

## FREE PROFESSIONAL **SUPPORT SERVICES**

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by professional oncology social workers and are offered completely free of charge. To learn more, visit www.cancercare.org.

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# Online Support Groups

When you or someone you love is affected by cancer, community is what matters most. CancerCare's online support groups connect patients, caregivers and the bereaved with others for shared support, understanding and resources. Each group is moderated by a professional oncology social worker with the goal of creating a confidential and safe place for all members. Each group lasts for 15 weeks.

### BENEFITS OF ONLINE SUPPORT GROUPS

- Moderated by professional oncology social workers
- Private, password-protected groups
- Free of charge
- Available 24/7 for reading and posting messages
- "Bulletin board" message format, not a chat room
- Group members are screened prior to joining
- Accessible from the privacy and comfort of your own home

#### **PATIENT GROUPS**

- Blood Cancers
- Breast Cancer (Stages I-III)
- Breast Cancer (Metastatic)
- Breast Cancer (Triple Negative)
- Colorectal Cancer
- Gynecologic Cancers
- · Healing With Words— A Therapeutic Writing Group
- Lung Cancer
- Multiple Myeloma
- Ovarian Cancer
- Post-Treatment
- Prostate Cancer
- Teens

### **CAREGIVER AND LOVED ONES GROUPS**

- Brain Tumor Caregivers (Localized)
- Brain Tumor Caregivers (Metastatic)
- · Caregivers— Partners/Spouses
- LGBT Caregivers
- Lung Cancer Caregivers

- Pancreatic Cancer Caregivers
- · Teens Who Have a Loved One With Cancer
- Young Adult Caregivers (20-39 years old)
- Young Adult Caregivers— Partner/Spouses (20-39 years old)

#### **BEREAVEMENT GROUPS**

- Loss of a Parent
- Partner/Spouse
- Young Adults
- Child From a Brain Tumor

For more information or to register, visit www.cancercare.org/support groups.

