

Brain and Spinal Cord Tumor Support Group

Information

The Givens Brain Tumor Center offers a free support group for adult brain tumor and spinal cord tumor patients, and their adult caregivers. Support groups are often seen as a safe space to talk about emotions and difficult subjects. Group members often develop a sense of community through shared experiences. People feel understood, supported, and accepted by other members, which can increase their ability to cope. Please join us for a time of connection and support.

How and Where

Support group will be offered monthly as a hybrid meeting. You can join us either in person or virtually. Both versions will be accommodation during each sessions. Patients and caregivers are both invited.

Sessions will be held on Thursdays once each month.

Time: 11:00 AM-12:00 PM

In person: 3rd Floor Conference Room in the Piper Building. We will provide validated parking for those who attend in person.

Virtual Online: A Microsoft Teams link will be provided if you wish to attend online. Instructions will be provided.

Registration

To sign up for our support group, email us at GivensBrainTumorCenter@allina.com. Or call for more information: 612-863-3732

2026 Meeting Dates

Thursday, January 8, 2026
Thursday, February 12, 2026
Thursday, March 12, 2026
Thursday, April 9, 2026
Thursday, May 14, 2026
Thursday, June 11, 2026
Thursday, July 9, 2026
Thursday, August 13, 2026
Thursday, September 10, 2026
Thursday, October 8 2026
Thursday, November 12, 2026
Thursday, December 10, 2026