

Cancer Support Mini-Series

Coping with a Cancer Diagnosis

Kaiser Permanente Orange County
Department of Social Medicine and
Hematology/Oncology



Join Us for a Virtual* 3-part Educational Mini-Series on Coping with Cancer

Whether you or a loved one has been diagnosed, cancer affects us in many ways. Through this **interactive program** you will learn about the various emotional responses to a cancer diagnosis, practical concerns that may arise throughout treatment and survivorship, and ways to cope with these emotions and concerns more effectively.

Led by a Licensed Oncology Social Worker, each session will include a brief educational overview of the topic discussed and provide opportunities for participants to share their experiences and gain support from one another, fostering an atmosphere of connectedness. **Join in to socialize, learn, and empower each other, knowing you and your loved ones are not alone while surviving cancer.**

This program is designed to benefit those affected by any type of cancer, at any stage of their illness. Sessions are open to Kaiser Permanente members and those who support them. **Registration is required.** For more information and to register, call 714-644-7929.



**Participants must have video access to attend sessions.*

Session One

Emotional Responses to a Cancer Diagnosis

Thursday, August 10, 2023
10 a.m. to 11:30 a.m.
Virtual Session

Session Two

Effective Coping Strategies & Services to Help Improve Your Mood

Thursday, August 24, 2023
10 a.m. to 11:30 a.m.
Virtual Session

Session Three

Practical Concerns When Facing Cancer & Ways to Address Them

Thursday, September 7, 2023
10 a.m. to 11:30 a.m.
Virtual Session

Registration

Participants are asked to commit to attending all three sessions. For more information and to register, please contact the program facilitator

Chris Porto, LCSW, OSW-C
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