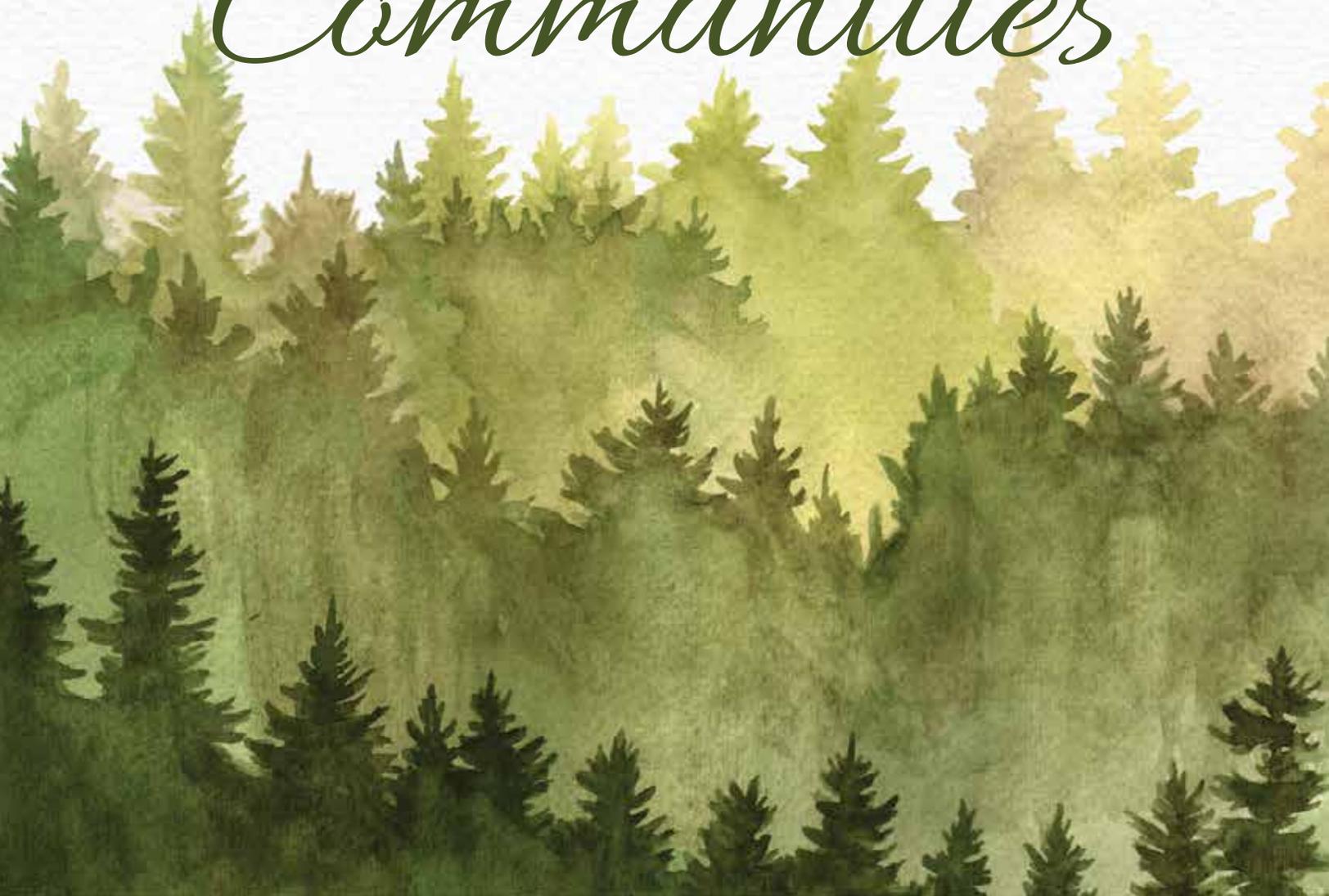


Southwest Colorado • Northwest New Mexico

Cancer Support Communities





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*These resources are provided for information only.
This document does not imply an endorsement from Blueprints of Hope.*



Everyone experiences some level of distress with cancer diagnosis and treatment. It is normal for this distress to worsen when treatment ends and the transition into post-treatment survivorship begins.

The emotional effects of cancer - anxiety, depression, fear of recurrence, uncertainty, and altered body image - can continue long after treatments end. Adjusting to the physical and emotional changes can feel overwhelming, so developing a social support system can be quite beneficial in moving forward after cancer. There is an array of cancer support communities available to survivors in Southwest Colorado.

If you feel the need for more individualized care regarding emotional issues that don't seem to be improving, there are mental health providers in our region who can help. Feel free to call Blueprints of Hope so we can empower you to locate mental health providers who have experience working with individuals who have a cancer diagnosis. It is vital to get the help you need so you are able build a toolkit that will help you settle into life after cancer – a “new normal.”



