

2019 Support Groups and Programs

MOCA organizes support groups to meet the needs of those impacted by ovarian cancer. All support programs are free and walk ins welcome. For more information about personal or group support, contact Community Support Program Manager Stefanie Gliniany at sgliniany@mnovarian.org or (612) 584-3550.

MOCA Connections

We invite women diagnosed with ovarian cancer and their loved ones to join us to connect with each other, share information and gain support.

Join us for our evening meeting on the 3rd Thursday of each month from 6 – 7:30 p.m. at the MOCA office.

East Metro Support Meeting

Survivors and loved ones, join us for our monthly meeting in Woodbury at the Lunds and Byerly's Community Room to connect and share with others. Meetings are scheduled 2 months in advance. Visit mnovarian.org, MOCA's Facebook page or reach out to Stefanie to see when the next meeting is scheduled for.

Care in the Community

MOCA offers an extra level of support with our Care in the Community support offering. Can't make it to a MOCA Connections meeting? MOCA Community Support Program Manager Stefanie Gliniany is available to meet one-on-one at metro coffee shops when scheduled in advance. She is also available to connect with survivors during their chemo infusions. Contact Stefanie to schedule a visit.

Young Survivor Network

The members of this group are women with a gynecologic cancer diagnosis who range in age from teens to early 40s. They deal with issues which are unique to them such as early menopause, loss of fertility, dating after diagnosis, sexuality and body image. The Young Survivor Network meets regularly throughout the year.

MOCA Mentor Program

MOCA Mentors connect one-to-one over the phone to share their stories and experiences with others. Mentors include survivors, partners of survivors, caregivers and daughters of ovarian cancer survivors. You will receive a phone call within 3 business days of your request. To connect with a MOCA Mentor or become a mentor, contact Stefanie Gliniany.

Men of MOCA

Ovarian cancer doesn't just impact women - partners, husbands, brothers, sons, friends and more are impacted when a woman is diagnosed with ovarian cancer. MOCA provides peer-to-peer support for men through the Men of MOCA support group and Mentor Program.

MOCA Cares Kits

A MOCA Cares Kit is a small backpack filled with comfort items designed for women dealing with ovarian cancer. Any ovarian cancer survivor living in Minnesota or receiving their care in Minnesota who is currently receiving treatment or is within one year of finishing treatment qualifies for a MOCA Cares Kit. The MOCA Cares Kit can be picked up, mailed or delivered. Contact Stefanie to request a Cares Kit.