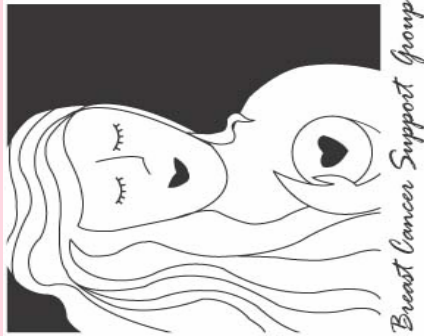




**YWCA of Cortland
Breast Cancer
Support Group**

14 Clayton Avenue • Cortland, NY 13045

YWCA of Cortland



Who we are

In 1994, a group of women came together with one common thread: breast cancer. A need to share, discuss, and gain information regarding this major event in their lives led them to form the Cortland Area YWCA Breast Cancer Support Group.

Today the support group includes members currently confronting breast cancer treatment and those who have done so in the past. The group shares experiences, questions, information and concerns with one another. Participation is at a level each individual finds comfortable.

The membership represents women of all professions, ages and experiences who share the challenge of breast cancer. Friends and families are always encouraged to attend.

*Funding provided by:
The CNY Susan G. Komen Breast Cancer Foundation
The YWCA of Cortland*



The Susan G. Komen
Breast Cancer Foundation

eliminating racism
empowering women
ywca

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Why attend a support group?

Support groups are an important part of the healing process. As a cancer survivor, support groups can help you see where you are as you travel through this new and often overwhelming experience. You can link up with others who understand and can provide solid, practical ideas and information, as well as gain a perspective on how they cope with their treatments and anxieties. In addition, support groups provide an opportunity to learn, grow, and offer your assistance to another person even as you receive new strength, coping skills and encouragement from others.

Our group shares experiences and resources with one another, and often has speakers to enrich our journey to emotional and physical health.

We **S.H.A.R.E.**

Self **H**ealth **A**ttitude **R**ecovery **E**nergy



When we meet

The first Monday* of each month
7:00 p.m. to 9:00 p.m.
(*In case of a Holiday, the meeting is moved to the second Monday)

Where we meet

The Osborn Room
YWCA of Cortland
14 Clayton Avenue
(behind the Main Street Post Office)
Cortland, NY 13045
607-753-9651



For more information
Call 607-753-9651

or

Complete response card
and return to:

YWCA Breast Cancer
Support Group
14 Clayton Avenue
Cortland, NY 13045

_____ Name

_____ Address

_____ City, State, Zip Code

_____ e-mail

Best time to call: _____

I am a Survivor

Friend

Family Member

The YWCA of Cortland Breast Cancer Support Group Offers:

- ♥ Access to Resource Room
- ♥ Educational Programs
- ♥ Sharing Forum
- ♥ Informational & Educational Materials
- ♥ Positive Attitudes and Hope
- ♥ Self Esteem