

# SPIRITUAL CARE

## Cancer Support Group

**Having cancer is often one of the most stressful experiences in a person's life.** Receiving a cancer diagnosis often triggers a strong emotional response. Some people experience shock, anger, and disbelief. Others may feel intense sadness, fear, and a sense of loss. Sometimes even the most supportive family members and friends cannot understand exactly how it feels to have cancer.

Our support group will allow you to talk about your experiences with others who are also living with cancer. You can feel comfortable sharing feelings and experiences that may seem too strange or too difficult to share with family and friends. Our group provides a safe place for you to deal with the emotional and spiritual challenges of cancer and treatment.

You might also find that you will learn new strategies and practical information from other group members facing similar situations. This may include what to expect during treatment, how to manage pain and other side effects of treatment, and how to communicate with health care providers and family members.

Many studies have shown that support groups can help people with cancer feel less depressed and anxious and enable them to manage their emotions better. We invite you to join us and see if our support group helps you.

### Cancer Support Group

**Date:** Tuesdays, September 4, 11, 18, 25

**Time:** 1:00 – 2:30pm

**Location:** Radiation Oncology Office  
Norwood Hospital Cancer Center at Foxboro  
70 Walnut Street, Foxboro, MA

**Questions?** Call Laura Zane Kolmar, D. Min. Director of Spiritual Care & Group Moderator at 781-278-6047 or email [Laura.Kolmar@Steward.org](mailto:Laura.Kolmar@Steward.org)

#### INTERPRETER SERVICES AVAILABLE

*Portuguese - Português:* Fala Português? Vamos oferecer-lhe um intérprete gratuito.

*Spanish- Español:* ¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

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