/Time: Every 2nd and 4th Wednesday of the month

Time: 3-5 PM

Fee: No fee

Registration: Call (510) 454-2727

Open to the public.

Kaiser GSAA Survivors' Class - Life After Treatment

A guided discussion for patients who have completed treatment and transitioning to life after treatment, patients will leave with a workbook, resources, & a plan for self-care.

Location(s): Online

Date(s)/Time: 3rd Tuesday of the month

Time: 2:30 - 4:30 PM

Fee: No fee

Registration: Call (510) 454-2752

Open to members and their support people only

Kaiser GSAA Chemotherapy Class

Learn more about what to expect during chemotherapy. Led by a chemo nurse and oncology registered dietitian.

Location(s): Online

Date(s)/Time: Every Thursday

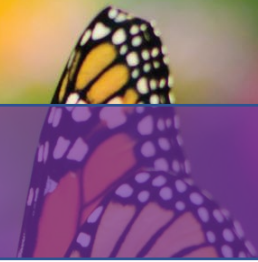
Time: 2:30 - 4:30 PM

Fee: No fee

Registration: Call (510) 454-2760 (San Leandro) or (510) 248-3274 (Fremont)

Open to members and their support people only

Breast Cancer Care Resources Greater Southern Alameda Area (GSAA)



Kaiser GSAA General Cancer Support Group

The Cancer Support Group provides a caring environment to share personal experiences, gain new understandings, build friendships, and support one another. We welcome those with cancer and those who support persons with cancer.

Location(s): Online

Date(s)/Time: 1st and 3rd Wednesday of the month

Time: 4:00 - 5:30 PM

Fee: No fee

Registration: Call Carrie Buckner at (510) 454-4718 or email Carrie.L.Buckner@kp.org

Open to members only

Chinese Cancer Support Group at Cameron House

For Chinese-speaking patients and their family members with any cancer.

Location(s): Donaldina Cameron House in San Francisco, CA

Date(s)/Time: 2nd and 4th Saturdays of every month

Time: 1:30 - 3:30 PM

Registration: mei@cameronhouse.org or (415) 781-0401 ext. 127

Latinas Contra Cancer

For Spanish-speaking patients and survivors with any cancer.

Location(s): 255 N. Market Street #175, San Jose

Date(s)/Time: 1st and 3rd Tuesdays of every month

Registration: facilitator@latinacontracancer.org or (408) 208-0811

Vida con Esperanza (Latina Breast Cancer Support Group)

For Spanish-speaking patients or survivors with breast cancer.

Location(s): Centro de Servicios in Union City, CA

Date(s)/Time: Tuesdays

Time: 5-7 PM

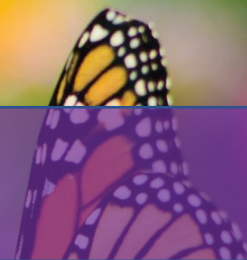
Registration: Call (510) 471-5971

Washington Hospital Breast Cancer Support Group

This group meets on the 1st Thursday of every month from 7:15 – 9 PM at Washington Women's Center Conference Room in Fremont.

Registration: (510) 608-1356

Breast Cancer Care Resources Greater Southern Alameda Area (GSAA)



Community Resources

We recommend that you consider the following resources located near you.

Bay Area Cancer Connections

Bay Area Cancer Connections supports anyone affected by breast or ovarian cancer with personalized services that inform and empower.

<https://www.bayareacancer.org> or (650) 326-6686

Bay Area Young Survivors (BAYS)

BAYS offers monthly support group meetings with free childcare, an active online network, and community-building events for young women with breast cancer in the San Francisco Bay Area. For women diagnosed with breast cancer before the age of 45.

<http://www.baysnet.org/> or (628) 400-2297

Bright Spot Network

The Bright Spot Network provides young cancer survivors who are parents of small children with a safe space for individual and familial healing, recovery, and reconnection.

