

Are you living with advanced cancer? You don't have to go it alone.



■ Extensive research has shown that actively engaging in a support group can improve the impact of three major stressors associated with cancer: feelings of aloneness, loss of control and loss of hope. Controlled studies at Stanford and UCLA have demonstrated that participating in a cancer support group can significantly reduce psychological distress and pain.

Living with Advanced Cancer Support Group creates a safe haven for patients to find comfort and support in navigating an advanced cancer diagnosis. This group meeting offers an empowering setting where people learn to make informed choices, implement important life changes, develop new attitudes, and forge meaningful personal connections.

Open to all cancer diagnoses.

The Hearst Cancer Resource Center is pleased to invite you to our

Support Group for **Living with Advanced Cancer**



**First and third Thursdays of the month
3:00 to 4:30 p.m.**

Group facilitator: Lauren Jermstad, LCSW, Clinical Social Worker

Let's circle the wagons in support of each other on this cancer journey!

**This is a Virtual/Zoom support group. To register, please call HCRC
at 805.542.6234 or email HCRC@dignityhealth.org**



Dignity Health™
French Hospital Medical Center

Hearst Cancer Resource Center

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