



# Enhancing *life* through the cancer journey

## New support group for people with cancer

A diagnosis of cancer is life-transforming. It can make you feel frightened and isolated. This support group is a safe place to talk about feelings that may be difficult to discuss with family and friends.

Sharing your journey with other cancer patients at a meaningful level has been proven to **decrease anxiety and depression while maximizing quality of life.**



***Sessions begin this summer!***

**Thursdays, twice per month, 6:30-8 p.m**

**Lobby of Providence Regional Cancer System - Lacey**

**4525 Third Ave. SE, Suite 200**

*Space is limited and registration is required. To register or for more information, contact Cobie Whitten, PhD, at 360.789.7576 or [cobwhitten@yahoo.com](mailto:cobwhitten@yahoo.com).*