

Support Groups

Integrative Wellness hosts, sponsors, and facilitates free support groups in an effort to optimize the health and healing of patients, family, and caregivers of people with cancer. **Due to COVID-19, our support groups are being offered virtually. Call the number listed for each class for schedule and login information.**

Living with Life Threatening Illness

Share experiences and insights, discover new ways to enhance your quality of life, and learn to choose love rather than fear.

Info: Call 1-415-459-4333

Facilitator: Andy Alpine, Center for Attitudinal Healing



Lymphedema Information and Support

An opportunity for women to exchange and gain information about lymphedema.

Info: Contact Suzi Beatie at 1-415-924-1699 or Julie Hibbitts at 1-415-892-9763

Leukemia and Lymphoma

For patients and families dealing with Leukemia, Hodgkin's disease, Lymphoma, Multiple Myeloma, and Myelodysplastic Syndromes.

Info: Call Fran Haghghi, RN, at 1-415-925-7615 or Judy Sheridan at 1-415-750-2202

Facilitator: Leukemia & Lymphoma Society

Male Partners Support Group: Man to Man

Info: Call 1-415-459-3434

Prostate Cancer

A safe place to understand the impact of prostate cancer.

Info: Call 1-415-459-4668

Facilitator: Stan Rosenfeld, volunteer and long term prostate cancer survivor

Women's Support Group

Living with Metastasis: Finding meaning, purpose, and resiliency.

Info: Call 1-415-203-2945

Facilitator: Sheila O'Donnell, Center for Attitudinal Healing

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