

CANCER PATIENT SUPPORT GROUP



You are invited to join us!

■ Extensive research has shown that actively engaging in a support group can significantly reduce psychological distress and pain.

Living with Cancer Support Group creates a safe haven for survivors to find comfort and support while in treatment, helps those just diagnosed, as well as those learning to live beyond cancer. This support group offers an empowering setting where people learn to make active choices in their recovery, 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

Living with Cancer Support Group via Zoom



**First and third Thursdays of the month
6:00 to 7:30 p.m.**

Group facilitator: Lindsey Levenson, MS, LMFT, and cancer survivor

**This is a Virtual/Zoom support group. To register, please call
Hearst Cancer Resource Center at 805-542-6234**



Lindsey Levenson, MS, LMFT

A cancer survivor herself, **Lindsey Levenson** is also a therapist trained in empathizing with the emotions of others confronting cancer. Lindsey creates a safe and positive environment in which to discuss concerns along with strategies to help manage cancer-related stressors.



Dignity Health™
French Health Medical Center

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo | 805.542.6234



Like us on Facebook:
**Hearst Cancer Resource Center
San Luis Obispo**

Keep up with all our classes and programs at our website:

Dignityhealth.org/HCRC