***Armidale Cancer Support Group 2017***

*Meets 1st Wednesday of every month-10am – 12noon*

At the Wicklow Hotel, corner of Marsh and Dumaresq Street in the function room upstairs (lift available)

This group is for anyone who has had or has a **diagnosis of cancer** and is over 18 years old.

The group aims to provide emotional support, sharing the common experiences of cancer and learning some coping strategies. A variety of methods are used including information webinars. The group allows interaction with other people with cancer, which provides valuable support.

Cost is **FREE** with tea & coffee kindly provided by the Wicklow and cakes generously donated by Moxons Bakery Armidale.

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| Date | Webinar  ( cancer council website) | Topic |
| February 1st | Anxiety and depression after cancer treatment “How do I cope with these unexpected feelings” | Mental welbeing  Facilitated :Fiona ord |
| March 1st | Support group | Mental welbeing  Facilitated: Nina Ailling |
| April 5th | Fatigue after Cancer treatment” what can I do to stop feeling so tired” | Fatigue  Facilitated: Fiona ord |
| May 3rd | Support group | Mental welbeing  Facilitated :Nina Ailling |
| June 7th | Fear of reoccurrence “ what if my cancer comes back | Fear  Facilitated :Nina Ailling |
| July 6th | Work and cancer “How do I manage difficult conversations at work?” | work  Facilitated: Fiona ord |
| August 2nd | Support group | Mental welbeing  Facilitated: Nina Ailling |
| September 6th | Intimacy after cancer- Sex and sexuality | Intimacy and change  Facilitated: Fiona ord |
| October 4th | Support group | Mental welbeing  Facilitated: Nina Ailling |
| November 1st | Prevention in survivorship” food and exercise what should I be doing” | Facilitated Fiona ord |
| December 6th | Christmas meeting-surviving festive season | Facilitated Nina Ailling |

**For more information please phone: Fiona Ord 67769694**