

Your local contact is:



Cancer Support Groups

Sharing information and experiences



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'A Cancer Support Group supported me in my local community and I talked with others who had been there and done that.'



What is a Cancer Support Group?

Cancer support groups bring together people who have been through a similar experience. They provide a safe space to share information and discuss ways to cope with the challenges of life after a cancer diagnosis.

Who are Cancer Support Groups for?

Cancer Support Groups are for anyone affected by cancer including:

- People diagnosed with cancer
- Partners and spouses
- Other family members and unpaid carers
- Friends.

'I have made some good friends and am now helping new people who join the group.'

How can a Cancer Support Group help?

A Cancer Support Group can help people affected by cancer by providing an opportunity to:

- Share fears and concerns in a safe and confidential way
- Learn from others
- Share experiences and ask questions
- Explore helpful ways of coping and
- Find out more about cancer and cancer treatments.

What types of Cancer Support Groups are available?

Cancer Council can link people affected by cancer in to various types of Cancer Support Groups including:

- Face-to-face support groups (160 groups across Victoria)
- Internet support groups (via www.cancervic.org.au) and
- Telephone support groups (via Cancer Council Helpline 13 11 20).

Some groups provide support for a variety of cancers or for a certain type of cancer. Other groups meet the needs of a certain language, culture or gender group.

Where I can find out more?

With more than 160 Cancer Support Groups available across the state, Cancer Council Victoria has an extensive support network for people affected by cancer.

To find a cancer support group that meets your needs, simply call Cancer Council Helpline (13 11 20) or visit www.cancervic.org.au

If you are interested in setting up a Cancer Support Group, call 13 11 20 and talk to our Cancer Support Groups Coordinator. The Cancer Council can provide information and support to help you get started and maintain a successful support group.

For more information about cancer and support services call **13 11 20**, Monday to Friday, 8:30am to 8pm. Multilingual service.