

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**



3rd Wednesday of the month
5:15p.m. (virtual/Zoom)

Group facilitator: Ashley Hahn, 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



Ashley Hahn, LCSW
Social Worker

■ Ashley is passionate about helping others and providing support to patients and families during the cancer experience. Ashley has worked as a social worker in health care settings for the past 17 years in oncology, home health, hospice and palliative care here on the Central Coast.



Dignity Health
French Hospital Medical Center

Hearst Cancer Resource Center



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