

# Lung Transplant Recipient & Caregiver Support Groups

Are you a lung transplant recipient or family member of someone that has had a lung transplant? Please join us for our support groups to connect with others who have **already been through** the transplant process! You can come to one group a month or all of the groups that fit your schedule. I strive to have a speaker each month, please let me know if you would like to be on the email list for schedule updates or speaker announcements. If you would like to receive weekly reminders, or be notified about schedule changes, please contact Becky Goldstein, LMSW at [rmg2193@cumc.columbia.edu](mailto:rmg2193@cumc.columbia.edu)

Please Note: there are four types of groups:

*Caregiver Support Group: This group is open to spouses, caregivers, family, friends & loved ones of post-lung transplant recipients. This group is not for recipients.*

Post-Transplant Support Group: This group is open to all post-lung transplant recipients, regardless of how far out from your lung transplant you are! This is for lung transplant recipients only.

Special Interest Group: This new group will meet monthly. This group is open to both recipients and their families. Watch your email to see what it will be each month! It may be a panel discussion featuring a specific group of individuals post-transplant.

Writing Your Story: This is a more structured group open to both recipients and their families. This group will meet monthly and use writing, art and stories to explore your journey with transplant.

## September 2021

*Mon, Sept 6<sup>th</sup> - NO CAREGIVER GROUP – LABOR DAY / Rosh Hashanah*

*Thurs, Sept 9<sup>th</sup> @ 1:00pm – 2:30pm: Post-Transplant Support Group*

*Mon, Sept. 13<sup>th</sup> @ 6:00pm – 7:30pm: Post-Transplant Support Group*

*Mon, Sept 20<sup>th</sup> @ 1:00pm – 2:00pm: Speaker Series: Nicole Piezschata, DPT  
All about Exercise after Transplant*

*Mon, Sept 20<sup>th</sup> @ 6:00pm – 7:30pm: Caregiver Support Group*

*Thurs, Sept 23<sup>rd</sup> @ 1:00pm – 2:30pm: Special Interest Group*

*Mon, Sept 27<sup>th</sup> @ 10:00am – 11:30am: Post-Transplant Support Group*

*Thurs, Sept 30<sup>th</sup> @ 1:00pm – 2:30pm: Writing Your Story*

## October 2021

*Mon, Oct 4<sup>th</sup> @ 6:00pm – 7:30pm: Caregiver Support Group*

*Wed, Oct 6<sup>th</sup> @ 1:00pm – 2:30pm: Post-Transplant Support Group*

*Thurs, Oct 7<sup>th</sup> @ 1:00pm – 2:00pm: Speaker Series: Maggie Carroll, PA, MPAS  
Post-Transplant Q&A with a Coordinator*

*Mon, Oct 11<sup>th</sup> @ 6:00pm – 7:30pm: Post-Transplant Support Group*

*Mon, Oct 18<sup>th</sup> @ 6:00pm – 7:30pm: Caregiver Support Group*

*Wed, Oct 20<sup>th</sup> @ 1:00pm – 2:30pm: Special Interest Group*

*Mon, Oct 25<sup>th</sup> @ 10:00am – 11:30am: Post-Transplant Support Group*

*Thurs, Oct 28<sup>th</sup> @ 1:00pm – 2:30pm: Writing Your Story*

## **November 2021**

*Mon, Nov 1<sup>st</sup> @ 6:00pm – 7:30pm: Caregiver Support Group*

Wed, Nov 3<sup>rd</sup> @ 1:00pm – 2:30pm: Post-Transplant Support Group

Mon, Nov 8<sup>th</sup> @ 6:00pm – 7:30pm: Post-Transplant Support Group

Mon, Sept 20<sup>th</sup> @ 1:00pm – 2:00pm: Speaker Series: Brenda Klein, CND, CDCES  
Post-Transplant Q&A about Diet & Nutrition

*Mon, Nov 15<sup>th</sup> @ 6:00pm – 7:30pm: Caregiver Support Group*

Wed, Nov 17<sup>th</sup> @ 1:00pm – 2:30pm: Special Interest Group

Mon, Nov 22<sup>nd</sup> @ 10:00am – 11:30am: Post-Transplant Support Group

## **December 2021**

Thurs, Dec 2<sup>nd</sup> @ 1:00pm – 2:30pm: Writing Your Story

*Mon, Dec 6<sup>th</sup> @ 6:00pm – 7:30pm: Caregiver Support Group*

Wed, Dec 8<sup>th</sup> @ 1:00pm – 2:30pm: Post-Transplant Support Group

Mon, Dec 13<sup>th</sup> @ 6:00pm – 7:30pm: Post-Transplant Support Group

*Mon, Dec 20<sup>th</sup> @ 6:00pm – 7:30pm: Caregiver Support Group*

Wed, Dec 22<sup>nd</sup> @ 1:00pm – 2:30pm: Special Interest Group

*TBD – Holiday Party!!*