

# Struggling in This Time of Great Uncertainty?

Middlesex Health Cancer Center is Here for You!

## Cancer Patient Virtual Support Groups

using the ZOOM platform

2<sup>nd</sup> & 4<sup>th</sup> Tuesday

1 p.m. - 2 p.m.

Facilitators:

**Doreen Gagnon and Joan Perkins**

*Middlesex Health Cancer Center Oncology Social Workers*



As you go through your cancer treatments during these stressful times of the COVID-19 crisis, you may find participating in a support group with other cancer patients helpful. Attending a support group may:

- + Help you feel connected to others in a similar situation
- + Provide a safe place to talk about emotions
- + Allow the sharing of coping strategies and solutions to challenges
- + Help you develop a supportive social network

To register, contact **Doreen Gagnon**, LCSW, OSW-C, at **860-358-2053** or **Joan Perkins**, LCSW, at **860-358-2037**. Once you've registered, an email on how to join the ZOOM virtual support group will be sent to you.