

***Armidale Cancer Support Group 2020***

***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, education and learning some coping strategies. A variety of methods are used including guest speakers and information webinars. The group allows interaction with other people with cancer, which provides valuable support.

The Cancer Support Group is facilitated by **Jenny Teece and Nina Alling. Rachael Stevens, McGrath Breast Care Nurse** also attends on a regular basis**.**

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

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| **Date** | **Topic** | **Facilitator** |
| **February 5th** | Support group | Jenny  |
| **March 4th** | Education/Group Discussion | Nina  |
| **April 1st** | Support group | Jenny |
| **May 6th** | Education/Group Discussion | Nina |
| **June 3rd**  | Support group | Jenny |
| **July 1st** | Education/Group Discussion | Nina |
| **August 5th** | Support group | Jenny |
| **September 2nd** | Education/Group Discussion | Nina |
| **October 7th** | Support group | Jenny |
| **November 4th** | Education/Group Discussion | Nina |
| **December 2nd** | Support group | Jenny, Nina & Rachael |

**For further information please contact Armidale Hospital Social Worker Jenny Teece on 6776 9683**

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| ***The Purpose of a Cancer Support Group is to provide a safe place where people affected by cancer can support one another, develop friendships, share thoughts and ideas, obtain information from other health professionals and each other, and learn coping skills in a non-judgemental and friendly atmosphere******Cancer Council NSW*** |