

# Are you living with advanced cancer? We have support!



■ 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. Studies have demonstrated that participating in a cancer support group can significantly reduce psychological distress and pain.

Thriving 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* **Thriving with Advanced Cancer**



**3<sup>rd</sup> Wednesday of the month**  
**6:00p.m. (virtual/Zoom)**

**Group facilitator: Lauren Jermstad, LCSW**

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](mailto:HCRC@dignityhealth.org)



**Lauren Jermstad, LCSW**  
Social Worker

■ Lauren has tremendous passion to contribute positively to the wellbeing of others and wholeheartedly believes that every person deserves to feel supported as they navigate significant life changes. Lauren has training in trauma, life adjustments and the impact of change and loss—all of which are true for the cancer journey.



**Dignity Health**  
French Hospital Medical Center

**Hearst Cancer Resource Center**



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**[Dignityhealth.org/HCRC](https://dignityhealth.org/HCRC)**

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