

# Support Groups

## Brain Cancer Peer Group

For all types of brain cancer at any phase of diagnosis and of treatment.

**1st Thursday of every month**

## Prostate Cancer Peer Group

For surgical and non-surgical patients, information and support.

**1st Thursday of every month**

## Stomach Cancer Peer Group

For partial/total and non-surgical patients, information and support.

**4th Thursday of every month**

## Breast Cancer Peer Group

For single diagnosis breast cancer patient at any phase of diagnosis and treatment.

**1st & 3rd Thursday of every month**

## Cancer Caregiver Group

Caregivers play a vital role. Connect with others for support and guidance. You are not alone.

**3rd Wednesday of every month**

## Nutrition Peer Group

Nutrition has unique challenges. Get information and share in the support.

**2nd Thursday of every month**

## Just Us Thrivers

For those facing recurrence, metastasis, or multiple cancers—join others and share your strength.

**1st & 3rd Wednesday of every month**

## Head and Neck Peer Group

Supports patients with mouth, throat, and esophageal cancer at any treatment stage, including pre-treatment.

**1st Wednesday of every month**

## Stress Management

Explore coping styles and learn new techniques to manage the stress of a cancer diagnosis and treatment

**3rd Wednesday of every month**

# Webinars

## Healthy Weight

Learn to achieve and maintain a healthy weight for cancer remission.

**2nd & 3rd Thursday of every month**

## Motivation to Move

Movement eases fatigue, lifts mood, and may extend remission. Get motivated to move!

**3rd Thursday of every month**

## Dysphagia (Difficulty Eating)

Come find solutions to the many challenges treatment presents to eating and achieving nutritional balance

**4th Wednesday of every month**

## Cancer and Grief

Gain understanding of the circumstance where a cancer diagnosis follows the loss of a loved one.

**4th Wednesday of every month**

## The Scoop on Sugar

So many warnings about sugar and cancer — myth or truth? Let's explore the connection.

**12nd Wednesday of every month**

## My Cancer Experience

Cancer brings unique and shared challenges. Join us to understand, connect, and find solutions together.

**1st Thursday of every month**

# Workshops

## Healthy Brain Workshop

For all types of Brain cancer at any phase of diagnosis and treatment.

**Every Week on Thursdays**

## Meditation/Breathwork and Dream Work

Join us for meditation, breathwork, and dreamwork—a unique way to support your cancer journey

**1st Wednesday of every month**

## Poetry Workshop

Poetry as therapy – write and share or share a favorite poem.

**2nd Thursday of every month**

## Letter to Self

Progress from 'Why?' to 'What can I do?' Explore your inner strength and personal goals with cancer.

**2nd Wednesday of every month**

## How to attend?

- Go to our website for the latest event schedule
- Pick the one you'd like to join
- Click Register and complete the Zoom registration form
- Check your email for the event link

**For a full list of our offerings, please visit our website.**



**cancersurvivorcare.org**  
(877) - 211- 7558

