



“Stay Strong” - Women’s Cancer Support Group

The “Stay Strong” Women’s Cancer Support Group — meets on the 2nd and 4th Wednesday of every month at Grace Chapel in South Wellfleet.

This support group is a meeting for women diagnosed with cancer and survivors of cancer. Even though many people receive support from friends and family, the number one reason people join a support group is to be with others who have similar cancer experiences. Research shows that joining a support group improves both quality of life and survival.

The objectives of the “Stay Strong” Women’s Cancer Support Group are to:

- Help you feel better, more hopeful, and not so alone
- Give you a chance to talk about your feelings and work through them
- Help you cope with side effects of treatment
- Share available resources

The “Stay Strong” Women’s Cancer Support Group is led by cancer survivor and registered nurse Ginny Dutra and is facilitated by Sarah Scott, LICSW. For more information or if you have any questions about the “Stay Strong” Women’s Cancer Support Group, contact Ginny at ginny.2000@hotmail.com.

For over 25 years, Helping Our Women (HOW) has built a strong system of supportive services to meet the needs and empower women with chronic, life threatening or disabling medical conditions living in Provincetown, Truro, Wellfleet and Eastham. HOW also provides advocacy, referrals and resources to all community members. To learn more about HOW visit www.helpingourwomen.org.

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