



Life after Cancer: Survivorship Support Group

Brenda Birdwell, MSW, ASW



TIME & PLACE:

**IN-PERSON 2ND & 4TH MONDAY, 10:00AM-11:30AM
CANCER SUPPORT COMMUNITY VVSB
4195 E THOUSAND OAKS BLVD., #107
WESTLAKE VILLAGE, CA 91362**

NO COST TO PEOPLE IMPACTED BY CANCER

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 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. An orientation attendance and a brief preparation interview are required before attending.

This group is facilitated by Brenda Birdwell, MSW, ASW, a Cancer Support Community trained facilitator and supervised by Kayo Matsumoto, MS, LMFT and the Program & Clinical Director. Brenda also has extended support group facilitation experience for caregivers of people with Alzheimer's disease, seniors on healthy living, and LGBTQ+ caregivers.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777