

Group Name	Organization	Cancer Type/Focus Area	Meeting Logistics	Registration Information	Contact Information	Description
Online Support Groups	CancerCare.org	any cancer type	15 week sessions, online	https://www.cancercare.org/support_groups	1-800-813-4673	CancerCare.org offers a wide variety of support groups tailored to specific cancer diagnoses, age groups, caregivers, and more. They provide secure, online support groups available to anyone in the U.S., all structured as 15-week programs. Participants can join even after the start date, ensuring flexible access to support when it's needed most. Visit their website to learn more and register.
PeaceLove Expressive Arts Support Group	Women&Infants	any cancer type	contact for more information	https://www.womenandinfants.org/patient-resources/support-groups	Nike Kendall, LICSW at 401-430-7106 or nkendall@wihri.org	Women & Infants has partnered with the PeaceLove Foundation to offer these expressive art workshops to patients and survivors. The workshops provide a way to have some fun and be creative.
Mindfulness-Based Stress Reduction (MBSR)	Women&Infants	any cancer type	eight week program, for time and address please call	https://www.womenandinfants.org/patient-resources/support-groups	Lisa Fiore, LICSW at 401-430-7106	An eight-week program that will help you develop self-care tools to manage your stress, reduce medical symptoms, and enhance your quality of life.
Qigong	Women&Infants	any cancer type	every thursday from 11am-12pm, call for more information	https://www.womenandinfants.org/patient-resources/support-groups	Lisa Fiore, LICSW at 401-430-7106	A ten week session introducing participants to Chinese meditative practice that combines meditation, controlled breathing, and movement
Transition to Survivorship Educational/ Support Group	Women&Infants	any cancer type	six week program, please call or email for more information	https://www.womenandinfants.org/patient-resources/support-groups	Dana D'Alessandro, 401-430-7111, ddalessandro@wihri.org	A six-week program designed to help women transitioning from active treatment to post-treatment.
LGBTQ+ Cancer Patient Support Group	CancerCare.org	any cancer type	online, free 15 week online support group	https://www.cancercare.org/support_groups/214-lgbtq_cancer_patient_support_group	1-800-813-4673, info@cancercare.org	Connect with a community of LGBTQ+ patients in a safe and affirming space. This free, 15-week online support group is led by an oncology social worker and caters to those who are coping with a cancer diagnosis.
Post Treatment Survivorship Support Group	CancerCare.org	any cancer type	online, free 15 week online support group	https://www.cancercare.org/support_groups/52-post-treatment_survivorship_support_group	1-800-813-4673, info@cancercare.org	Our post-treatment survivorship support group provides a safe space to connect with others who have completed treatment and is led by an oncology social worker who provides emotional and practical support.
Healing with Words- a Therapeutic Writing Group	CancerCare.org	any cancer type	online, free 15 week online support group	https://www.cancercare.org/support_groups/89-healing_with_words_a_therapeutic_writing_group	1-800-813-4673, info@cancercare.org	Healing With Words is an online therapeutic writing group, offered to people who are currently receiving treatment for cancer or who have completed treatment within the last two years. The group, led by an oncology social worker, will feature a variety of topics related to coping with a diagnosis of cancer. Participants will have the opportunity to read several writing pieces, complete creative writing exercises, and create their own unique works. The group will be a space to respond to writing prompts, share work, and participate in discussion surrounding the writing process itself.
Adult Support Groups/ Programs	Dana Farber	any cancer type	connect for more information	https://www.dana-farber.org/patient-family/support-services/support-groups-seminars	617-632-3301	A variety of support groups for individuals currently going through cancer treatment. Go to the website to learn more about the current! support group sessions and drop in calls that are listed each month.