Durango Support Communities

Meeting times and locations are subject to change.

Caregiver's Support Group

This group provides camaraderie and the sharing of tips, resources and ideas to more effectively cope with the challenges of caregiving.

Meets the 1st and 3rd Wednesday of each month at 10:30 am
Durango/La Plata Senior Center
2424 Main Avenue, Durango, CO

Meets the 3rd Thursday of each month at 11:00 am
Sunshine Gardens Senior Community
25 Sunshine Court, Durango, CO

Meets the 2nd Tuesday of each month at Noon
Complimentary lunch during meeting
Four Corners Health Care Center
2911 Junction Creek, Durango, CO

For more information, contact Elaine Stumpo at 970.259.0122

The Compassionate Friends of Southwest Colorado

The Compassionate Friends is an international support organization for families who have experienced the death of a child.

Meets the 1st Monday of each month at 7:00 pm (Meets on the 2nd Monday of the month when the 1st Monday falls on a holiday)
First United Methodist Church, Room 203
2917 Aspen Drive, Durango, CO

For more information, contact Mary Milord at 970.903.0390 or tcfofswcolorado@gmail.com

Durango Fertility Support Group

This is a supportive, casual and confidential organization for anyone who has experienced a recurrent pregnancy loss, or any issue related to fertility.

Meets at Durango Reproductive Medicine
1199 Main Avenue, #218, Durango, CO

For more information, contact Lyn O'Brien at 970.759.4223 or e-mail her at lynnie513@gmail.com

Grief Support Group

Julie Madden and Norm Gottlieb offer a grief support group for adults who have experienced the loss of a loved one. This group is offered once annually, beginning in late October or early November and flowing through the holiday season into February.

For more information, contact Julie Madden at 970.749.7547 or Norm Gottlieb at 970.749.1357

Grief Support Group - Hospice of Mercy

This is a facilitated grief support group for adults who have experienced the loss of a loved one. Participation is free and group size is limited to ten. Sessions are held a few times each year.

Meets 7:00-9:00 pm on Thursdays for 8-10 weeks
First United Methodist Church
2917 Aspen Drive, Durango, CO

For more information and to register, contact Kati Bachman at 970.382.2032

Hereditary Cancer Peer Mentoring Program

This is peer-to-peer mentoring program to supporting one another through the emotional and social aspects of living with hereditary cancer, and/or a hereditary cancer syndrome.

Meets independently, and times may vary.

*For more information, contact Rosemary Juskevich at rosemaryjuskevich@gmail.com
or Toni Abbey at info@blueprintsofhope.org*

The Grief Center of Southwest Colorado

This organization maintains a network of bereavement specialists in Southwest Colorado (Spanish-speaking therapist available.) There are a variety of individual and group therapy programs offered, all serving children and their families, teens and adults experiencing loss in their lives.

For more information visit their website or contact Judy Austin at 970.765.7142

Live the Moments Support Group

This is a facilitated discussion group supporting one another through the emotional and social aspects of healing through this life-altering illness named “cancer.”

Meets the 4th Friday of each month at 11:30 am (times may vary)
Durango Public Library, Room 3
1900 E. 3rd Avenue, Durango, CO

For more information, contact Toni Abbey at 970.403.3711 or see the Community Calendar at www.blueprintsofhope.org

Look Good, Feel Better

This is an educational support program for those who are currently going through cancer treatment that provides free products and helpful hints for looking and feeling their best while going through chemotherapy.

For more information, contact the American Cancer Society in Durango at 970.403.0086. This program is volunteer-driven, please leave a message.

Prostate Cancer Support Group “Man to Man”

This is an educational supportive program facilitated by prostate cancer survivors for those who are experiencing any phase of prostate cancer. Attendees are invited to learn more about treatment choices and coping with prostate cancer.

Meets the 1st Tuesday of each month at 6:30 pm
Durango Public Library, Room 3
1900 East Third Avenue, Durango, CO

For more information, call the American Cancer Society in Durango at 970.403.0086. This program is volunteer-driven, please leave a message.



Reach to Recovery

This is a program for newly diagnosed men and women with breast cancer that matches them with a trained volunteer who is a breast cancer survivor. Meetings may be one-on-one or over the telephone. These volunteers can provide an avenue to express feelings, verbalize fears and concerns, and ask questions.

For more information or to coordinate a mentor, contact the American Cancer Society in Durango at 970.247.0086. This program is volunteer-driven, please leave a message.

Durango Shared Activity Support Communities

CancerFit

This is a program dedicated to providing anyone who has experienced any phase of a cancer diagnosis with affordable, supportive, shared exercise. The program provides personal trainers who have special training to work with cancer survivors and oversee all aspects of a personalized exercise regimen. Each regimen is designed to aid in recovery and general fitness.

