

# Family and Friends Weekly Support Groups

## **Date/Time:**

Tuesdays 7pm-8:30pm

Online via Zoom

Thursdays 10am-11:30am

Online via Zoom

**Cost:** Free

**RSVP:** Register on our website:  
[cancersupportvvsb.org](http://cancersupportvvsb.org)  
or email:  
[programs@cancersupport.org](mailto:programs@cancersupport.org)  
or call: 805.379.4777



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Many feelings can be part of supporting a loved one through cancer treatment – fear, hope, helplessness, and often a sense of aloneness. These weekly support groups, for adult family members of a loved one with cancer, provide a safe place to share these feelings as well as practical information with others in a similar situation.

An orientation attendance and brief preparation interview are required before attending one of these groups.

Each of these groups is facilitated by a long-time CSCVVSb group facilitator (all licensed mental health professionals) and, as with all services provided by CSCVVSb, is offered free of charge.