



## ADULT SUPPORT GROUPS/PROGRAMS

### Division of Social Work

### February 2026

Many of our adult patient/family groups and programs listed below are held virtually via Zoom or telephone. Patients/families who receive care at any of our DFCI locations across the network are welcome to reach out about any of our groups and programs. For more information or to connect with a clinical social worker at Dana-Farber Cancer Institute, call: 617-632-3301 or visit <http://www.dana-farber.org/supportgroups>.

If you are not a Dana-Farber patient and are interested in attending a Dana-Farber support group, please call 617-632-3301.

**Please note:** Dates below are only listed through February 2026. Another calendar will be circulated next month. Additional meetings will be held in upcoming months.

Support Service	Membership	Facilitation	Time & dates	Contact
<b>Bereavement Support Groups and Seminars</b>	6-week group programs and drop-in groups are available for adults whose loved ones were patients of DFCI, or any Dana-Farber affiliated regional campus clinics.	Sue Morris Psy.D, Director of Bereavement Services	Call for details.	Please call for details: 617-632-2490  bereavement_program@dfci.harvard.edu
<b>Brain Tumor Support Group</b>	Bringing patients and caregivers together to share experiences, feelings and challenges associated with brain tumors.	Debra LaFrankie, RN, OCN  Ben Peirce, LICSW	1:30 pm – 3:00 pm  February 23	Contact Ben Peirce to register: 617-632-4236  Benjamin_Peirce@dfci.harvard.edu
<b>Breast Cancer Support Group</b>	An opportunity for patients to gather support around breast cancer diagnosis, treatment, and survivorship experiences. This group is best suited for those who were diagnosed with early-stage (0-III) breast cancer.	Mackenzie Cordova, LICSW  MaryBeth Proulx, RN, BSN, OCN	4:30 pm -5:30 pm  February 11	Contact Mackenzie Cordova to register: 857-215-2828  Mackenzie_Cordova@dfci.harvard.edu

Support Service	Membership	Facilitation	Time & dates	Contact
<b>Caregiver Support Group</b>	A drop-in support group for spouses, partners, or family members of cancer patients.	Tricia Hughes, LICSW  Allison Dibiaso, LICSW	Daytime Group 12:00 pm – 1:00 pm  February 5  Evening Group 6:00 pm -7:00 pm  February 17	Contact Tricia Hughes to register:  Tricia_Hughes@dfci.harvard.edu
<b>Circle of Life (Círculo de Vida): Support Group in Spanish for Women with Cancer</b>	Support for Spanish-speaking patients with all cancer diagnoses. Women only.	Rachel Allende, LICSW	10:00 am – 11:30 am  February 10 February 24	Contact Rachel Allende to register: 617-582-7339  Rachel_Allende@dfci.harvard.edu
<b>Committed Couples Embracing Life Together: A strengths-based support group</b>	This group focuses on couples growing and supporting each other and is inclusive of all cancer types and all intimate relationships.	Courtney Bitz, LICSW	5:30 pm – 7:00 pm  February 18	Contact Liz Bonasoro to register:  Elizabeth_Bonasoro@dfci.harvard.edu
<b>Coping with Cancer Support Group</b>	A support group for men and women living with cancer. Discuss ways to cope with fear and anxiety and share hope and meaning with others facing similar challenges. Family members are welcome.	Ben Peirce, LICSW	4:30 pm – 5:30 pm  February 10	Contact Ben Peirce to register: 617-632-4236  Benjamin_Peirce@dfci.harvard.edu.

Support Service	Membership	Facilitation	Time & dates	Contact
<b>Desmoid Support Group</b>	A drop-in group offered to patients ages 18-39 diagnosed with a desmoid tumor through the Adolescent and Young Adult (AYA) Sarcoma Program.	Caitlin McDonough LICSW	6:30 pm – 7:30 pm  February 25	Please email <a href="mailto:dfciayasarcoma@dfci.harvard.edu">dfciayasarcoma@dfci.harvard.edu</a> to register.
<b>Finding Our Way</b>	A 6-week CBT and Mindfulness based group focused on coping with cancer. Group is open to people in current treatment.	Colleen Chin, RN, BSN  Michelle Jacobo, PhD	3:00 pm – 5:00 pm  February 11	Contact Colleen Chin or Maura Mooney to register:  <a href="mailto:Colleen_Chin@dfci.harvard.edu">Colleen_Chin@dfci.harvard.edu</a> or <a href="mailto:Maura_Mooney@dfci.harvard.edu">Maura_Mooney@dfci.harvard.edu</a>
<b>Gynecologic Cancer Support Group</b>	A support group for DFCI patients who have been diagnosed with a gynecologic cancer. Please choose one meeting time to attend per month.	Anna Mendoza, LCSW	5:00 pm – 6:15 pm  February 9 February 23	Contact Anna Mendoza to register: 617-485-5876  <a href="mailto:Anna_Mendoza@dfci.harvard.edu">Anna_Mendoza@dfci.harvard.edu</a>
<b>Inflammatory Breast Cancer Support Group</b>	The IBC support group has a psychoeducational focus; each session will feature a DFCI clinician who will speak about IBC in a supportive setting with open discussion.	Jess Mosey, LICSW	12:00 pm – 1:00 pm  February 18	Contact Mariesa Powell to register: 617-632-2311

