

SUPPORT GROUPS AND WELLNESS PROGRAMS

Support for Caregivers

People who care for a loved one often benefit from talking with others who have been in their shoes. This [list of organizations](#) can help connect you to toll-free hot lines, one-on-one mentoring, and online chat rooms and support groups.

Adelphi University

The [Adelphi NY Statewide Breast Cancer Hotline & Support Program](#) offers a support hotline, counselling, support groups and other services for people in New York State with and/or concerned about breast cancer.

Support Connection



[Support Connection](#) offers a wide range of educational and wellness programs for people affected by breast and ovarian cancer.

Dutchess County BC Support Resources

The [Breast Cancer Support Resource List](#) contains a large number of cancer support services available in Dutchess County.

Young Survival Coalition®



[Young Survival Coalition](#) (YSC) is a global organization offering resources, connections and outreach to young women who are diagnosed with breast cancer,

NYS Dept of Health

New York State Department of Health provides a [Cancer Services Program](#) to connect clients to free breast, cervical and colorectal cancer screening, diagnostic, treatment and support services in their community. [Click to visit their website](#) | [Breast Cancer Resources](#) | [Download Fact Sheet on Medicaid Program](#) | [Download CSP flyer](#).

CancerCare®

[CancerCare®](#) provides free professional counseling, support groups, educational workshops, and other support for people with cancer, caregivers, loved ones and the bereaved.

Breast Cancer A to Z



[Breast Cancer A-Z](#) provides a wide-ranging collection of news, information, and resource lists related to breast cancer, including a page of [Support Groups in New York State](#)

NYS Breast Cancer Support & Info Network

The [New York State Breast Cancer Support & Education Network](#) is a statewide network of free-standing, survivor-driven, community based, breast cancer organizations. Their website includes a wealth of information on breast cancer resources in New York State.