



Breast Cancer Support

Breast Cancer Support Group

Our breast cancer patient support group provides a safe space to connect with other women coping and living with breast cancer - exchange support and receive information and guidance while discussing the unique challenges of women living with this diagnosis. This group is free of charge and led by our licensed clinical social worker, Janet Creef, who provides emotional and practical support throughout the cancer program here at the Outer Banks Hospital.

Goals:

- Provide confidential breast cancer focused support, connecting you with other women within the community to share sensitive information and encouragement
- Strengthen coping skills and positive thinking while increasing feelings of hope, inner strength and self-worth.
- Learn ways to enhance relaxation & mindfulness
- Help improve communication within your family and medical treatment team
- Provide practical information about treatment & resources in your community

BREAST CANCER SUPPORT GROUP

3rd Wednesday of each month from 11am-12pm

This meeting will be held via WebEx teleconference

(computer/internet connection or telephone required)

For more information, or to reserve your spot, please contact:

1. Janet Creef, LCSW, 252-449-2314, Janet.Creef@theobh.com