

someday is today



LEUKEMIA &
LYMPHOMA
SOCIETY®

fighting blood cancers

Renegades: Blood Cancer Support Group for Patients, Survivors and their Caregivers

In three words, your whole world can change. *You have cancer.* Talking with people in similar circumstances can make a huge difference. Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and can offer a new perspective.

The purpose of this group is to learn and share:

- About blood cancers
- Daily experiences – thoughts, feelings, complaints, and delights
- Helpful hints in taking care of yourself
- Communications with family, friends, and health team

As a result of participating in the group, you will be better equipped to care for yourself, and to communicate more easily with your family, friends, and health team. Our group meets:

**1st Thursday of the month, 7:00-8:30pm
Albuquerque, NM**

For more information, location and to register, please contact Oncology Social Worker Jamie McDonald, MSW, LCSW, OSW-C or Dean Sizemore, RN at (505) 291-2006.