

**JOIN US!**  
Support and  
Education for  
Anyone Touched  
by Cancer



# Navigating Cancer During the COVID Pandemic

Join us for this informational series on COVID and cancer. Topics include Navigating Re-Entry, Empowering Communication, Connecting with Community, and Hope & Resiliency. We'll explore personal values, communication strategies, how to establish boundaries, and the importance of self-compassion. We'll also discuss how to motivate ourselves to find opportunities to laugh, play, and connect with others to support our overall well-being. Lastly, we'll explore the core components of sustainable, resilient recovery.

**Four consecutive Tuesdays**

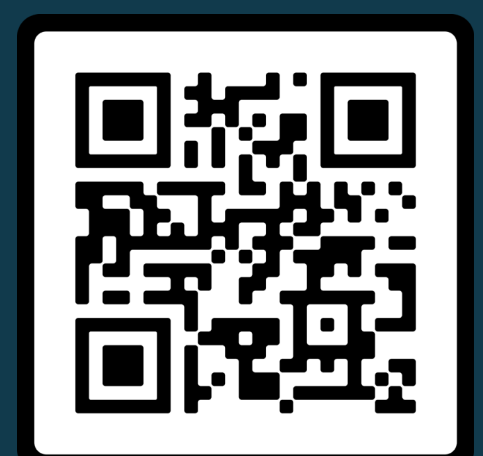
**August 24<sup>th</sup>, 31<sup>st</sup>, September 7<sup>th</sup>, and 14<sup>th</sup>**

**2:30 - 4:00pm**

*To register, please contact Melody Montrie, LCSW at (303) 370-7954.*



All groups are offered virtually through zoom.  
Visit our website for a full listing.



 SCAN ME