



Resources for Life After Cancer

2025 Live Online Programs

Information • Education • Support



Memorial Sloan Kettering
Cancer Center

About the Program

Resources for Life After Cancer (RLAC), is a Memorial Sloan Kettering Cancer Center program that extends our commitment of providing the best cancer care. We create a community of support, education, hope, and empowerment by providing educational lectures, support groups, counseling services, advocacy, and community referrals to help you live well after cancer treatment. Survivors who have completed active treatment are welcome to participate.

We welcome individuals of all races, religions, gender identities, sexual orientations, abilities, nationalities, and ethnicities. All programs are free of charge. Programs may change and are subject to cancelation.

Contact Us

Phone: 646-888-8106

Email: RLAC@mskcc.org

Resources for Life After Cancer
Department of Social Work
633 Third Ave, Floor 5
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LECTURES

To register for any of our programs, go to www.mskcc.org/events

Cancer Discrimination in the Workplace

Alison G. Greenberg, Esq., Employment Law and Commercial Litigation Director, Cancer Advocacy & Elderlaw Projects/City Bar Justice Center

Cancer patients and survivors may face certain legal challenges in the workplace or when seeking employment. This may raise questions such as: “Who needs to know about my diagnosis – and how much should I tell?” “Could I lose my job if I take time off for treatment or recovery?” “How much time off can I take?” “What if I need help to do my job when I return?” The presentation will outline the applicable laws, explain your rights and options, and provide guidance on requesting what you need. Knowing your rights may help protect you from discriminatory and unlawful actions in the workplace.

JAN 30 4:00-5:00pm

Changes in Thinking and Memory following Cancer Treatment

Elizabeth Ryan, PhD, ABPP, Associate Attending Neuropsychologist, Department of Psychiatry and Behavioral Sciences

Chemo brain refers to cognitive changes that can affect people after cancer treatment. Symptoms of cancer-related cognitive changes can include short-term memory loss, difficulty concentrating, and feeling “slower” than usual. In this presentation Dr. Ryan will describe symptoms and potential causes of cancer related cognitive changes, and will share tools for improving memory, focus and stamina.

APR 8 4:00-5:00pm

Fear of Recurrence

Devika Jutagir, PhD, Assistant Attending Psychologist, Department of Psychiatry and Behavioral Sciences

After finishing treatment for cancer, it is normal to experience increased worry and anxiety. This presentation will address how to understand these challenging feelings and offer tools to help manage them.

JUN 17 4:00-5:00pm

Returning to Work After Cancer

Nicole Jarvis, LMSW, Senior Manager of Programs Cancer and Careers

This lecture will cover practical concerns that may arise when dealing with cancer in the workplace. Whether you are looking for a new job after treatment or needing additional accommodations, this session will provide information to help you take your next steps.

Nov 6 4:00-5:00pm



INTEGRATIVE MEDICINE AND SURVIVORSHIP

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Anxiety & Music Therapy

Alyona Weinstein, FNP- BC, and Camila Casaw Irias, LCAT, MT-BC, Integrative Medicine Services

In this lecture an MSK nurse practitioner and music therapist will discuss approaches for relieving anxiety through music therapy. The presentation will explore the effects of anxiety on the body and will talk about how to use music therapy to relieve tension and stress.

MAR 18 4:00-5:00pm

Fatigue & Nutrition

Lillian Rodich, MSPAS, PA-C, MPH, Integrative Medicine Services

In this lecture, an MSK physician assistant and nutrition expert will help you address fatigue by discussing how to optimize diet and nutrition. The presentation will explore how your body uses food to give you energy and leave you feeling restored.

MAY 20 4:00-5:00pm

Mindfulness

Diane Lee, MSN, AGPCNP-BC, Integrative Medicine Services

People who have been treated for cancer often experience ongoing worry, anxiety, and fears of recurrence. In this lecture, we will review the research and teach brief mindfulness practices that can be used to interrupt cycles of anxiety and worry.

SEP 16 4:00-5:00pm

Herbs & Supplements

Yen Nien (Jason) Hou, Pharm.D., Dipl., O.M., L.Ac., Coordinator, Herb Information Center, Integrative Medicine Services

Many people use vitamins and over-the-counter dietary supplements to support overall wellness goals. When shopping for and using supplements, it is important to know about the active and inactive ingredients in these products. We will review popular dietary supplements and herbs cancer survivors use and provide clarity on common misunderstandings and advertised uses of supplements.

