

CAREing & COPEing

A free program
for people with
breast cancer
and a loved one.

Recent research indicates that women with breast cancer medically benefit from having strong social support. This series of 4 classes allows up to 7 couples (people with breast cancer and any loved one they choose) to learn a model of communication and problem-solving skills. The skills learned can be used to address almost any problem, including issues ranging from how to best communicate with a physician, to symptom management, to how to work out problems with family members.

We ask that couples attend all 4 sessions. This program is part of a research study and participants will be asked to complete an informed consent form and a series of questionnaires before and after the 4 sessions, so we ask that you **call early to learn more about this program.**

DATES: March 1, 8, 15 and 22

TIME: 6-8 PM (Light meal provided)

**PLACE: The Wellness Community of
Central New Jersey-Bedminster, NJ**



To learn more about this program and to register, please call 908-658-5400

the CENTRAL NEW JERSEY
wellness.
community[®]
A Global Network of Education and Hope
AN AFFILIATE of the CANCER SUPPORT COMMUNITY

 **c.a.r.e.**
cancer advocate
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