

This drop-in group is open to individuals with any stage and any type of cancer, and for their caregivers.

We will discuss strategies for coping, mindfulness techniques, the emotional and social impact of cancer, as well as any other topics requested by the group.

This group is facilitated by Cancer Centers of Colorado social worker Ben Gaibel, LCSW.

## When:

First Thursday of every month Noon to 1:30 p.m.

## Location:

Good Samaritan Medical Center Cancer Centers of Colorado Second floor, Community Rooms 2 & 3 340 Exempla Circle Lafayette, Colorado 80026

For more information, contact us at 303-673-1620

