

Life after Cancer: Survivorship Support Group All Cancer Types



Date/Time:

2nd & 4th Monday

10-11:30am

In-Person at CSCVSB Office

Cost: Free to CSCVSB's Participants

RSVP: Register on our website:
cancersupportvvsb.org

or email:

programs@cancersupportvvsb.org

or call: 805.379.4777

The need for emotional support doesn't stop when treatment ends. Active treatment is over, but it does not mark the end of your cancer journey. Instead, you're about to embark on another leg of the trip; all about adjusting to life as a cancer survivor. This in-person twice-a-month support group is for mutual support for people who are post treatment (any types of cancer). Discussion topics may include long-time or late side effects of treatment; hormone therapies; body image changes; changes in family dynamics; new ways of coping with feelings of loneliness, anxiety; self-care; nutrition; exercise and so on. People who had any types of cancer are welcome. Completion of New/Annual Visitor Form and Pre-registration is required.

This group is facilitated by Brenda Birdwell, MSW, a Cancer Support Community trained facilitator. Brenda also has extended support group facilitation experience for caregivers of people with Alzheimer's disease, seniors on healthy living, and LGBTQ+ caregivers.