Connecting Cancer Survivors	American Cancer Society	any cancer type	Online Forum	https://csn.cancer.org/?_gl=1*1i6fznf*_gcl_aw*R0NMLjE3MjA1NTA1MjYyQ2owS0NRand2N08wQmhEd0FSXNBQzBzaldOOTE4R3JNQTUzcmpoNm1qZm1vVik2VTFFRGkNEhGMjJLZkxLN0NNMmZObWFBellrVnVLb2FBczEwRUFMd193Y0I.*_gcl_au*NzQyMDM4OTguMTcxNTA5NDUwMg..*_ga*MjAwMjY0MDA0NC4xNzA2NTUyNTUy*_ga_12CJLLFFQT*_MTcyMDU1MDUyMi45LjEuMTcyMDU1MDk0My4zNi4wLjA._ga=2.187170603.209208015.1720550523-2002640044.1706552552&_gac=1.162460110.1720550526.Cj0KCQjwv7O0BhDwARIsAC0sJWN918GrMA53rh6mJfmoV96U1EDl-4HF22KfLK7CM2fNmaZyKzuKoaAs10EALw_wcB	online forum, visit ACS for more information	The Cancer Survivors Network provides a safe online connection where cancer patients and caregivers can find others with similar experiences. You can participate on discussion boards, join a chat room, and build your own support network.

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24/7 Cancer Helpline	American Cancer Society	any cancer type	24/7 services	1-800-227-2345	1-800-227-2345	Our 24/7 cancer helpline provides support for people dealing with cancer. We can connect you with trained cancer information specialists who will answer questions about a cancer diagnosis and provide guidance and a compassionate ear.
Livestrong	YMCA	any cancer type	12 week physical activity program- visit their website to find a participating YMCA near you	https://livestrong.org/how-we-help/livestrong-at-the-ymca/#ymca-map	https://livestrong.org/how-we-help/livestrong-at-the-ymca/#ymca-map	Livestrong at the YMCA is a 12-week physical activity program designed to help adult cancer survivors regain strength, energy, and community at their local YMCA. It equips those living with, through, or beyond cancer to get back on their feet and connect with other survivors. Participants enjoy free or low-cost exercise regimens catered to their individual needs. Sessions are led by certified fitness instructors at YMCA of the USA locations across the country. Instructors are trained in cancer survivorship, post-rehabilitation exercise, and supportive cancer care.
Very Interesting Book Club	South Kingston Senior Community Center	any cancer type	In-Person at the South Kingston Senior Center on the 3rd Wednesday of the Month at 11AM	please call for more information	Marie Saccoccio, 401-789=0268	Join Marie Saccoccio for a Very Interesting Women's Book Club. There is no reading list!! Simply read whatever book(s) you prefer then come to the meeting to discuss your book and author. This group will meet the 3rd Wednesday of every month at 11 am.
Cancer Patient Support Group	South County Health	any cancer type	Last monday of every month from 1-2:30pm in the Cancer Center Patient Consult Lounge at South County Hospital	https://www.southcountyhealth.org/services-care/specialty-care/cancer-care/cancer-rehab-wellness-support	Lawrence Grebstein, lgrebstein@southcountyhealth.org	When someone has cancer, their life changes. But life also changes for those who help the patient through their cancer journey. Reliable caregiver support is crucial to the physical and emotional well-being of those with cancer. In this support group, you'll find caregiving tips, advice, and camaraderie. Share, vent, laugh, and feel less alone in this private space. All are welcome: spouses, partners, siblings, children, friends, etc.
