



## **7 YEARS OR MORE POST DIAGNOSIS: AN OPEN DISCUSSION**

**Open to people who were diagnosed with breast, ovarian or gynecological cancer 7 or more years ago.**

**7 - 8pm (NY time)  
Zoom Video Conference**

*Pre-registration is required.*

***Call Support Connection, 914-962-6402 or 800-532-4290 no later than 5 pm (NY time) the day before the session you want to attend.***

Even years after receiving their cancer diagnosis, many people find themselves facing issues, concerns and questions that can be challenging. The issues often are very different from the ones encountered early in the cancer journey.

We invite you to join us for this open discussion where you'll have a chance to connect with others who are also 7+ years post-diagnosis and are coping with these unique challenges. Talk about questions such as:

- Have treatment recommendations and follow-up care changed since your diagnosis?
- Have short term side effects become long term?
- Are stress and anxiety thwarting your self-care?
- Do you find yourself wondering what doctors you should still be seeing and why?
- Do you find telehealth challenging?

All topics of interest are welcome.

*This is not an educational program. It is a discussion group facilitated by a Peer Counselor. It is an opportunity to connect with others who have similar concerns, to share information, resources & coping strategies.*

[www.supportconnection.org](http://www.supportconnection.org)