

CANCER SUPPORT GROUP

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

Young Survivor Support Group via Zoom



**Fourth Thursday of each 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



Are you a cancer patient who is raising a family? Trying to juggle work and treatment? Join us online in a supportive environment to connect with other young cancer survivors facing similar challenges. The camaraderie of support groups often helps patients to manage their physical and emotional issues and offers practical guidance for daily life. This group is open to all cancer diagnoses at all stages of treatment and recovery, ages 25 to 50ish.

■ Diagnosed with breast cancer at ages 32 and 35, **Lindsey Levenson, MS, LMFT**, understands the unique challenges faced by younger cancer patients. In addition, Lindsey is a therapist trained in recognizing and empathizing with the emotions of others confronting cancer. She helps patients implement the necessary tools to manage fear and anxiety. Lindsey creates a safe and positive space in which to discuss concerns along with strategies to help manage cancer-related stressors.



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Hearst Cancer Resource Center

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San Luis Obispo**

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programs at our website:

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