

Southcoast Centers for Cancer Care Oncology Social Workers



At Southcoast Centers for Cancer Care, Oncology Social Workers are available to assist patients and families. Social workers are available to provide emotional support, community referrals, and help you balance responsibilities while focusing on your health. Patients and families can access social work services at any point throughout their treatment and post treatment. We look forward to assisting you. Social workers are available for in person meetings, phone, or email.

Fall River Cancer Center: 508-973-7810 fax: 508-973-7399

Per Diem Social Workers: Autumn Froias, LICSW & Coyna Peralta, LICSW

Fairhaven Cancer Center: Andrea Prigaro, LICSW: 508-973-3074

fax: 508-973-3057 prigaroa@southcoast.org

Social Workers Provide Assistance

- Managing stress and emotions
- Behavioral Health Counseling & referral
- Support groups
- Referral for financial resources
- Supporting caregivers
- Communicating with friends & family
- Finding transportation resources
- Balancing work and health concerns
- FMLA, disability, & job accommodations
- Preparing advanced directives
- Referral for home care needs
- Finding community resources
- Understanding health insurance benefits

Tips for Healthy Wellbeing

- Make a new routine, set alarms & keep structure
- Drink plenty of water & eat healthy foods
- Connect with friends & family by phone, text, video chat
- Keep moving with gentle exercise & chair yoga
- Ask for help, talk with care team, friends, family, and lenders/landlords about your needs
- Reconnect spiritually with prayer and/or meditation
- Reduce your news intake and discover new hobbies (drawing, coloring books, crafts, reading, writing, gardening)
- Take several deep breaths and focus on what is going well & what you have control over.
- Escape, watch a comedy & laugh out loud, listen to music & dance, have a home spa day, learn something new
- Get fresh air, when possible go for a walk & reconnect with nature while practicing social distancing & hygiene

Resources

- United Way referral hotline: Dial 2-1-1
- Coastline Elderly: 508-999-6400
- Family Reach: financial planning: 973-394-1411
- Meditation apps: Headspace, Calm, Smiling Mind
- The Lifeline: suicide prevention hotline: Dial 9-8-8
- SAMHSA's National Hotline (Substance Abuse and Mental Health Administration): 1-800-662-HELP (4357)

Confidentiality:

Social Workers provide an opportunity for you to talk freely in confidence. While communication with a social worker is confidential, please note our records are maintained as part of your multidisciplinary team.

Just like any other treatment provider there are limitations to confidentiality; information will be disclosed appropriately if someone is believed to be at risk of hurting themselves or others. Appropriate agencies will be notified if there are concerns pertaining to a child, elder, or disabled individual that is at risk of harm or neglect.

If you do wish for communication with an outside agency please sign a consent form that can be obtained from office staff at the center or the social worker.

Southcoast Health Centers for Cancer Care Supportive Care

Support Groups are beneficial in reducing stress, anxiety and depression symptoms. Groups provide an opportunity to discuss shared experiences, and learn healthy coping techniques. Participants may join in-person or virtual meetings.

Diagnosis specific support groups are available:

- Multiple Myeloma Leukemia & Lymphoma
- Breast Cancer
- Lung Cancer
- Gynecologic Cancer
- Head and Neck Cancer
- General Support (*any cancer diagnosis*)
- Caregiver Support

Counseling sessions can help you reach your goals for improving your quality of life and cope with a diagnosis of cancer.

Counseling can help improve the following areas of life and many more:

- Emotional wellbeing
- Sleep
- Concentration
- Work Life Balance
- Communication
- Relationships
- Substance use concerns
- Coping with loss

Nicole Podkowa Patient & Caregiver Fund

This fund supports patients and their families experiencing a financial hardship by providing limited assistance with immediate needs such as food stability, utilities, transportation, etc. Contact the Social Worker if you are experiencing a financial hardship and wish to learn more about this program.



The social workers have completed master's degree programs with a special focus in providing counseling services. They have completed additional training hours and have a license to provide counseling in the state of Massachusetts. Social workers are available for in person counseling. If you are interested in learning more about receiving counseling services or registering for a support group please contact the social worker at the center where you receive care.

Register for support groups on-line: www.southcoast.org/cancer-care-support-group-registration/

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