

# Counseling Support During Breast Cancer Treatment

During this stressful time in your life, licensed counseling is an important resource for managing emotional distress and all the challenges you are facing.

Licensed counselors can help you and your loved ones develop ways to maintain some sense of well-being and have a place to navigate the challenges you and your family are experiencing.



#### Benefit details:

- Free and confidential counseling for you and your caregiver(s)
- In-person and virtual visits are available
- Up to five visits are included Bilingual counselors are available
- Speak to an expert, a supportive good listener

#### Virtual groups are available for:

- Breast cancer patients Stage 0-3, Stage 4
- Family and caregivers of breast cancer patients

Groups meet via Zoom, every other week, 6–7 p.m. — call for schedule.

To schedule counseling and to register for a group session,

**call 650-861-8390 or email Concern:**  
**[concern\\_callcenter@concernhealth.com](mailto:concern_callcenter@concernhealth.com)**



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El Camino Health Cancer Center

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