

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

SEPTEMBER 6th

SELF-CARE: Nurturing ourselves
in the face of illness

SEPTEMBER 20th

DEPRESSION:
Low mood with cancer

OCTOBER 4th

ATTITUDE: Optimism,
pessimism, realism

OCTOBER 18th

MEMORY AND THINKING PROBLEMS:
Cognitive effects from treatment

NOVEMBER 1st

SUPPORT SYSTEMS:
Letting others care for us

NOVEMBER 15th

GRATITUDE, APPRECIATION:
Gifts from the lemons

leteverywomanknow@gmail.com / leteverywomanknow.org / 907-263-1009