

perhaps one of the most daunting and confusing tasks you'll face is getting a handle on **how** to get healthy and how it affects everything. We'll discuss getting a grasp on therapy, the challenges for family, the management and mitigation of side-effects, and where and who to turn to with specific needs – just to name a few. It's our goal to help give you a basic skill set of negotiating care and to self-advocate the process of healing, and build a network of friends and survivors who've walked the road.

Part 3: Survivorship. Whether you're just starting treatment, just finished it, are still dealing with it, or dealing with the after effects, **you're a survivor!** We'll discuss:

- First steps for the newly diagnosed
- Living beyond cancer
- Caring for the caregiver
- Finding ways to pay for your care
- Finishing the Fight



Part 4: Prayer. God instructs us through His Word to love and support each other, no matter what. We should also pray for

healing, strengthening and consolation in our affliction. The secret weapon we have at Cancer With Grace is that we have a loving Heavenly Father who care about us at each step of our journey.

Give it a try! At Grace, we believe that no one should go it alone! Our prayer for you is that you'll be strengthened while walking with others, empowered with the grace God always intended for you to have.

Cancer With Grace
EVERY FIRST and THIRD
THURSDAY
7:00–8:30

for more information, contact us:



grace
COMMUNITY
CHURCH



935 W. Mescalero, Roswell, NM 88201
Room 105 (park on east side)

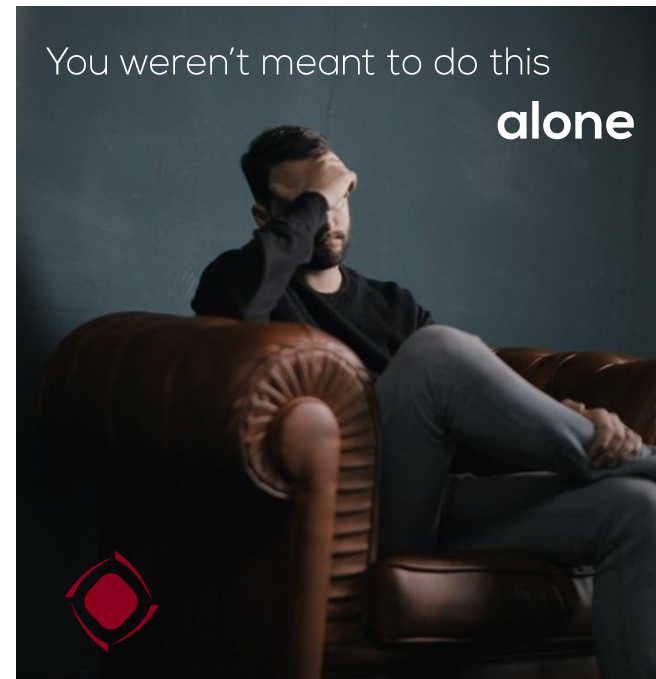


(575) 623-5438



roswellgrace.com/cancer-wth-grace

You weren't meant to do this
alone



Cancer



Grace

***A Support Group Ministry of
Grace Community Church***

*My command is this:
Love each other
as I have loved you.
Jesus*

The goal of Cancer with Grace is to support every cancer patient, survivor or for those who care for them, in Roswell with the appropriate support they need so that their lives are richer and fuller, and their cancer battle meaningful.

We want to provide a safe environment where participants can freely express their thoughts, feelings, fears, and frustrations, as well as encourage each other, celebrate bench marks, victories, and devoting ourselves to prayer for each other, giving thanks that God is with us in our journey of treatment, cessation and healing.

FIND HELP

- Emotional Support
- Reduce Stress
- Finding Joy
- Reduce Feelings of Helplessness
- Provide a Sense of Control
- Better Manage Emotions
- Improve quality of Life
- Provides Coping Skills

One of the best advantages of a support group is the realization that you're not alone. There are others who have experienced similar or the same problem and they want to encourage you, help you and pray for you. We're all learning together.

At **Cancer With Grace**, we've experienced first-hand the power of encouragement, the way it brightens our attitudes, and the synergy of finding renewed energy and new ways of dealing with the ups and downs brought on by cancer.

We understand that checking out a support group for the first time can be uncomfortable: *Can I trust them? What if I can't identify with anyone?* But our first promise is that we'll keep our stories confidential and honor each person and their journey.



What To Expect

Note: *Cancer With Grace is just re-starting. We begin November 5, 2020. So, at first, we'll be meeting every other week, but likely start meeting monthly soon. See the website for details.*

Our meetings last about an hour and-a-half. Being nervous about your first visit is natural, but we promise you'll be loved and respected. While we know the power of sharing, we'll never pressure anyone to share or to engage in anything beyond their experience and comfort level. You might get a lot out of the meeting by simply listening to the stories of others and benefit from the available resources provided.

We want you to be encouraged in your first steps toward healing and becoming a thriving survivor. So what do we do?

Part 1: Warming Up. We'll always have some snacks, and beverages, so relax, chat, and make some new friends! Next, we'll have some introductions and you'll hear some stories, and you'll have the opportunity to share your own if you wish.

Part 2: Powering Up. This is skill building. Whether you're a patient or a caregiver,

