

# Wellness Beyond the Diagnosis

## Saturday Breakfast: For Men With Cancer



Come join fellow male cancer survivors and male caregivers while enjoying a healthy breakfast in a relaxed setting. Share experiences, helpful ideas, camaraderie and fellowship!

### THE GARLANDS OF BARRINGTON EASTLAKE DINING ROOM

8:00 – 9:30 AM

3<sup>rd</sup> Saturday of every month

1000 Garlands Lane

Barrington, IL 60010

*(Upon entering The Garlands, take the first right and park in the lot at far end of street on right. Use Performing Arts Center entrance. Follow signs.)*

May 16, June 20, July 18, Aug. 15,  
Sept. 19, Oct. 17, Nov. 21 & Dec. 19

**FREE (Advance Registration Required)**

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



**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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