



**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 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.cancercares.org](http://www.cancercares.org).

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# Coping With the Loss of a Loved One *Bereavement Support Group*

**The loss of a loved one can be a very difficult time for us. We may find ourselves experiencing feelings of sadness, anger, frustration and confusion.**

Although these feelings are normal and common, they can leave us feeling all alone at times and with no one to talk to. Speaking about these emotions with others who understand can be comforting and help us feel less isolated.

CancerCare is currently recruiting participants who have lost a loved one to cancer within the last 18 months. This group is led by a professional oncology social worker and will run for twelve weeks.

## FOR MORE INFORMATION

Please call 800-813-HOPE (4673) or email [supportgroup@cancercares.org](mailto:supportgroup@cancercares.org).

**Space is limited. Registration is required.**

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