



Cancer Support Groups

Support from others who understand



For information and support, call 13 11 20
www.cancervic.org.au



Cancer Support Groups

- Understanding and support from people who have also been through a cancer experience
- For people with cancer and their partners, family and friends

People often look to support groups for encouragement, optimism, inspiration and hope.

Groups are offered over the phone, online or face to face in group settings across Victoria. They cater for a range of cancer types and stages, and are free of charge.

Why join a Cancer Support Group?

- Hear how others deal with cancer and compare experiences
- Ask questions and share practical tips
- Reduce feelings of isolation or anxiety by connecting with others
- Share fears and concerns in a safe and confidential space

“Support groups are not only a place for the serious business of cancer – to vent feelings and frustrations – but also a place for laughter. To feel like just another person, not a cancer ‘victim’.”

Rural cancer support group leader



**Cancer
Council**
Victoria

How do I find out more?

Call a cancer nurse on 13 11 20

For other languages call 13 14 50

Email askanurse@cancervic.org.au

Visit www.cancervic.org.au