

# Breast Cancer Support Group

We are a self-help group for women whose lives have been touched by breast cancer. We are women whose lives have been touched by breast cancer. Some of us are newly diagnosed, others are in treatment or have finished treatment and still others are long time survivors. But what we have in common is more important than how we are different. Our shared experience is what brings us together and allows us to help and support one another in our unique way.

We are working to replace the isolation and confusion of a breast cancer diagnosis with compassion, understanding and information.

Together we share the conviction that we can overcome our feelings of loneliness, fear, anger and depression.

## HISTORY

The Peterborough Breast Cancer Support Group formed in the spring of 1992 due to interest spurred by a five night lecture series entitled “Demystifying Breast Cancer”, sponsored by the Women’s Health Care Centre. A number of women whose lives had been touched by breast cancer met to discuss goals of a support group and explore community resources.

## WE OFFER SUPPORT THROUGH:

- Monthly self-help meetings provide coping information and on-going emotional support for survivors, their daughters, sisters and mothers
- Telephone support – talk to someone who has been there
- Lending library – books, audio tapes, video tapes
- Newsletter – sharing sources and information
- Guest speakers
- Networking – with community organizations and other support groups in the province

## JOIN US

If you would like more information on our group, call: 705-745-7579 or come out and join us. We meet the second Tuesday of each month from 7pm-9pm at Grace United Church, 581 Howden Ave. Peterborough (corner of Monaghan Road and Howden Ave.)