

# St. Luke's Cancer Institute Support Programs

## Brain Tumor Support Group

Join us in-person or virtually for this support group to share your story, learn about coping with symptoms and psychological changes, connect with peers in a safe space. Caregivers and patients are welcome.

- **In-person and virtual options:**
  - *Registration Required:* Call Jenn at 208-381-4217 or email [brainsupport@slhs.org](mailto:brainsupport@slhs.org).

## Cancer Caregiver Support Group

An online educational and supportive group for anyone caring for a loved one with cancer.

- **Virtual only:**
  - *Registration Required:* Call 208-706-2288 or email [cancersupportgroups@slhs.org](mailto:cancersupportgroups@slhs.org).

## Depression & Anxiety Support Group

Led by St. Luke's Cancer Institute Social Workers, this in-person group is designed to offer both education and connection. During the 8 weeks, participants will be introduced to strategies for reducing depressive and anxious symptoms.

- **In-person only:**
  - *Registration Required:* Email [jessenr@slhs.org](mailto:jessenr@slhs.org).

## Female Sexual Health Education & Support Group

Led by St. Luke's Cancer Institute Social Workers, this is an 8-week group for women to explore sexual health, emotional wellbeing, and overall wellness. Participants will receive education, peer support, and practical tools to better understand changes related to health, treatment, and life experiences.

- **Virtual only:**
  - *Registration Required:* Call 208-706-2288 or email [cancersupportgroups@slhs.org](mailto:cancersupportgroups@slhs.org).

## Living Through Cancer Support Group - Nampa

Join St. Luke's Cancer Institute staff to connect with others who share a similar experience. Open to patients, caregivers, and family members.

- **In-person and virtual options:**
  - *Registration Required:* Call 208-706-2288 or email [cancersupportgroups@slhs.org](mailto:cancersupportgroups@slhs.org).

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## Living Through Cancer Support Group - McCall

Join a free group facilitated by St. Luke's Staff to connect with others who share a similar experience. Open to patients, caregivers, and family members. Meets the third Wednesday of each month at the McCall Public Library in the Hershberger Room from 5:00pm to 7:00 pm.

- **In-person and virtual options:**
  - *Registration Required:* Call 208-706-2288 or email [cancersupportgroups@slhs.org](mailto:cancersupportgroups@slhs.org).

## Navigating Together Support Group

Join a support group facilitated by St. Luke's Cancer Institute Social Workers for younger adults with an advanced cancer diagnosis. This group is for patients and their support persons, ages 18 to 50 who are navigating treatment, uncertainty, and the unique life disruptions that can occur.

- **In-person and virtual options:**
  - *Registration Required:* Call 208-706-2288 or email [cancersupportgroups@slhs.org](mailto:cancersupportgroups@slhs.org).

## Palliative Care Support Group

Led by St. Luke's Cancer Institute social workers and chaplains, this support group provides a safe, welcoming space for patients with serious illness, and their caregivers. This group is for St. Luke's Cancer Institute patients and caregivers. Topics include: adjustment to illness, grief and loss, mental health, existential and spiritual pain, end of life concerns, pain, symptom management, and communication.

- **Virtual only:**
  - *Registration Required:* Call 208-706-2288 or email [cancersupportgroups@slhs.org](mailto:cancersupportgroups@slhs.org).

## Stage 0 - 2 Breast Cancer Support Group

Led by St. Luke's Cancer Institute Social Workers support group provides a safe, supportive space to connect with one another, share experiences, ask questions, and learn how to navigate life with stage 0-2 breast cancer. Open to anyone diagnosed with stage 0-2 breast cancer.

- **In-person and virtual options:**
  - *Registration Required:* Call 208-706-2288 or email [cancersupportgroups@slhs.org](mailto:cancersupportgroups@slhs.org)

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## Artist in Residence - YMCA

No-cost creative arts workshops designed to promote a sense of healing and recovery for cancer survivors. No experience necessary. All supplies are provided.