Yoga4cancer	South County Health/ All that Matters	any cancer type	every tuesday from 1-2:15pm at All That Matters in Wakefield	https://allthatmatterswellness.org/	401-409-2121, info@allthatmatterswellness.org	A free class for survivors and caregivers every Tuesday from 1:00 – 2:15 p.m. Held at All That Matters in Wakefield
Health and Healing Project Support Groups	Ministers Alliance of Rhode Island	any cancer type	contact for more information	https://www.ministersallianceri.org/health-and-healing-initiative	rministersalliance@gmail.com	It all begins with an idea. How can the faith community bring understanding, education and access to the BIPOC community regarding health and wellness issues that are impacting our members? Let's tackle the issue of cancer head-on...First, the diagnosis of cancer is not a death sentence. Second, knowledge is power! Third, with faith all things are possible. This was the basis of our initiative and we are proud to say, we have partnered with community and medical experts to bring this information to the BIPOC community. All of this is free and open to the public, please see the list of Community Conversations below
ACS Empower	American Cancer Society	any cancer type	contact for more information	https://www.cancer.org/support-programs-and-services/acs-empower.html		ACS EMPOWER curriculum is comprised of seven core areas focused on the holistic well-being of people with cancer. It offers free education and support for people with cancer. Provides sessions on wellness, emotional support, and community connection. Available at all Hope Lodge locations for guests, caregivers, and local community members. Focuses on improving quality of life through interactive, holistic programs.
CANCer Talks	Partnership to Reduce Cancer in Rhode Island	any cancer type	in-person at Cross Mills Library on the first Thursday of the Month	https://www.pcri.org/cancertalks	401-364-6211	Join us for connection, education, and support. This group is open to anyone who has been impacted by cancer- patients, survivors, caregivers, family, and friends. Sessions are free, open to all, and provide a safe, welcoming space to share experiences, build relationships, and find community.
CANCer Talks Bead Cafe	Partnership to Reduce Cancer in Rhode Island	any cancer type	in-person at Cross Mills Library. Contact for dates and more information	https://www.pcri.org/cancertalks	401-364-6211	Join us for a special Cancer Talks Bead Cafe class where you'll learn how to use beads to create a variety of projects. All supplies are provided, and the class is open to Cancer Talks Members as well as anyone affected by cancer. Space is limited, please RSVP to save your spot!
Young Women's Support Group	Women&Infants	any cancer type	meets the third tuesday of every month, from 5 to 6:30pm, 668 Eddy St, Providence, third-floor conference room	https://www.womenandinfants.org/patient-resources/support-groups	Dana D'Alessandro, 401-430-7111, ddalessandro@wihri.org	For patients under the age of 40 with all types of cancer.

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LGBTQI+ Cancer Support Group	National LGBT Cancer Network	any cancer type, LGBTQ+	2 hour zoom sessions, Mondays at 4pm EST or Saturdays at 3pm EST	https://cancer-network.org/programs/support-groups-for-survivors/	info@cancer-network.org , 212-675-2633	Many LGBTQI+ cancer survivors struggle to find welcoming support, especially outside major cities. To meet this need, the National LGBT Cancer Network offers free Zoom peer-support groups for LGBTQ+ individuals who have or have had cancer, meeting twice a week in a safe, affirming space to talk about cancer, life, or anything on your mind.
Men's Cancer Wellness Group	Brown University Health	any cancer type, mens	in-person, contact for more information	https://www.brownhealth.org/centers-services/cancer-institute/resources-for-patients-and-survivors	Kathy Higginbotham, 401-793-2078	The Men's Cancer Wellness Group is a forum for men who have been diagnosed with prostate, bladder, testicular, penile, or renal cancer. The group, facilitated by Kathy Higginbotham, LICSW, aims to provide support for participants during treatment and recovery. The group meets in the third-floor conference room of the Fain Building at The Miriam Hospital, 164 Summit Avenue, Providence, RI. Please call Kathy Higginbotham at 401-793-2078 for more information, enrollment and group updates.
Spanish Speaking Cancer Support Group	Grupo Esperanza	any cancer type, spanish	contact for more information	call to learn more and get connected	Wilson Vilamar, 617-378-1616	Support group for survivors who speak Spanish
Look Good Feel Better	Look Good Feel Better	any cancer type, women	visit their website to find local in-person workshops or virtual events	https://lookgoodfeelbetter.org/workshops/	info@lookgoodfeelbetter.org	Every Look Good Feel Better workshop is led by a specially trained, highly talented beauty professional to provide you with hands-on instruction to address the appearance related side-effects of cancer treatment.
