

# Brain Tumor Support Group

## Why support groups:

Abbott Northwestern Hospital's Brain Tumor Center offers a free support group for adult brain tumor patients and adult caregivers. Support groups are often seen as the safest place 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.

## When:

Second Thursday of every month from 5:30 - 6:30pm.

## How:

Support group will be held as virtual sessions via Microsoft Teams. Instructions and meeting link will be emailed to you during the week of each session. We will rotate two types of sessions every other month: patient only and caregiver only.

**Please RSVP for our Support Group via email:**  
**[GivensBrainTumorCenter@allina.com](mailto:GivensBrainTumorCenter@allina.com)**  
**Or call for more information: 612-863-3732**