<https://www.brightspotnetwork.org/>

Cancer Support Community

This non-profit offers weekly support groups available throughout the week and networking groups for specific types of cancers throughout the month in Walnut Creek.

www.cancersupport.net or (925) 933-0107

HERS Breast Cancer Foundation

The HERS Breast Cancer Foundation is a nonprofit organization that serves breast cancer survivors from many Bay Area communities. The mission of HERS is to support all individuals healing from breast cancer by providing post-surgical products and services, regardless of financial status.

www.hersbreastcancerfoundation.org or (510) 790-1911

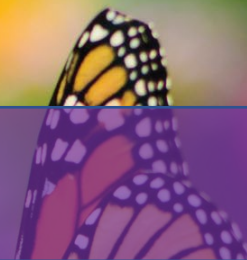
Women's Cancer Resource Center

The Center offers support Groups and linkage to therapists who specialize in working with cancer survivors. Free for low-income women. If not eligible for free therapy, you can still contact them for a referral. They work with therapist in East Bay and SF.

www.wcrc.org/ or (510) 601-4040

Breast Cancer Care Resources

Greater Southern Alameda Area (GSAA)



Resources Online

Kaiser Permanente and other organizations offer many helpful online resources for you.

Kaiser Permanente's Health Education & Promotion

We have additional classes and resources that are designed to support you in the important role you play in keeping yourself healthy. Please visit or call one of our Healthy Living Centers for more information and enrollment.

kp.org/southernalamedacounty/healtheducation

BreastCancer.Org

Breastcancer.org's mission is to help people make sense of the complex medical and personal information about breast health and breast cancer, so they can make the best decisions for their lives.

www.breastcancer.org

American Cancer Society

American Cancer Society funds and conducts research, shares expert information, supports patients, and spreads the word about prevention.

www.cancer.org

Cancer and Careers

A comprehensive website addressing employment issues during and post treatment. They have forums where you can read about how other people address work place challenges, "Ask a Career Coach" feature and a series of Balancing Work and Cancer webinars with topics like Career Change, Job Searching, Disclosure & Privacy and more.

www.cancerandcareers.org

Cancer Care

Offers Online Support group "Post-Treatment Survivorship Support Group" and "Young Adult Post-Treatment Survivorship Support Group" (age 20-39). They also have a number of podcasts addressing issues of survivorship.

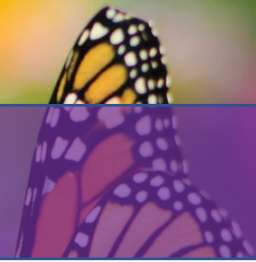
http://www.cancercare.org/support_groups or (800) 813-4673

Cancer in the Workplace and the American Disabilities Act

Questions and Answers on employees' rights that explains voluntary disclosures, types of reasonable accommodations, ways to handle safety concerns, and ways to protect discrimination against employees with cancer or any other disability.

<https://www.eeoc.gov/laws/types/cancer.cfm>

Breast Cancer Care Resources Greater Southern Alameda Area (GSAA)



Jewish Vocational Services

JVS helps Bay Area job seekers to build in-demand skills and confidence, make connections and secure work within a career pathway.

<http://www.jvs.org/> or (415) 391-3600

Legal Aid Society- Employment Law Center

Work and Family Helpline that provides free and confidential legal advice on employment issues like discrimination or reasonable accommodations at work. 1-800-880-8047.

The Cancer Supportive Care Program

The program offers free exercise and fitness programs for cancer patients and survivors, such as gentle pilates, exercise consultations, Tai Chi, Living Strong and Living Well.

<https://stanfordhealthcare.org/for-patients-visitors/cancer-supportive-care-program.html>

The Sam Fund

Sam Fund provides financial assistance to young adults (age 21-39 at time of application) as they regain momentum in their lives after cancer. Grants provided cover a wide range of post-treatment financial needs See website for details and eligibility. They also have great webinars like "Regaining Control of Your Finances Post-Cancer" to help people gain control of finances post cancer.

www.thesamfund.org or 617-938-3484