

## PROGRAMS

**Weekly Support groups for people with cancer and for caregivers:**  
Please call for information.  
617-332-5777.

**Monthly Networking Groups:**  
Monthly drop in groups provide an opportunity for people with similar diagnoses to discuss the challenges associated with their specific situation. No pre-group meeting is required for monthly groups. Groups are for people with cancer only, with the exception of the Multiple Myeloma group which includes caregivers.

- **Ovarian Cancer Networking**
- **Breast Cancer Networking**
- **Lymphoma Networking**
- **Young Women's Networking**
- **Multiple Myeloma Networking**

**Yoga:** No registration required.  
(Tuesdays)

**Writing for Wellness:** No registration required. A weekly writing program for adults with a cancer diagnosis and/or caregivers. This writing class is based on the therapeutic benefits of writing for people dealing with challenging life events. Structure and unstructured exercises are used. No writing experience required. (Tuesdays)



# JULY 2010

All programs held at:

The United Methodist Church  
430 Walnut Street, Newtonville, MA

For information and RSVP:

617 332-5777 [www.facing-cancer.org](http://www.facing-cancer.org)

| SUN   | MON                          | TUE  | WED  | THU   | FRI | SAT                                     |
|---|------------------------------|--|--|---|-----|---|
| <b>Support FCT!</b><br>Facing Cancer Together depends on the generosity of the community. Please consider a donation. If you are a participant, encourage your friends and family to support FCT in your honor so that we can continue to provide services to the cancer community. |                              |  |  | 1<br>10:30 Cancer Support<br>5:30 Ovarian Cancer Networking | 2   | 3                                       |
| 4   | 5<br>CLOSED                  | 6<br>9:15 Yoga<br>10:30 Writing<br>5:00 LGBT Cancer Support  | 7<br>2:00 Cancer Support<br>5:30 Cancer Support  | 8<br>10:30 Cancer Support<br>5:30 Breast Cancer Networking  | 9   | 10                                      |
| 11  | 12<br>5:30 Caregiver Support | 13<br>9:15 Yoga<br>10:30 Writing                             | 14<br>2:00 Cancer Support<br>5:30 Cancer Support | 15<br>10:30 Cancer Support<br>5:30 Lymphoma Networking      | 16  | 17<br>10:00 Multiple Myeloma Networking |
| 18  | 19<br>5:30 Caregiver Support | 20<br>9:15 Yoga<br>10:30 Writing<br>5:00 LGBT Cancer Support | 21<br>2:00 Cancer Support<br>5:30 Cancer Support | 22<br>10:30 Cancer Support<br>5:30 Young Women's Networking | 23  | 24                                      |
| 25  | 26<br>5:30 Caregiver Support | 27<br>9:15 Yoga<br>10:30 Writing<br>5:00 LGBT Cancer Support | 28<br>2:00 Cancer Support<br>5:30 Cancer Support | 29<br>10:30 Cancer Support                                  | 30  | 31                                      |