

Coping with Cancer Support Group

Our patient support group provides a safe space to connect with others coping with cancer - exchange support and receive information and guidance while discussing the unique challenges of living with a cancer 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 cancer-focused support, connecting you with others within the community to share information and encouragement
- Strengthen coping skills and positive thinking while increasing feelings of hope 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

COPING WITH CANCER SUPPORT GROUP

2nd Wednesday of each month from 11am-12pm

This meeting will be held via teleconference

(computer/internet connection or telephone required)

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

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