

# Why Join a Men's Cancer Discussion Group?

Discussion groups form a community of people with a similar diagnosis or challenge who gather together to share knowledge, encouragement, and emotional support. Many men find that sharing their experiences with fellow patients along with the guidance of an experienced professional helps them learn about new ways to manage the stresses of a cancer diagnosis.

Like many support groups, a local men's cancer discussion group provides an opportunity to get answers and share concerns in a non-judgmental environment. Not only will you have the opportunity to connect and learn from others' experiences, you'll also feel good about the support you provide to others just by showing up!

Some of the topics that are likely to be discussed could be tips about dealing with treatment side effects, or suggestions for resources and providers related to treatment. This information can promote feelings of empowerment to face your diagnosis and your treatment. Joining a discussion group can also have a positive impact on your mental health in numerous ways, which is essential to surviving and thriving with cancer. Many participants report that they feel a reduction in depression and anxiety after attending. You may learn new coping skills and tools necessary to deal with stress and to better adjust to your ever-changing situation. Discussion groups are also a great way to build camaraderie and instant community with other men walking the same journey.

*Experience a group setting for yourself...*

## Men's Cancer Discussion Group

In honor of Prostate Cancer Awareness month, the September meeting features a presentation regarding Radiation Oncology and prostate cancer treatment.

**Friday, September 24 • 8:00 to 9:00 a.m.**

Guest speaker: **Ben Wilkinson, MD, FACRO**

**Friday, October 22 • 8:00 to 9:00 a.m.**

Open discussion led by Kiersten Arnaudin, MSW, LCSW

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

Held onsite, class seating is limited. To register for either meeting, please call 805.219.HOPE (4673)



**Kiersten Arnaudin, MSW, LCSW**  
Oncology Social Worker

**805.346.3402 (SM)**

## Men's Cancer Discussion Group at Mission Hope

Facilitated by Kiersten Arnaudin, MSW, LCSW, the Men's Discussion Group meets the fourth Friday of the month from 8:00 to 9:00 a.m. in the Conference Room at the Mission Hope Cancer Center in Santa Maria. This group meeting is designed to benefit men at any stage of the cancer journey and we encourage male cancer patients, survivors, family members and caregivers to attend. Seating is limited; please call 805.219.HOPE (4673) to reserve your spot.



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