



Cancer Support Group

If you or someone you know has cancer, this group is for you. When you have cancer, you have many things to think about. This group teaches you ways to help yourself and your family. You, your family and friends are welcome to attend. This group will meet weekly for six weeks to discuss topics relevant to dealing with a cancer diagnosis.

Groups are led by a licensed professional.

The following is a list of topics covered during the six-week session.

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- Week 1: Telling your Story
 - Week 2: Dealing with Emotions, Thoughts and Feelings
 - Week 3: Using Spirituality to Cope with a Cancer Diagnosis
 - Week 4: Communicating with your Family and Loved Ones
 - Week 5: Communicating with your Medical Team
 - Week 6: Coping with the Side Effects of Cancer Treatment

PRESENTED BY



NO CHARGE TO ATTEND!

For further information, including the date, time and location of meetings, please call 325.574.7182

or email cmh.bkerr@cogdellhospital.com

Funding provided by a grant from the Discretionary Grant Cycle at the Community Foundation of Abilene.