

ThyCa E-Mail Support Groups and How To Join a Group

ThyCa sponsors several e-mail support group discussion lists. In these groups, participants share thyroid cancer information and their experiences, strength, and hope, using email messages. Subscribing puts you instantly in touch with large numbers of people worldwide, all dealing with thyroid cancer.

Each list has rules and moderators to ensure that everyone follows the rules. To protect everyone's privacy, one rule is that nobody forwards someone else's e-mail, or shares an address link, without specific written permission in advance from the other person. The groups do not allow commercial messages, fundraising messages, and other topics not in keeping with a support group.

The lists are free and simple to join. ThyCa operates them through Yahoo! Groups. You have a choice of whether to receive all messages individually, whether to receive just one e-mail each day (with all the day's messages), or whether to receive no e-mails and instead to read messages, as you choose, on the group's web site.

Groups Sponsored by ThyCa

- Advanced Thyroid Cancer Support Group
- Anaplastic Support Group
- Caregivers Support Group
- Childbearing and Thyroid Cancer Group
- Long-Term Survivors Support Group
- Love, Loss, & Legacy Group
- Medullary Support Group
- Pediatric Support Group
- Thyca - Thyroid Cancer Support Group (mainly papillary and follicular)
- ThyCa Mental Challenges Support Group

Instructions for Joining

Instructions are also on <http://www.thyca.org/email.htm>

Thyca--Thyroid Cancer Support Group: a general forum for overall thyroid cancer (mainly papillary and follicular thyroid cancer) discussion and support. **Subscribe at** <http://groups.yahoo.com/group/thyca/join> . **Note** -- If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above website. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to <http://groups.yahoo.com/group/thyca/join> and subscribe to the list. (You have three choices of how to read messages: (1) all messages sent to your e-mail inbox, (2) one "Digest" each day containing all e-mails sent that day, or (3) view messages on the yahoo groups web

site whenever you choose rather than receiving them. You can change your choice at any time.) You will receive a confirmation email that you **MUST** respond to, then you will receive an automated Welcome Message and be on the list to get and send email. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK email to Thyca-subscribe@yahoogroups.com. This avoids acceptance of cookies but gets you basic list membership only; you will not have access to Yahoo's handy websites unless you register.

Advanced Thyroid Cancer Support Group: a support forum for people dealing with advanced thyroid cancer. **Subscribe at** <http://groups.yahoo.com/group/adv-thyca/join?referer=1>. **Note**--If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above website. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to <http://groups.yahoo.com/group/adv-thyca/join?referer=1> and subscribe to the list. You will receive a confirmation email that you **MUST** respond to, then you will be on the list to get and send email. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK email to adv-thyca-subscribe@yahoogroups.com. This avoids acceptance of cookies but gets you basic list membership only; you will not have access to Yahoo's handy websites unless you register.

Anaplastic Support Group: a support forum for people and families dealing with anaplastic thyroid cancer. **Subscribe at** <http://groups.yahoo.com/group/anaplastic/join>. **Note**--If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above website. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to <http://groups.yahoo.com/group/anaplastic/join> and subscribe to the list. You will receive a confirmation email that you **MUST** respond to, then you will be on the list to get and send email. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK email to Anaplastic-subscribe@yahoogroups.com. This avoids acceptance of cookies but gets you basic list membership only; you will not have access to Yahoo's handy websites unless you register.

Medullary Support Group: a support forum for people dealing with medullary thyroid cancer. **Subscribe at** <http://groups.yahoo.com/group/medullary/join>. **Note**--If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above website. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to <http://groups.yahoo.com/group/medullary/join> and subscribe to the list. You will receive a confirmation email that you **MUST** respond to, then you will be on the list to get and send email. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK email to Medullary-subscribe@yahoogroups.com. This avoids acceptance of cookies but gets you basic list membership only; you will not have access to Yahoo's handy websites unless you register.

Pediatric Support Group: a support forum for families dealing with pediatric thyroid cancer. **Subscribe at** http://groups.yahoo.com/group/Ped_thyca/join?referer=1. **Note**--If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above

website. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to http://groups.yahoo.com/group/Ped_thyca/join?referer=1 and subscribe to the list. You will receive a confirmation email that you MUST respond to, then you will be on the list to get and send email. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK email to Ped_thyca-subscribe@yahoogroups.com. This avoids acceptance of cookies but gets you basic list membership only; you will not have access to Yahoo's handy websites unless you register.

