

# Resources for Emotional Support and Sexual Health In the Context of Breast Cancer Treatment

## EMOTIONAL SUPPORT:

- HFGCC&RI Department of Psychosocial Oncology 302-623-4593x2 <https://christianacare.org/services/cancer/cancersupportservices/psychosocial-oncology/>
  - Individual, Couples, Family, Group Counseling
  - Triple Negative Breast Cancer Group
  - African American Families Fighting Cancer Together Study (University of Delaware)
  - Family Toolkit: <https://christianacare.org/services/cancer/cancersupportservices/familytoolkit/>
- Peer Mentors <http://www.debreastcancer.org/>
- Support Groups <https://www.cancersupportdelaware.org/newcastle.php>
- Phone Counseling/Coaching <http://www.cancercareconnection.org/>
- Online Support <https://www.cansurround.com/>

## MINDFULNESS RESOURCES:

- American Cancer Society & National Cancer Institute <https://survivorship.cancer.gov/springboard/stress-mood/practice-mindfulness>
- Cancer Care <https://www.cancercare.org/tagged/mind-body>
- Apps: HeadSpace, Mindfulness Coach, Relax Meditation...

## SEXUAL HEALTH:

- ACS & NCI <https://survivorship.cancer.gov/springboard/symptoms/sexual-problems-for-women>
- Sharon L. Bober, PhD, Dana-Farber Cancer Institute <http://www.dfhcc.harvard.edu/insider/member-detail/member/sharon-l-bober-phd/>
- Sage Bolte, PhD, LCSW, OSW-C <http://triagecancer.org/sage-bolte>
- Cancer Care [https://www.cancercare.org/connect\\_workshops/359-young\\_adult\\_survivorship\\_fertility\\_sexuality\\_intimacy\\_2013-06-28](https://www.cancercare.org/connect_workshops/359-young_adult_survivorship_fertility_sexuality_intimacy_2013-06-28)
- [https://www.cancercare.org/connect\\_workshops/138-cancer\\_survivorship\\_2008-05-13](https://www.cancercare.org/connect_workshops/138-cancer_survivorship_2008-05-13)