

# Trident Health System

## Cancer Care

### ~Support Groups at Trident Cancer Center~

**Caregivers Support Group** – A diagnosis of cancer is an overwhelming event that affects everyone, including family and friends. Whether you are caring for a spouse, sibling, child, parent, or friend, caregiving is not an easy task. This group was created to provide a place for caregivers of loved ones with cancer to share stories, worries, and celebrations in a supportive environment. Expressive therapy techniques will be employed to address how the family is coping with cancer while encouraging creative self-expression, tension release and relaxation, and new ways of communicating to uncover the veil of silence, fear, denial, guilt, anger, and depression often experienced by caregivers. Join us to create, connect, express, and refresh your mind, body, and spirit – recognizing that when you care for yourself, you are much better at caring for the ones you love. *Group meets the 1<sup>st</sup> Tuesday of the month, starting in June.*

**I Can Cope®** - Cancer patients and their families face numerous challenges. Suddenly plunged into a world of unfamiliar medical terms, tests, and treatments, it is easy to feel overwhelmed. I Can Cope® provides the kind of cancer education patients need – practical information about cancer, an understanding of various treatments used to fight cancer, and self-care strategies for those facing cancer. Each class emphasizes a topic important to the cancer experience and gives participants an opportunity to share their concerns with others having similar experiences and to design ways to cope with the challenges that arise from a cancer diagnosis. I Can Cope® guest speakers include professionals in the field of cancer management. *Group meets the 3<sup>rd</sup> Tuesday of the month, starting in August.*

**Breast Cancer Support Group** – Share your feelings with other women who have had similar experiences; the laughter and the tears. The Breast Cancer Support Group is a place where women, who have or have had breast cancer, gather together to share their experiences, learn coping techniques, and find emotional support through the strength and warmth of embracing friendships. Periodic guest speakers will be scheduled throughout the year based on member interests. *Group meets the 4<sup>th</sup> Tuesday of the month, starting in July.*

**All groups will meet in the Trident Cancer Center at 6:30 pm.**

**For more information, please contact:**

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