Women's Cancer Support Group	South Kingston Senior Community Center	any cancer type, women	In person at the South Kingston Senior Center on the 4th Wednesday of the month at 1PM	please call for more information	Marie Saccoccio, 401-789=0268	Women supporting women who are dealing with or have survived cancer. Group led by Marie Saccoccio, a breast cancer survivor
Women's Cancer Wellness Group	Brown University Health	any cancer type, womens	in-person, contact for more information	https://www.brownhealth.org/centers-services/cancer-institute/resources-for-patients-and-survivors	Susan Garland, 401-444-2584 or Elaine McDonald, 401-444-0058	Women's Cancer Wellness Group is a support group for women diagnosed with any type of cancer who are interested in meeting with peers for discussion, education and support throughout the treatment and recovery process.
Young Adults with Cancer Support Group	CancerCare.org	any cancer type, young adults	online, free 15 week online support group	https://www.cancercare.org/support_groups/147-young_adults_with_cancer_support_group	1-800-813-4673, info@cancercare.org	Our young adults with cancer support group provides a safe space to connect with other young adults coping with cancer and is led by an oncology social worker who provides emotional and practical support.
Peer to Peer Support Group	Brown University Health	any cancer type	contact for more information	https://www.brownhealth.org/centers-services/cancer-institute/resources-for-patients-and-survivors	Susan Garland, 401-606-2044	The Peer to Peer Support Group is a unique program that pairs patients and caregivers with trained volunteers to make their cancer journey easier. The volunteer guides are also patients or caregivers who are one year out of active cancer treatment or who live with stable advanced cancer. Benefits of the program include a decrease in anxiety and isolation, an increase in coping strategies and sense of hope, a buffer in the impact of stress on health and coping, and a chance to see others successfully manage their own problems.
Rhode Island Blood Cancer Support Group	Blood Cancers United	blood cancers	in-person, on the third wednesday of every month from 4-5pm	https://bloodcancerunited.org/event/rhode-island-blood-cancer-support-group-2026	1-800-955-4572	The group will address specific issues related to a blood cancer diagnosis and will provide an opportunity for attendees to discuss concerns, anxieties, feelings related to illness, treatment, and other related issues. The meetings are designed to provide mutual support and education to members by meeting with others whose situations are similar to their own. They are a resource to support coping, in conjunction with your or a loved one's medical treatment.
Blood Cancers Patient Support Group	CancerCare.org	blood cancers	online, free 15 week online support group	https://www.cancercare.org/support_groups/41-blood_cancers_patient_support_group	1-800-813-4673, info@cancercare.org	Our blood cancers patient support group provides a safe space to connect with others coping with a blood cancer and is led by an oncology social worker who provides emotional and practical support.
Multiple Myeloma Support Group	International Myeloma Foundation	blood cancers	Virtual on the first Wensday of the Month from 6-7:30 PM	contact for more information	Robin Tuohy 203-206-3536 or RI@imfsupport.org	This chat provides a forum for patients to address the stresses and triumphs shared by those living with MM. This chat is open for you to discuss any issue related to living with MM: a new diagnosis, treatment decisions, relapse, treatment side effects, emotional toll, fatigue, interpersonal relationships, clinical trials, living with uncertainty, etc.
