

# GYNECOLOGIC CANCER SUPPORT GROUP

A vital piece of the Let Every Woman Know - Alaska mission is providing support for women diagnosed with gynecologic cancer. Let Every Woman Know has launched a regular support group- free of charge, facilitated by a licensed mental health clinician and offered in a drop-in format.

This group will be held:

**WHEN:**  
**1st & 3rd Tuesday**  
each month

**TIME:**  
**12 - 1:30pm**

**WHERE:**  
**Providence Health  
Park Building  
Conference Room 2401**  
3851 Piper St,  
Anchorage, AK 99508

This support group is open to women in all stages of diagnosis and treatment and offers a forum to meet women on similar journeys.

While we have proposed topics for exploration, priority is given to the immediate needs of those who attend.



## 6 WEEK TOPIC CALENDAR

### **JUNE 7th**

**STRESS:** How to build resilience for reducing stress

### **JUNE 21st**

**EMOTIONS:** Dealing with the swirl of intense and sometimes conflicting feelings

### **JULY 5th**

**SLEEP:** Hygiene practices to optimize good quality sleep

### **JULY 19th**

**DREAMS, PASSIONS, GOALS, BUCKET LISTS:**  
Doing what's meaningful to you

### **AUGUST 2nd**

**"CHEMO BRAIN":** Cognitive functioning and ways to compensate for decline

### **AUGUST 16th**

**SEXUALITY:** New territory during and after cancer