Meets Tuesdays & Thursdays weekly, from 2:15-3:30 pm
Durango Parks and Recreation, Community Recreation Center
2700 Main Avenue, Durango, CO

For more information, contact Jo C. Soignier at 970.375.7308 or SoignierJC@ci.durango.co.us

Live by Living Walk Along the River

Join the SW Chapter of Live by Living, sponsored by Blueprints of Hope, offering walks along the Animas River for cancer survivors, patients, and caregivers.

Meets the 2nd and 4th Fridays of each month (mid-morning, time varies per time of year)
Durango Public Library at the "Common Grounds" café
1900 E. 3rd Avenue, Durango, CO
To sign up, go to: www.livebyliving.org

For more information, contact Toni Abbey at 970.403.3711, or visit the community calendar at www.blueprintsofhope.org

Yoga for Grief

This yoga class provides techniques to promote the transformation of grief and loss into material for your nurturance. All levels of ability are welcome. For a more in-depth description of the class please visit: www.yogadurango.com.

Meets every Friday from 10-11:15 am
YogaDurango
1140-A Main Avenue, Durango, CO

For more information contact Natalie Brandsma or Michele Lawrence at 970.946.8961

Yoga for Healing

A weekly therapeutic group yoga class specially adapted for those who need a little slower pace and extra TLC. Beneficial for those who are recovering from or living with cancer, or who are experiencing any health challenges. This class utilizes deep relaxation, gentle stretching, overall toning and breathing exercises. All postures are adapted individually, as appropriate. A calendar of classes can be found at: www.yogadurango.com.

Meets every Wednesday from 4-5:15 pm
YogaDurango
1140-A Main Avenue, Durango, CO

For more information and to enroll, contact Michele Lawrence at 970.946.8961

Delores - Cortez Support Communities

Caregivers Support Group

The Caregivers Support Group is an organization that provides camaraderie and the sharing of tips, resources and ideas to more effectively cope with the challenges of caregiving.

Meets the 3rd Wednesday of each month at 7:00 pm
Vista Mesa Assisted Living
1206 North Mildred Road, Cortez, CO

Meets the 3rd Wednesday of each month at 6:00 pm
United Methodist Church
515 North Park Street, Cortez, CO

For more information, contact Elaine Stumpo at 970.259.0122

The Compassionate Friends Four Corners Chapter

The Compassionate Friends is an international support organization for families who have experienced the death of a child.

Meets the 3rd Tuesday of each month at 7:00 pm
Hospice Building at 1345 South Broadway, Cortez, CO

For more information, contact Debbie at 970.565.4732 or Cheri at 970.565.6480

Montezuma County Breast Cancer Support Group

Meets the 4th Thursday of each month

For more information, contact Sue Tompkins at 970.882.4484 or Ginger Kingman at 970.882.7586

Pagosa Springs Support Communities

Caregivers Support Group

An organization that provides camaraderie and the sharing of tips, resources and ideas to more effectively cope with the challenges of caregiving.

Meets the last Wednesday of each month at 11:00 am
St. Patrick's Episcopal Church
225 S. Pagosa Blvd., Pagosa Springs, CO

For more information, contact Elaine Stumpo at 970.259.0122

Farmington, NM Support Communities

Advanced Cancer Support Group

This group is for adult patients with advanced cancer; their adult family members and their caregivers are welcome.

Meets the 1st Wednesday of every month from 10:00-11:00 am
San Juan Regional Cancer Center
731 West Animas Street, Farmington, NM

For more information, contact Fran Robinson at 505.609.6089

Cancer Grief Support Group

If you have recently lost a loved one or experienced another loss, this group is for you.

Meets the 1st Wednesday of every month at Noon
San Juan Regional Cancer Center
731 West Animas Street, Farmington, NM
A light lunch will be provided

For more information, contact Fran Robinson at 505.609.6089

Four Corners Women's Cancer Support Group

This group is for women who have been diagnosed with any type of cancer.

Meets the 1st Saturday of every month from 10:00 am-12:00 pm
San Juan Regional Cancer Center
731 West Animas Street, Farmington, NM

For more information, contact Fran Robinson at 505.609.6089

Lunch Breast Cancer Support Group

This group is for women dealing with any phase of breast cancer – be it diagnosis, treatment or recovery.

Meets the 2nd Wednesday of each month from 12-1:00 pm

San Juan Regional Cancer Center

731 West Animas Street, Farmington, NM

Lunch is provided.

For more information, contact Fran Robinson at 505.609.6089

Prostate Cancer Support Group

This group will provide information and support to men diagnosed with prostate cancer and their families.

Meets the 3rd Wednesday of each month from 10-11am

San Juan Regional Cancer Center

731 West Animas Street, Farmington, NM

For more information, contact Fran Robinson at 505.609.6089





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