DEC 2 4:00-5:00pm

CANCER IN AGING INTERPROFESSIONAL TEAM

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Coping with Anxiety and Depression in the Older Cancer Survivor

Chris Nelson, PhD, Chief, Department of Psychiatry and Behavioral Sciences

This lecture will focus on how a cancer experience can influence one's mental health and wellness. The lecture will look at ways in which patients and families balance expected life transitions after a cancer experience.

OCT 21 4:00-5:00pm

DISCUSSION AND EDUCATION

To register for any of our programs, go to www.mskcc.org/events

An Orientation to Life After Cancer

Barbara Golby, LCSW, Department of Social Work

This presentation and interactive discussion will review common emotional and practical concerns that can emerge when treatment is completed. Both patients and caregivers are welcome to join.

Feb 25 4:00-5:00pm | Jul 8 4:00-5:00pm

Dating and Disclosure

Barbara Golby, LCSW, Department of Social Work

After treatment ends, it can be hard to know when, how, and whether to disclose your cancer history. This interactive discussion will focus on the complexities of dating after treatment. Consultation is necessary.

MAY 6 4:00-5:00pm



Coping with Physical Scars in Cancer Survivorship

Meredith Cammarata, LCSW, Department of Social Work

Living with scars and other changes to physical appearance after cancer treatment can impact a person's emotional well-being and quality of life. This lecture will address the survivor experience as well as techniques to help cope with the emotional impact of post-treatment body changes.

Aug 5 4:00-5:00pm

Finding Our Way: A Discussion of Spirituality and Survivorship

Annamma Abraham-Kaba, LCSW, Department of Social Work, and Reverend Paul Yoon, BCC, Program Manager, Chaplaincy Services

The cancer experience can leave survivors and those close to them questioning their spiritual beliefs, redefining them or having a more intense connection with their own belief system. Join in a discussion about how this profound experience can impact one's spiritual self.

APR 9 4:00-5:00pm | OCT 15 4:00-5:00pm



Support Groups

Adult Survivors of Childhood Cancers Support Group

Barbara Golby, LCSW, Department of Social Work, and Roseann Tucci, RN, MSN, ANP, Department of Medicine

Join fellow adult survivors of childhood cancers for a discussion of the issues unique to this population, such as family relationships, changed perspectives, and late effects of treatment. Consultation is necessary.

JAN 30, APR 17, JUL 17, OCT 16, 5:00-6:00pm

Men's Post-Treatment Support Group

Barbara Golby, LCSW, and Octavio Moreno-Lomeli, LCSW, Department of Social Work

This is a group for men who have completed treatment. Common areas of concern will be discussed including stamina, body image changes, sexuality, employment, communication with friends and family, preoccupation with health, and fear of recurrence. Consultation is necessary.

JAN 16, APR 17, JUL 17, OCT 16, 2:00-3:00pm

Embodied for Young Adults: Coping with Cancer-Related Body Images Changes

Alexandra Russo, LCSW, and Rebecca Santiago, LCSW, Department of Social Work

This program will cover common body image concerns for young adults who have completed treatment for cancer. It will review how physical changes after treatment can impact one's sense of self. Consultation is necessary.

Jun 11 5:30-6:30pm | Dec 10 1:00-2:00pm

Dating and Disclosure for Young Adults

Alexandra Russo, LCSW, Department of Social Work

It can be hard to know when, how, and whether to disclose your cancer history. This program will focus on the complexities of dating after treatment for young adults. Consultation is necessary.

Apr 9 1:00pm-2:00pm | Sept 9 5:30pm-6:30pm

Black Women’s Post-Treatment Support Group

Annamma Abraham Kaba, LCSW, and Barbara Golby, LCSW, Department of Social Work

This 6-week closed group is for Black women to discuss their experiences with life after cancer treatment. Requires 6-week commitment. Consultation is necessary.

Winter 2025

Breast Survivorship Post-Treatment Support Group

Annamma Abraham Kaba, LCSW, and Dianne Mead, LCSW, Department of Social Work

This six-week closed group is for women who have completed treatment for cancer. Topics will include stamina, body changes, sexuality, employment, communication with friends and family, preoccupation with health, and fear of recurrence. Requires 6-week commitment. Consultation is necessary.

Spring 2025



General Survivorship Post-Treatment Support Group

Annamma Abraham Kaba, LCSW, and Barbara Golby, LCSW, Department of Social Work

Join fellow adult survivors who have completed cancer treatment. Requires 6-week commitment. Consultation necessary.

Summer 2025

Young Adult Survivorship Support Group

This group is for young adults in their 20’s and 30’s who have completed treatment for cancer. Topics will include career, dating, sexual health, fertility, fear of recurrence and changed perspectives after treatment. Requires a 6-week commitment. Consultation is necessary.

Fall 2025



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