Caregivers Support Group: a support forum for family members and friends of people dealing with thyroid cancer. Subscribe at <http://groups.yahoo.com/group/tc-caregivers/join>. Note--If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above website. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to <http://groups.yahoo.com/group/tc-caregivers/join> and subscribe to the list. You will receive a confirmation email that you MUST respond to, then you will receive an automated Welcome Message and be on the list to get and send email. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK email to TC-caregivers-subscribe@yahoogroups.com. This avoids acceptance of cookies but gets you basic list membership only; you will not have access to Yahoo's handy websites unless you register.

Childbearing and Thyroid Cancer Group: This is an e-mail support group for women and men of childbearing age who are coping with issues related to childbearing during testing, treatment, and follow-up for thyroid cancer. We discuss fertility, pregnancy, maternity, childbearing, and being parents. We share our experiences, strength, and hope. We offer each other understanding and encouragement. We share tips for what has helped us cope with the challenges we experience. We do not give medical advice. We ask participants to seek help from their own doctors for their individual medical needs. -**Subscribe at** <http://groups.yahoo.com/group/thyca-childbearing/join>. Note -- If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above web site. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to <http://groups.yahoo.com/group/thyca-childbearing/join> and subscribe to this list. You have three choices of how to read messages: (1) receive all messages in your e-mail inbox, (2) receive one "Digest" message each day containing all e-mails sent to the list that day, or (3) view messages on the yahoogroups web site when you choose rather than receiving them. You can change your choice at any time. After you subscribe, you will receive a confirmation e-mail that you MUST respond to. After you respond, you will receive an automated Welcome Message from the moderators. You will then be on the list to get and send e-mail to the group. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK e-mail to ThyCa-Childbearing-subscribe@yahoogroups.com. This avoids acceptance of cookies and gets you only basic list membership only, not access to Yahoogroups web sites. After you join the group, you'll be able to read all the posts from the other group participants. You may send a message if you choose to do so. The group moderators review all messages.

Long-Term Survivors Support Group: a support forum for survivors who are past the initial years of treatment and follow-up for

thyroid cancer. Subscribe at <http://groups.yahoo.com/group/LT-survivors/join>. Note--If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above website. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to <http://groups.yahoo.com/group/LT-survivors/join> and subscribe to the list. You will receive a confirmation email that you MUST respond to, then you will receive an automated Welcome Message and be on the list to get and send email. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK email to LT-Survivors-subscribe@yahoogroups.com. This avoids acceptance of cookies but gets you basic list membership only; you will not have access to Yahoo's handy websites unless you register.

Mental Challenges Group: This is an e-mail support group, addressing the emotional issues that some thyroid cancer survivors deal with. These may or may not be related to our thyroid cancer or its treatment. However, they still affect our lives. **Subscribe at** <http://groups.yahoo.com/group/thycamentalachallenges/join>. Note -- If you are not yet registered with Yahoo, you will need to do this before subscribing; click on "I'm a New Member--Sign Me Up" at the above website. Registration is a simple and quick process, as well as free; you will get a Yahoo password. After you are registered, go back to <http://groups.yahoo.com/group/thycamentalachallenges/join> and subscribe to the list. (You have three choices of how to read messages: (1) all messages sent to your e-mail inbox, (2) one "Digest" each day containing all e-mails sent that day, or (3) view messages on the yahoogroups web site whenever you choose rather than receiving them. You can change your choice at any time.) You will receive a confirmation email that you MUST respond to, then you will receive an automated Welcome Message and be on the list to get and send email. If for any reason you cannot complete the Yahoo registration process, you can automatically subscribe to the list by sending a BLANK email to Thycamentalachallenges-subscribe@yahoogroups.com. This avoids acceptance of cookies but gets you basic list membership only; you will not have access to Yahoo's handy websites unless you register. **Thyca Mental Challenges Support Group Description:** This is a private e-mail group, addressing the emotional issues that some thyroid cancer survivors deal with. These may or may not be related to our thyroid cancer or its treatment. However, they still affect our lives. **Note: Our web site has more details about this group.** This group is not a therapy group or a form of professional treatment. We ask participants to seek help from their doctors for their individual medical and mental health needs. The group moderators review all messages. This group is dedicated exclusively to supporting members who experience emotional and mental health issues that accompany living with Thyroid Cancer. Posters who have questions or comments about other aspects of thyroid cancer will be directed to an appropriate listserv (e-mail support group). (See www.thyca.org for all ThyCa support listservs). By posting to this email support group, the poster understands and agrees that each email will be reviewed for content and any email may or may not be allowed to be posted in the sole discretion of the moderators.

Additional Groups –

Visit our web site www.thyca.org for details

- **Monday Evening Online Chat Room for Thyroid Cancer Survivors**
- **Groups Not Affiliated With ThyCa**