



**CANCERcare®**  
Help and Hope

## FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include resource navigation, counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by master's-prepared oncology social workers and are offered completely free of charge. To learn more, visit [www.cancercares.org](http://www.cancercares.org).

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**CancerCare® National Office**  
275 Seventh Avenue  
New York, NY 10001  
800-813-HOPE (4673)



## Living With Cancer: A Journal Writing Support Group Biweekly Live Support Group

**A diagnosis of cancer can come when you least expect it. Suddenly your world has changed. You may feel overwhelmed and anxious and have questions about what lies ahead. The opportunity to connect with others living with cancer through conversation and expressive writing can help you feel less alone and provide a space to process your emotions.**

### DESCRIPTION

CancerCare is offering a free, 8-week live writing group for people ages 19+, who are diagnosed with cancer and living in New York or New Jersey and are receiving a form of active treatment (surgery, chemotherapy, radiation, hormonal treatments and/or advanced cancer treatment). This group will provide a dedicated space to respond to writing prompts, reflect upon and share your writing with the group and exchange support and guidance while discussing the unique challenges of living with a cancer diagnosis.

### START DATE:

This group meets biweekly on Thursday evenings, from 4:30 p.m. to 6 p.m. ET. This group will utilize a secure video platform. Group members will still have the option to call in if they do not have access to video technology.

### REGISTER

Space is limited and pre-registration is required. For more information or to register, call our Hopeline at 800-813-HOPE (4673) or contact Sarah Tennenhaus, LMSW, at 212-712-6144 or [stennenhaus@cancercares.org](mailto:stennenhaus@cancercares.org).