BRCA+ Educational Support Group	Women&Infants	breast cancer	please call for dates and times	https://www.womenandinfants.org/patient-resources/support-groups	401-230-3627	BRCA+ Educational and Support Group hosted by Women and Infants

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Breast Cancer Support Group- Warwick	Women&Infants	breast cancer	meets the second Thursday of every month from 6:30 to 8:30, call for address and more information	https://www.womenandinfants.org/patient-resources/support-groups	401-736-3737	For breast cancer patients and their families
Breast Cancer Support Group	Kent Hospital	breast cancer	meets every third Wednesday from 2:00 to 3:00pm, call for address and more information	https://www.kentri.org/services/cancer/support-groups?_hstc=104571359.34336fdccde8d786fc54aab08f1e65e5.1758550214222.1758550214222.1764707436279.2&_hssc=104571359.1.1764707436279&_hsfp=3732782242	401-736-3737	Kent Hospital is pleased to offer a free breast cancer support group that meets every third Wednesday. It is an informal, ongoing group, bringing people together to share their experiences and problems related to cancer and to provide one another with comfort and help.
Metastatic Breast Cancer Support Group	Women&Infants	breast cancer	meets the second Tuesday of every month from 10:30am-12pm, 668 Eddy St, Providence, third floor conference room	https://www.womenandinfants.org/patient-resources/support-groups	401-430-7106	
Metastatic Breast Cancer Support Group	CancerCare.org	breast cancer	online, free 15 week online support group	https://www.cancercaresupport.org/support-groups/44-metastatic-breast-cancer-patient-support-group	1-800-813-4673, info@cancercaresupport.org	Our metastatic breast cancer patient support group provides a safe space to connect with others coping with metastatic breast cancer and is led by an oncology social worker who provides emotional and practical support.
Breast Cancer Post-Treatment Survivorship Group	CancerCare.org	breast cancer	online, free 15 week online support group	https://www.cancercaresupport.org/support-groups/180-breast-cancer-post-treatment-survivorship-support-group	1-800-813-4673, info@cancercaresupport.org	Our breast cancer post-treatment survivorship support group provides a safe space to connect with others who have completed treatment and is led by an oncology social worker who provides emotional and practical support.
Breast Cancer Patient Support Group	CancerCare.org	breast cancer	online, free 15 week online support group	https://www.cancercaresupport.org/support-groups/43-breast-cancer-patient-support-group	1-800-813-4673, info@cancercaresupport.org	Our breast cancer patient support group provides a safe space to connect with others coping with breast cancer and is led by an oncology social worker who provides emotional and practical support.
Triple Negative Breast Cancer Patient Support Group	CancerCare.org	breast cancer	online, free 15 week online support group	https://www.cancercaresupport.org/support-groups/42-triple-negative-breast-cancer-patient-support-group	1-800-813-4673, info@cancercaresupport.org	Our triple negative breast cancer patient support group provides a safe space to connect with others coping with triple negative breast cancer and is led by an oncology social worker who provides emotional and practical support.
Healing Arts	Gloria Gemma	breast cancer	connect for more information	https://www.gloriagemma.org/programs	401-861-4376, info@gloriagemma.org	Join together in a welcoming space to find inner peace and comfort through art. Studies show that creative expression is very therapeutic in healing after cancer.
Gloria Gemma Support Groups	Gloria Gemma	breast cancer	connect for more information	https://www.gloriagemma.org/programs	401-861-4376, info@gloriagemma.org	We offer support groups at our center, through our Hope Bus and in the community that provide safe spaces to express feelings freely and judgement free.
Gloria Gemma's Young Survivor Group	Gloria Gemma	breast cancer	connect for more information	https://www.gloriagemma.org/programs	401-861-4376, mandy@gloriagemma.org	Specifically meets the unique needs of women diagnosed before the age of 44. The support services and healing arts activities are designed by young survivors for young survivors.
Hereditary Breast and Ovarian Cancer Discussion Group	Women&Infants	breast cancer, ovarian cancer	call for more information, 668 Eddy St, third floor waiting area	https://www.womenandinfants.org/patient-resources/support-groups	401-430-7111	
Carcinoid and Neuroendocrine Tumor Patient Support Group	CancerCare.org	carcinoid/ neuroendocrine	online, free 15 week online support group	https://www.cancercaresupport.org/support-groups/158-carcinoid-and-neuroendocrine-tumor-patient-support-group	1-800-813-4673, info@cancercaresupport.org	Our carcinoid and neuroendocrine tumor patient support group provides a safe space to connect with others coping with carcinoid or neuroendocrine tumor and is led by an oncology social worker who provides emotional and practical support.
