Cancer Support Groups

2017 Meeting Schedule

Support groups are held on the 3rd Wednesday & 3rd Thursday monthly

3rd Wednesday
1:00 - 2:30 pm
January 18th
February 15th
March 15th
April 19th
May 17th
June 4th
July 21st
August 16th
September 20th
October 18th
November 15th
December 20th

3rd Thursday
5:30 - 7:00 pm
January 19th
February 16th
March 16th
April 20th
May 18th
No Meeting
July 20th
August 17th
September 21st
October 19th
November 16th
No Meeting

Please call the Community Cancer Center to for more information: 541-673-2267

You can beat cancer by how you live, why you live and in the manner in which you live.

- Stuart Scott
“It’s about focusing on the fight and not the fright.”

- Robin Roberts

The Community Cancer Center support groups are for anyone who is currently undergoing cancer treatments, or a cancer survivor, for those who care for cancer treatments and those in smoking cessation sessions.

Support groups provide a safe environment where members can freely express their thoughts and feelings without having to worry about upsetting a concerned family member or friend. Support group participants have an opportunity to vent about their fears, share their joy and hope or talk about their journey of treatment, cessation and healing.

**Support Groups**
offer the following:

- Emotional Support
- Reduce Stress
- Finding Joy
- Reduce Feelings of Helplessness
- Provide a Sense of Control
- Better Manage Emotions
- Improve quality of Life
- Provides Coping Skills

All meetings are held at the Community Cancer Center - Conference Rooms B & C

**Benefits of Support Groups**

One of the best advantages of support groups is helping a patient realize that he or she is not alone. And, that there are other people who have the same problems. This is often a revelation and a huge relief to the person.

Being in a support group can also help you develop new skills to relate to others. In addition, the members of the group who have the same problems can support each other and may suggest new ways of dealing with a particular problem.

We understand that when joining a support group for the first time, you may be uncomfortable when it comes time to discuss problems in front of strangers. However, the fact that others are facing the same type of situation may help you open up and discuss your feelings. In addition, everything that takes place within the support group should be kept confidential.

**What to Expect in a Support Group**

Our groups meet on a monthly basis to discuss experiences and provide mutual support. Unlike a formal group therapy, the meeting is our program manager or a trained volunteer.

Members are encouraged to attend regularly and participate in discussions and activities to their own comfort level. Nobody is pressured to share or to engage beyond their experience and comfort level. Attending a meeting to simply listen to others stories and benefit from the available resources provided is often times the first step in healing and becoming a thriving survivor.

**Meeting Format**

Meetings are 1 ½ hrs in length and are broken up into three segments.

Segment 1: Chit-Chat Time
Includes introductions, brief description of your cancer followed by an opening question such as: “Where are you in your cancer journey?” This is where the mentorship between survivors and those in treatment begin.

Segment 2: Education (Advocacy)
We follow the National Coalition for Cancer Survivorship “Cancer Survivor Toolbox” program. This program is designed as an interactive session to enhance the lives of cancer survivors through providing self-advocacy skills. Each session we offer activities that are skill builders that open the patient or survivor to negotiate and self-advocate through a basic skill set.

Segment 3: Survivorship
Our segment of the meeting includes resource information such as these examples;

- First steps for the newly diagnosed
- Finding ways to pay for your care
- Caring for the caregiver
- Living beyond cancer
- Dying – The final stage of survivorship

At each meeting, decaf coffee, ice tea and a light healthy (commercially prepared) snack such as meat and cheese tray or veggie tray may be provided.

**AFTERNOON MEETING:**
3rd Wednesday - Monthly
1:00 - 2:30 pm

**EVENING MEETING:**
3rd Thursday - Monthly
5:30 - 7:00 pm