Advanced Breast Cancer Support Group

B.E.S.T. Group: Breast Expressive Supportive Therapy

Support for people with metastatic (Stage 4) breast cancer

Support Groups

Alberta Health Services
CancerControl Alberta

Department of Psychosocial Oncology
Helping You Live Well with Cancer
Support Group Details

Who can attend?
Women and men diagnosed with metastatic Stage IV breast cancer

When do we meet?
Every Tuesday

Where do we meet?
Department of Psychosocial Oncology
Holy Cross Centre
2202 2nd St SW

What are the goals?
• To live well with breast cancer
• To improve emotional wellbeing
• To openly express all emotions
• To enhance coping skills
• To increase social and family support
• To improve relationships with health care providers

Who is it led by?
Professionally led by psychosocial counsellors.

How do I join?
We ask that you meet first with a counsellor to make sure this group is right for you.

For an appointment or more information:
403-355-3207
calgarypsychosocial@ahs.ca