Support Service	Membership	Facilitation	Time & dates	Contact
<b>Kidney Cancer Support Group</b>	A support group for Kidney cancer patients in active treatment or those who have recently completed treatment.	Josh Ozer, LCSW	4:00 pm – 5:00 pm February 12	Contact Josh Ozer to register: 857-215-1944  Joshua_Ozer@dfci.harvard.edu
<b>LGBTQ+ Support Group: Prism</b>	A drop-in support group for LGBTQ+ identifying adults (18+) followed for hematology or oncology at DFCI and/or other area hospitals.	Jen Brown, LICSW  Adam Lang, LICSW	5:30 pm – 6:30 pm  February 5 February 18	Contact Jen Brown to register: 857-215-2936  Jennifer_Brown3@dfci.harvard.edu
<b>Lymphoma/CLL Support Group</b>	A group for patients diagnosed with lymphoma or CLL. This is a chance to meet others, share experiences, comfort, and support.	Christina Palis, LICSW	12:00 pm – 1:00 pm  February 25	Contact Christina Palis to register: 617-582-7284  Christina_Palis@dfci.harvard.edu
<b>Melanoma Support Group</b>	Support group for patients in active treatment for melanoma.	Alexis Giacco, LICSW	5:00 pm – 6:00 pm  February 24	Contact Alexis Giacco to register: 617-632-5163  Alexism_Giacco@dfci.harvard.edu
<b>Men over 50 Prostate Cancer Support Group</b>	This is a patient-only support group for men over 50 in treatment for prostate cancer.	Josh Ozer, LCSW	5:30 pm – 7:00 pm  February 10 February 24	Contact Josh Ozer to register: 857-215-1944  Joshua_Ozer@dfci.harvard.edu

Support Service	Membership	Facilitation	Time & dates	Contact
<b>Metastatic Gastrointestinal Cancer Support Group</b>	A place to connect with other DFCI patients going through similar experiences, share stories, & support each other in challenging times.	Holly Barron, LICSW	12:00 pm – 1:00 pm February 17	Contact Alicia Remy to register: 617-632-2956  Alicia_Remy@dfci.harvard.edu
<b>Multiple Myeloma Education and Discussion Group</b>	A multiple myeloma related presentation followed by separate patient and caregiver discussion groups.	Adam Lang, LICSW  Christina Palis, LICSW	5:30 pm – 8:00 pm February 11	Contact Adam Lang to register: 617-582-9496  Adamj_Lang@dfci.harvard.edu
<b>Neuroendocrine &amp; Carcinoid Seminar/Support Group Series</b>	2-part session offering an informational session followed by a support group for patients and families.	Jane Bausch, LICSW	12:00 pm – 2:00 pm February 17	Contact Jane Bausch to register: 617-632-3309  Jane_Bausch@dfci.harvard.edu
<b>OABC Coffee Hour: Older Patients with Early Stage Breast Cancer Support Group</b>	A monthly, virtual, drop-in social support group for older patients with early stage breast cancer to share experiences, resources, support, and friendship. Assistance with Zoom is available.	Jess Mosey, LICSW	10:00 am – 11:15 am February 9	Contact Sydney Simo to register: 617-632-4300  OABC@dfci.harvard.edu
<b>OABC Coffee Hour: Older Patients with Metastatic Breast Cancer Support Group</b>	A monthly, virtual, drop-in social support group for older patients with metastatic breast cancer to share experiences, resources, support, and friendship. Assistance with Zoom is available.	Jess Mosey, LICSW	10:00 am – 11:00 am February 2 2:00 pm – 3:00 pm February 17	Contact Sydney Simo to register: 617-632-4300  OABC@dfci.harvard.edu

