



All Cancer Support Groups

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ALL CANCER SUPPORT GROUPS

ONLINE WEDNESDAY, 10AM-11:30AM

ONLINE THURSDAY, 10AM-11:30AM

ALL CANCER SUPPORT GROUP WITH RELAXATION TECHNIQUES

ONLINE WEDNESDAYS, 5:30-7:00 PM

NO COST TO PEOPLE IMPACTED BY CANCER

Weekly All-Cancer Support Groups are intended for individuals recently diagnosed with cancer, currently undergoing treatment, or adjusting to life after treatment. Groups provide a safe environment where participants can express their feelings, fears, and concerns with others. The *All-Cancer Support Group with Relaxation Techniques* offers a unique opportunity to manage stress while learning practices like guided imagery, breathwork, progressive relaxation, and more.

An orientation and a brief one-on-one interview are required before attending one of these groups. Each of these groups is facilitated by a long-time Cancer Support Community group facilitator (all licensed mental health professionals).