- In-person and virtual class options
- **For more information:** Call Stephanie Wertz at 208-794-5534 or email [Stephanie.Wertz@ymcatvidaho.org](mailto:Stephanie.Wertz@ymcatvidaho.org)

## Better Breathers Club, Meridian

A support group for individuals with chronic lung disease, caregivers and family members welcome. Learn about ways to cope with conditions such as COPD, lung cancer, pulmonary fibrosis, and asthma. Lead by trained facilitators, these groups provide tools to have the best quality of life you can.

- **For more information:** Contact Audrey Chavez at [chaveaud@slhs.org](mailto:chaveaud@slhs.org)

## Blood Cancer United Support Groups

- In-person Boise Blood Cancer Support Group—register at [bloodcancerunited.org](http://bloodcancerunited.org)
- Virtual Colorado Blood Cancer Support Group— *open to Idaho patients*

## Brain Tumor Support Group, Boise

A group for support and comradery for any brain tumor patient, survivor, or caregiver.

- **For more information:** Call Laurie Bankhead at 208-550-1570

## CancerCare

Online and telephone support groups and educational seminars for patients, survivors, caregivers, and loved ones. Financial assistance information also available.

- **For more information:** Call 800-813-4673 or visit [www.cancercare.org](http://www.cancercare.org)

## Coping Connections

A caring, safe place for participants to learn more about cancer issues and share the emotional, mental, and spiritual impact it has on their lives. Loved ones are welcome to join.

- **For more information:** Call 208-367-3131

## Elmore County Circle of Hope Cancer Support Group

A support group for patients, survivors, and caregivers.

- **For more information:** Call Marcella at 208-599-3824 or AJ at 208-599-0949

## Idaho 2 Fly Coffee Gatherings

A support group for men with cancer on Wednesday's and Saturday's.

- **For more information:** Visit [Idaho2fly.org](http://Idaho2fly.org) or call 208-462-0402

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## Man Up To Cancer Support Group PNW Chapter

A non-profit organization that inspires men to connect and avoid isolation during their cancer journeys through support groups, retreats, and chemo care backpack program.

- **For more information:** Email [info@manuptocancer.org](mailto:info@manuptocancer.org) or visit [www.manuptocancer.org](http://www.manuptocancer.org)

## Ostomy Support Group, Boise

As an Ostomy support group, we offer emotional and educational support to those who are facing or have had ostomy surgery through bi-monthly meetings, seasonal gatherings, an annual fun run, and newsletters. We also offer an Ostomy visitor's program (with your consent) to have a fellow ostomate visit you prior to, or post-surgery.

- **For more information:** Email [olsonjuli@slhs.org](mailto:olsonjuli@slhs.org), call 208-381-6141, or visit [www.ostomy.org](http://www.ostomy.org)

## Shades Of Pink Breast Cancer Support Group

A Treasure Valley support group open to any woman, at any stage of their breast cancer journey.

- **For more information:** Email [shadesofpinktv@gmail.com](mailto:shadesofpinktv@gmail.com) or find us on Facebook.

## Stupid Cancer

Stupid Cancer's mission is to help empower everyone affected by adolescent and young adult (AYA) cancer by ending isolation and building community and providing age-appropriate resources to help navigate treatment and survivorship on your own terms.

- **For more information:** Call 877-735-4673 or visit [www.stupidcancer.org](http://www.stupidcancer.org)

## Treasure Valley Multiple Myeloma Support Group

We welcome you to share your experience in a volunteer led support group with myeloma patients, care partners, family & friends. Join us to meet and interact with others to learn the latest advances in the treatment and management of myeloma.

- In-person or virtual options
- **For more information:** Call Sheri Baker at 208-371-8814 or email [treasurevalley@imfsupport.org](mailto:treasurevalley@imfsupport.org)

## Treasure Valley Us Too! Prostate Support Group

Open to any man managing a diagnosis of prostate cancer. Support is available for partners and spouses through [www.ustoo.org](http://www.ustoo.org).

- In-person or virtual options
- **For more information:** Contact Darrell at 707-628-5901 or [dngwilson@yahoo.com](mailto:dngwilson@yahoo.com)