Support Service	Membership	Facilitation	Time & dates	Contact
<b>One Year Post-Bone Marrow Transplant Support Group</b>	A monthly support and education group for DFCI patients who have completed their one-year recovery from bone marrow transplant.	Kristy Katsetos, LICSW	5:00 pm - 6:30 pm February 11	Contact Kristy Katsetos to register: 617-582-8604  KristyA_Katsetos@dfci.harvard.edu
<b>Prostate Cancer Support Group for African-American Men</b>	The Prostate Health Education Network focuses on the needs of Black men diagnosed with prostate cancer.	Thomas Farrington  Jacques Carter, MD	5:30 pm – 8:00pm February 11  (via zoom)	Contact Samantha Destin to register: 857-919-4404  Samantha_Destin@dfci.harvard.edu
<b>Sarcoma Support Group</b>	This monthly group for Sarcoma patients provides an opportunity for support and connection through sharing feelings, experiences, and challenges with the goal of decreasing isolation and building resiliency.	Bobbi Allison, LICSW	4:30 pm – 6:00 pm February 23	Contact Bobbi Allison for information and screening: 617-632-3682  Roberta_Allison@dfci.harvard.edu
<b>Shared Journeys Support Group</b>	Shared Journeys is a multi-faith discussion series for women patients of DFCI, providing a supportive, non-judgmental space for women to share their stories.	Ruth Delfiner, BCC  Larisa Waya, BCC	5:00 pm – 7:00 pm February 4 Room DA02-2001B, Dana Building, 2 <sup>nd</sup> Floor 6:00 pm – 7:00 pm February 16 (via zoom)	Contact Ruth Delfiner or Larisa Waya to register at:  Ruth_Delfiner@dfci.harvard.edu or Larisa_Waya@dfci.harvard.edu

Support Service	Membership	Facilitation	Time & dates	Contact
<b>Spanish-Speakers Women's Sexual Health Workshops</b>	Psychoeducational group bringing Latine women together to share experiences, feelings and challenges associated with sexual health.	Teresa Neira, PhD, LICSW	Please reach out for details.	Contact Teresa Neira at 857-215-4645  Teresa_Neira@dfci.harvard.edu
<b>Stage IV Breast Cancer Support Groups</b>	An opportunity for those with stage IV (metastatic) breast cancer to share emotional support.	Liz Farrell, LICSW  Fremonta Meyer, MD	12:30 pm – 2:00 pm  February 17 February 24  There is currently a waitlist in place for this group.	Contact Liz Farrell to register at: 617-632-5606  ElizabethE_Farrell@dfci.harvard.edu
<b>Thriving Beyond Breast Cancer</b>	This virtual, monthly, drop-in group focuses on supporting those transitioning from active treatment to maintenance and monitoring. This group will explore the challenges of coping with your physical, mental, and emotional, as patients transition to survivorship.	Mackenzie Cordova, LICSW	6:30 pm – 7:30 pm  February 5	Contact Mackenzie Cordova to register: 857-215-2828  Mackenzie_Cordova@dfci.harvard.edu
<b>TOP Talks (Thoracic Oncology Program)</b>	Come connect with other patients navigating treatment for lung cancer to share experiences, support and learn from each other.	Eileen Joyce, LICSW	2:00 pm – 3:00 pm  February 12	Contact Eileen Joyce to register: 617-632-4379  Eileen_Joyce@dfci.harvard.edu

Support Service	Membership	Facilitation	Time & dates	Contact
<b>YOCCC (Young Onset Colorectal Cancer Center) Caregiver Support Group</b>	A support group for adult caregivers of patients with young onset colorectal cancer (diagnosed under age 50).	Kalen Fletcher, LICSW	5:00 pm – 6:00 pm February 4	Contact Kalen Fletcher to register: 617-632-5605  Kalen_Fletcher@dfci.harvard.edu
<b>YOCCC Stage IV Lunch Break Group</b>	Connect with others treated for stage IV colorectal cancer (diagnosed under age 50). This will be an informal space where you can talk with people who get it.	Kalen Fletcher, LICSW	12:00 pm – 1:00 pm February 12	Contact Kalen Fletcher to register: 617-632-5605  Kalen_Fletcher@dfci.harvard.edu
<b>YOCCC Survivorship and Early-stage Group</b>	Connect with others treated for early stage (I, II and III) colorectal cancer and those who have recently completed treatment (diagnosed under age 50). This will be an informal space to talk with people who get it.	Kalen Fletcher, LICSW	5:00 pm – 6:00 pm February 3	For more details or to register, please email YoungCRC@dfci.harvard.edu
<b>Young Adult Breast Cancer Support Group</b>	This group is facilitated in the spring and fall. This 6-week group gives young patients and survivors an opportunity to discuss relevant topics. This group is best suited for those who were diagnosed with early-stage (0-III) breast cancer before age 45 and are within 12 months of the diagnosis.	Megan DelSesto, LICSW	If you are interested in the spring 2026 cohort, please reach out to Young & Strong	For more details or to register, please email youngandstrong@dfci.harvard.edu



