



For Men Only, Let's Talk: An Open Discussion For Men With A Spouse Or Partner Going Through Cancer

**Tuesday, December 8, 2020
7 - 8 pm (NY time)
ZOOM Video Conference**



Open to men nationwide who have a spouse or partner living with breast, ovarian or gynecological cancer. Pre-registration is required.

To register, call Support Connection no later than 5 pm (NY time) on Monday, December 7th: 914-962-6402 or 800-532-4290.

It may be your spouse or partner who has been diagnosed with cancer, but it also affects you, as well as your family.

You want to help and be supportive, but it's not always easy to know how.

Speaking with others who are in the same situation is an excellent way to learn, get ideas, and feel less alone.

Our facilitator will lead this open discussion which will include the following topics:

- What it's like to see your spouse or partner go through cancer, and how it affects you.
- How cancer can impact you and your spouse or partner, your relationship and your family.
- Coping strategies for you, your spouse or partner, and your family.
- Giving yourself permission to take care of your own needs while also supporting your loved one.