

# Cancer Support Group

**When:** First Thursday of the month from 1-2:30pm

**Cost:** Free!

**How:** Call 253-697-4899 for details



Opportunity to connect with fellow survivors



Receive and provide mutual support



Learn coping techniques



Educational component featuring monthly guest speakers covering various cancer-related topics

## For anyone affected by cancer...



Facilitated by Tamara Miller, MSHS

*Tamara's objective is to provide a nurturing and positive environment that utilizes a strength-based approach to help participants*

*process emotions and develop effective coping strategies while engaging with peers.*

**MultiCare**   
**Regional Cancer Center**