Support Service	Membership	Facilitation	Time & dates	Contact
<b>Young Adult Active Treatment Peer Program</b>	A 6-Session Group for young adult patients (18-early 40s) who are on active treatment. Each session will be focused on topics relevant to the young adult active-treatment experience, with additional time to share with peers.	Cristina Pozo-Kaderman, PhD	Please reach out to the Young Adult Program for more details about the next group.	Please email yap@dfci.harvard.edu to learn more.
<b>Young Adult (YA) Caregiver Peer Program for Partner/Spouses of YA Patients</b>	A 6-Session group for partners of young adult patients ages 18-early 40s. Each session will be focused on topics relevant to the caregiver of a young adult experience with additional time to share with peers.	Kalen Fletcher, LICSW	Please email yap@dfci.harvard.edu to sign up for spring cohort.	Please email yap@dfci.harvard.edu to register.
<b>Young Adult (YA) Caregiver Peer Program for Parents of YA Patients</b>	A 6-Session group for parents caring for their young adult children (18-early 40s). Each session will be focused on topics relevant to the experience of being a parent of a YA with additional time to share with peers.	Joan Hanania, PhD	Please reach out to the Young Adult Program for more details about the next group.	Please email yap@dfci.harvard.edu to learn more.

Support Service	Membership	Facilitation	Time & dates	Contact
<b>Young Adult POST (Post Oncology Survivorship Talks) Program</b>	A 6-Session Group for young adult patients (18-early 40s) who completed treatment within a few years. Each session will be focused on topics relevant to the young adult post-treatment experience with additional time to share with peers.	Cristina Pozo-Kaderman, PhD	Please reach out to the Young Adult Program for more details about the next group.	Please email yap@dfci.harvard.edu to learn more.
<b>Young Adult Support Group</b>	This group is open to young adult patients in 18-early 40s who are in treatment or recently out of treatment.	Megan Fitzgerald, LICSW & Paige Malinowski, LICSW - Megan DelSesto, LICSW & Kalen Fletcher, LICSW	5:30 pm – 7:00 pm February 2 - 5:30 pm – 7:00 pm February 18	Please email yap@dfci.harvard.edu to register.
<b>Young-Onset Lung Cancer Support Group</b>	A space for patients 50 and younger to process their experience of living with lung cancer and meet others.	Marah Levine, LICSW	12:00 pm – 1:00 pm February 18	Contact Mariah Levine to register: 617-485-5987 Mariahr_Levine@dfci.harvard.edu
<b>Waldenström's Macroglobulinemia Peer Support Forum</b>	Open to all WM patients and families in New England regardless of where treatment is received.	Eileen Sullivan Christopher Patterson	This group will not be held this month.	Please email Christopher Patterson to register: Christopher_Patterson@dfci.harvard.edu or Eileen Sullivan: ebsullivan27@gmail.com



At Milford Regional Medical Center

**DF/BWCC at Milford  
Regional Medical Center**  
20 Prospect Street, Milford, MA  
01757  
All Programs are FREE

PROGRAM	DATE & TIME	DESCRIPTION
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**Milford will not be holding any support groups during February 2026.**



**Dana-Farber**  
Cancer Institute



Dana-Farber/New Hampshire Oncology-Hematology

**DF/New Hampshire  
Oncology-Hematology**  
40 Buttrick Rd., Londonderry, NH  
All Programs are FREE

PROGRAM	DATE & TIME	DESCRIPTION
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**Londonderry will not be holding any support groups during February 2026.**

In clinical affiliation with South Shore Hospital

**DF/BWCC at South Shore  
Hospital, Weymouth, MA**  
101 Columbian St., South Weymouth,  
MA 02190  
All programs are free.  
Free parking available in adjacent garage.

