



## SACRAMENTO COUNTY RESOURCE LIST – Support Services

**Organization:** **American Cancer Society**  
**Program:** Breast Cancer Reach To Recovery  
**Address:** 1765 Challenge Way, Suite 115, Sacramento, CA 95815  
**Date/Time:** By appointment  
**Contact:** (916) 446-7933  
**Services:** Helps breast cancer patients meet the emotional, physical and cosmetic needs.

**Organization:** **Black Americans Against Cancer**  
**Address:** P.O Box 231513, Sacramento, CA 95815  
**Phone:** (916) 427-2222  
**Hours:** Monday through Friday, time varies  
**Services:** General cancer peer-led support group. Call to join. Services are free.

**Program:** **Breast Cancer Self-Help Group**  
**Address:** 681 Main Street, Placerville, CA 95667  
**Date/Time:** Second Monday of each month, 7 - 8:30 pm  
**Contact:** [Charlie Hall](#), (530) 644-3963

**Organization:** **ENCOREplus (YWCA)**  
**Program:** Breast Cancer Support Group  
**Date/Time:** Call for specific dates and times.  
**Contact:** Sarbjit Kaur, (916) 264-8066 ext.32  
**Services:** An exercise and peer support group for women who have breast cancer.

**Organization:** **First Baptist Church Fellowship Hall**  
**Program:** Striving and Thriving in Galt  
**Address:** 653 A Street, Galt, CA 95632  
**Phone:** (209) 745-1203  
**Hours:** Every other Monday at 5 pm  
**Services:** General cancer peer-led support group. Services are free. Please contact for more information.



**Organization:** Heritage Oaks Hospital  
**Program:** Breast Cancer Support Group  
**Date/Time:** First and Third Thursday of each month, 10 am to 11:30 am  
**Facilitator:** Cass Brown Capel, (916) 787-8787

**Organization:** Rancho Murieta Cancer Recovery Support Group  
**Address:** 6521 Rio Oso Dr., Rancho Murieta, CA 95683  
**Phone:** (916) 354-2506  
**Hours:** Fourth Tuesday of each month  
**Services:** General cancer peer-led support group. Services are free.

**Program:** Lymphedema Support Group  
**Address:** 6435 Van Maren Ln, Citrus Heights CA, 95610  
**Phone:** 916-729-2889  
**Fax:** 916-966-2213  
**Services:** General peer-led support group. Please contact for more information.

**Organization:** Save Ourselves  
**Program:** Breast Cancer Support Group  
**Date/Time:** Call for specific dates and times.  
**Contact:** (916) 448-5432  
**Services:** A breast cancer organization for cancer survivors.

**Organization:** Save Ourselves – Latina  
**Address:** 1066 26th Street, Sacramento, CA 95816  
**Date/Time:** Second and fourth Monday of each month, 6:30 pm to 8 pm  
**Contact:** Inez Barragan, (916) 448-5432  
**Services:** Breast cancer support group provided in Spanish



**Organization: Sutter Cancer Center Spanish Speaking**

**Address:** 2800 L Street, Sacramento, CA 95816

**Program:** Breast Cancer Support Group

**Date/Time:** First and Third Monday of each month, 5:30 pm to 7 pm

**Facilitator:** Angie Mejia, (916) 267-3303

**Services:** Breast cancer support group provided in Spanish

**Program:** Cancer Patient and Family Support Group

**Date/Time:** Call for locations, 6 pm to 7:30 pm

**Contact:** (916) 454-6500

**Program:** Lymphedema Support Group for Women

**Date/Time:** Fourth Wednesday of each month except November and December, 2 pm to 4 pm

**Contact:** Lois Phillips, (916) 422-5973

**Services:** Information and support for providers and an opportunity to talk to women in the same situation.

**Organization: Sutter Roseville Medical Center**

**Address:** One Medical Plaza Drive, Roseville, CA 95661

**Program:** Adult Family and Friends of Cancer Patients

**Location:** Elma Wolf Cancer Resource Center

**Date/Time:** Second and fourth Tuesday of each month, 6 pm to 7:30 pm

**Date/Time:** First and third Tuesday of each month, 10 am to 11:30 am

**Contact:** (916) 781-1717

**Program:** Breast Cancer-Recurrent-Metastatic

**Date/Time:** First and third Thursday of each month, 10 am to 11:30 am

**Contact:** C.J. Doran, (916) 781-1634

**Program:** Breast Cancer Support Group

**Date/Time:** First and third Tuesday of each month, 6 pm to 7:30 pm

**Contact:** C.J. Doran, (916) 781-1634

**Program:** Lymphedema Support Group

**Date/Time:** Third Wednesday of each month, 6 pm to 7 pm

**Contact:** Kim, (916) 781-1697

**Program:** Fitness Class for Cancer Patients

**Date/Time:** Six-week session by appointment.

**Contact:** (916) 781-1717

**Services:** Exercise class to help maintain strength during treatment and recovery.



**Organization:** UC Davis Cancer Center  
**Program:** Triumph Fitness Program for Cancer Survivors  
**Location:** Available at two Sacramento locations  
**Date/Time:** 10-week session by appointment.  
**Contact:** Patricia Robinson, (916) 734-0823 or e-mail [patricia.robinson@ucdmc.ucdavis.edu](mailto:patricia.robinson@ucdmc.ucdavis.edu).  
**Services:** Strength-and-fitness program for people who have recently completed cancer treatment.