

# Wellness Beyond the Diagnosis

## Living with Cancer Support Group

Time: 10:00 – 11:30 AM

Date: 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

Location: Barrington United Methodist Church  
98 Algonquin Rd. (at intersection of Rt. 59 & Rt. 62)

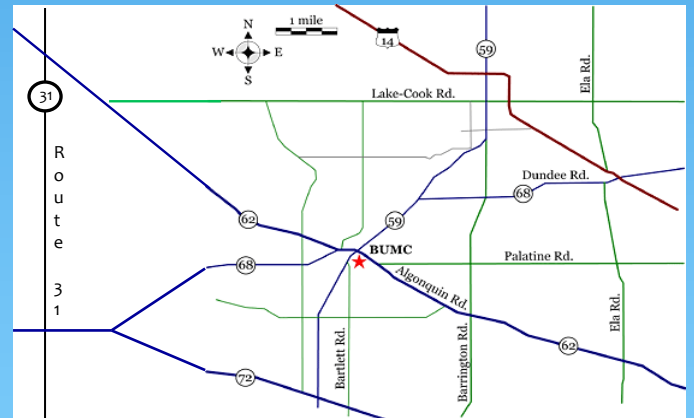
**FREE (Advance Registration Required)**

**Call: 847-382-HOPE ext. 328**

Being diagnosed with cancer has a profound impact on an individual and often provokes many intense thoughts and feelings. This open enrollment Cancer Support Group is for individuals who have been diagnosed with cancer and will soon begin or are currently undergoing treatment. Participants will find a safe, welcoming space to share their experience, concerns, feelings and coping strategies while receiving acceptance, encouragement and hope from others who understand.

### WHAT YOU'LL RECEIVE:

- Encouragement and Hope
- Understanding and Compassion
- Support and Information Sharing
- Camaraderie – Reduced Sense of Isolation
- Empowerment – Increased Sense of Control
- Strategies for Coping and Maintaining Wellness
- Stress Reduction
- A Safe, Confidential Place to “Be Real”



### **FACILITATOR: David Efken, LCPC**

David Efken is a Licensed Clinical Professional Counselor with years of experience leading cancer support groups, men's groups, providing grief counseling and caregiver support. David uses a holistic approach in addressing the impact of facing acute or chronic illness and the depression, grief, anger and spiritual crisis that can result. David counsels people in finding hope, help and healing. Call David at 847-382-HOPE (4673) ext. 328 to register.

*“Wellness Beyond the Diagnosis”*  
is a program of the

**SAMARITAN**  
COUNSELING CENTER  
HOPE, HELP AND HEALING

[www.sccnw.org](http://www.sccnw.org)  
847-382-HOPE (4673)



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