PROGRAM	DATE & TIME	DESCRIPTION
<b>Prostate Support Group</b>	<p>Second Wednesday of every month</p> <p>6:30 pm - 8:00 pm</p> <ul style="list-style-type: none"> <li>February 11</li> </ul>	<p>This is an opportunity for men with prostate cancer to share experiences, information, and resources.</p> <p>To register, email Michael Gutierrez, LICSW, 781-624-8328 or <a href="mailto:Mgutierrez@southshorehealth.org">Mgutierrez@southshorehealth.org</a></p> <p>Patients can join via zoom or can attend in person in the Lower-Level conference room, LL140 at 101 Columbian Street, South Weymouth.</p>



**Dana-Farber**  
Cancer Institute

at St. Elizabeth's Medical Center

**DFCI at St. Elizabeth's Boston  
Medical Center - Brighton**  
Cushing Pavilion, 5th Floor  
736 Cambridge Street  
Brighton, MA 02135  
All programs are free. Call 617-789-2662

PROGRAM	DATE & TIME	DESCRIPTION
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**DFCI at St. Elizabeth's will not be holding any support groups during February 2026.**



**Dana-Farber**  
Cancer Institute

**DFCI - Merrimack Valley**

**5 Branch Street**

**Methuen, MA 01844**

All programs are free. Call 978-620-2020

PROGRAM	DATE & TIME	DESCRIPTION
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**DFCI at Merrimack Valley will not be holding any support groups during February 2026.**

**DF/BWCC – Foxborough**  
22 Patriot Place, 2nd floor  
Foxborough, MA  
All programs are free.

PROGRAM	DATE & TIME	DESCRIPTION
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**Foxborough will not be holding any support groups during February 2026.**





**ADDITIONAL ADULT PATIENT/FAMILY SUPPORT PROGRAMS**

**Blum Programming: Integrative Spirituality Cancer Workshop Series**

Integrative Spirituality addresses the role of spirituality in coping with cancer, introducing spiritual practices including approaches to meditation, breathwork, and relaxation in supportive community. Led by Yaroslav Nalysnyk, MD, DMIn, Catholic priest and Chaplain at Dana-Farber.

To join this workshop, please visit <https://dana-farber.org/resource-calendar>. Advance registration is not necessary. If you have any questions, please reach out to [Blum\\_Center@dfci.harvard.edu](mailto:Blum_Center@dfci.harvard.edu).

**Family Connections Program: For Parents with Cancer**

Provides supportive resources to adult patients who are parents, addressing their needs as parents and those of their young, school age, and/or teenaged children. Age-appropriate information is available through various materials, including:

- Parent information binder for adult patients/adults in the family (digital version available in English and Spanish)
- Age-based packs for children/teens of patients
- Grief information

For more information, please call 617-632-3301 (Social Work main office).

Visit: [www.dfc.org/familyconnections](http://www.dfc.org/familyconnections).

**One-to-One: Connecting with Someone Who's Been There**

If you or a loved one is navigating a cancer diagnosis, our free telephone support program can connect you with understanding peers who have walked a similar path. Imagine having someone who truly understands, who's been there themselves, ready to listen. Over one to two phone calls, our peer mentors are here for you, offering heartfelt support and guidance on your journey. This free telephone program is available to Dana-Farber patients, caregivers, and loved ones. Get connected today by calling 617-632-4020 or emailing [onetooone@dfci.harvard.edu](mailto:onetooone@dfci.harvard.edu).

To learn more, visit [www.dana-farber.org/onetooone](http://www.dana-farber.org/onetooone).

**SoulMates**

For individuals facing a breast cancer diagnosis, connecting to someone with a similar experience can be a great source of comfort. Our SoulMates program matches breast cancer patients at Dana-Farber with volunteers who have been through a similar journey. SoulMates participants can benefit from the insight of a peer mentor who is trained in topics such as listening, problem solving, and confidentiality. These volunteers offer emotional support, practical coping tips, and more. They guide patients to Dana-Farber programs and community resources. Most importantly, they help relieve fears and concerns because they understand what it's like to face cancer. This program is currently open to women of all ages with breast cancer who are receiving their treatment at Dana-Farber. Volunteers must be out of active treatment for at least two years. For more information, call Anna Lunsford at 857-215-5042.