

New Cancer Support Group For Women in Port Townsend

Jefferson Healthcare Hospital is offering a free, ongoing cancer support group to all women in Jefferson County. The group helps those who want to learn more about the disease and the challenges of coping with treatment and life beyond. Both those who have had recent diagnosis and treatment, and long-term “survivors,” are welcome.

Meetings will be held the second Tuesday of each month, from 2:30-4:00 p.m., in the Sunroom of the Wellness Suite, located on the 2nd floor of the Home Health & Wellness Building adjacent to the hospital (834 Sheridan Street, Port Townsend).

Our 2008 Schedule:

February 12	March 11	April 8
May 13	June 10	July 8
August 12	September 9	October 14
November 11	December 9	

Our group's goals are to:

- ✓ Provide encouragement and reinforcement in a safe, respectful setting
- ✓ Alleviate feelings of isolation and affirm that feelings are “normal”
- ✓ Share stories, personal experiences, news and information
- ✓ Provide a safe place to talk about fears or emotions
- ✓ Explore problem-solving and coping strategies

We help solve problems and inspire!

Our group helps you learn from others who have “been there.” Learn how to bring order to life as the challenges of the illness are addressed. Cancer presents a whole new load of feelings and situations that may be quite different from any encountered in the past. When you feel more in control and less anxious, this is positive!

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