

## **1<sup>st</sup> Ever Cancer Support Group Comes to Los Alamos**

Ever need to talk to someone about your cancer experience? Intimidated by one-on-one formal counseling? Cant or don't want to travel down the hill to Santa Fe? Well now you don't have to.

Los Alamos Council on Cancer announces the first ever official Cancer Support Group in Los Alamos. To be held at the Bethlehem Lutheran Church, North Road, every 1<sup>st</sup> Monday of the month, the group will support those just diagnosed, going through treatment, in recovery, or long term survivors.

Diagnosis can be a very scary process. Treatment can bring about not only physical scars but emotional ones too. And for long term survivors, post traumatic shock, or just living with the new 'normal', can be a struggle. The ethos of the new group is to treat everyone with respect, to allow everyone to have a voice and give support to each other through shared experience and advice. No one knows what you are going through like other cancer survivors.

The support group is free to everyone and will consist of relaxed discussion in a comfortable friendly atmosphere. Susan Wilson, a long time cancer support group leader in Santa Fe, will facilitate the groups, whilst the Lutheran Church is donating the meeting room.

Susan has a back ground in genetics and is currently a counselor for the Cancer Institute of New Mexico in Santa Fe. Through the generous support of the Los Alamos Council on Cancer, she will now hold groups in Los Alamos. Starting October 5<sup>th</sup> at 2pm, the 90 minute groups will provide those in Los Alamos, dealing with the emotional aspects of cancer, the local support they deserve.

If you have questions regarding the group, or would like to pre-register to guarantee a place, please contact [Kay@losalamoscouniloncancer.org](mailto:Kay@losalamoscouniloncancer.org) or telephone (505) 603 7878. Places are limited by room capacity only.