Colorectal Cancer Patient Support Group	CancerCare.org	colorectal cancer	online, free 15 week online support group	https://www.cancercaresupport.org/support-groups/45-colorectal-cancer-patient-support-group	1-800-813-4673, info@cancercaresupport.org	Our colorectal cancer patient support group provides a safe space to connect with others coping with colorectal cancer and is led by an oncology social worker who provides emotional and practical support.
GYN Cancer Support Group	Women&Infants	GYN cancers	Meets the first Thursday of every month, 5 to 6:30pm, 668 Eddy St, Providence, third floor conference room	https://www.womenandinfants.org/patient-resources/support-groups	Nike Kendall, LICSW at 401-430-7106 or nkendall@wihri.org	For patients who are diagnosed with gynecologic cancer
Gynecologic Cancers Patient Support Group	CancerCare.org	GYN cancers	online, free 15 week online support group	https://www.cancercaresupport.org/support-groups/46-gynecologic-cancers-patient-support-group	1-800-813-4673, info@cancercaresupport.org	Our gynecologic cancers patient support group provides a safe space to connect with others coping with gynecologic cancers and is led by an oncology social worker who provides emotional and practical support.

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Lung Cancer Patient Support Group	CancerCare.org	lung cancer	online, free 15 week online support group	https://www.cancercare.org/support_groups/2-lung_cancer_patient_support_group	1-800-813-4673, info@cancercare.org	Our lung cancer patient support group provides a safe space to connect with others coping with lung cancer and is led by an oncology social worker who provides emotional and practical support.
Melanoma Patient Support Group	CancerCare.org	melanoma	online, free 15 week online support group	https://www.cancercare.org/support_groups/132-melanoma_patient_support_group	1-800-813-4673, info@cancercare.org	Our melanoma patient support group provides a safe space to connect with others coping with melanoma and is led by an oncology social worker who provides emotional and practical support.
Ovarian Cancer Patient Support Group	CancerCare.org	ovarian cancer	online, free 15 week online support group	https://www.cancercare.org/support_groups/51-ovarian_cancer_patient_support_group	1-800-813-4673, info@cancercare.org	Our ovarian cancer patient support group provides a safe space to connect with others coping with ovarian cancer and is led by an oncology social worker who provides emotional and practical support.
Pancreatic Cancer Patient Support Group	CancerCare.org	pancreatic cancer	online, free 15 week online support group	https://www.cancercare.org/support_groups/172-pancreatic_cancer_patient_support_group	1-800-813-4673, info@cancercare.org	Our pancreatic cancer patient support group provides a safe space to connect with others coping with pancreatic cancer and is led by an oncology social worker who provides emotional and practical support.
Grupo de Apoyo Para Personas Con Cancer	CancerCare.org	spanish, any cancer type	online, free 15 week online support group	https://www.cancercare.org/support_groups/217-grupo_de_apoyo_para_personas_con_cancer_en_espanol	1-800-813-4673, info@cancercare.org	Nuestro grupo de apoyo en línea para pacientes con proporciona un espacio seguro para conectar con otras personas que se enfrentan a un cáncer y está dirigido por un trabajador social de oncología que proporciona apoyo emocional y práctico.
Young Adult Survivors United Online Support Groups	Young Adult Survivors United	young adult, any cancer type	online, chats available in evening and morning as well as a monthly virtual social	https://yasurvivors.org/programs/support-groups/	724-719-2273	Our virtual support groups, led by professionals or trained advocates, provide a safe space for young adult cancer survivors to connect, share experiences, and find support. Available nationally, sessions include Evening Chats, Daytime Chats, and monthly virtual socials. Registration requires a YASU membership—view times on the monthly calendar.