



HEART OF HOPE
ASIAN AMERICAN HOSPICE CARE

2018 Rainbow Breast/ Gynecologic Cancer Support Group

Purpose :

Through educational workshop, sharing of community resources, sharing of life stories, practicing communication skills, and outing activities, Rainbow Support Group seeks to provide emotional and spiritual support to people with breast or gynecologic cancers, whether in treatment or recovery. Group participants will receive mutual encouragement and support to face their struggles or challenges related to cancer.

Target group :

Females with breast or gynecologic cancers (including cervical, ovarian, uterine, and vaginal). All patients in treatment, in remission, or in late stage (still self-dependent) are welcome.



<i>Program :</i>	3/21/2018	Sharing of Personal Life Stories
	4/18/2018	Self-Care: Prioritize My Needs
	5/16/2018	How to Manage the Side Effects of Cancer Treatment?
	6/20/2018	A Documentary of a Singer's Cancer Journey
	7/18/2018	How to Make Healthy Eating a Lifestyle?
	8/15/2018	How to Communicate with Medical Staffs?
	9/19/2018	What to Do When Treatment Is Not Working?
	10/17/2018	Outing: Let the Nature Refresh Me!
	11/21/2018	How to Overcome the Dark Shadow of Cancer?
	12/19/2018	Can I Still Be Beautiful Inwardly and Outwardly?
	1/16/2019	Celebration of a Rainbow-like Life (Special Activity)

Language : Mandarin

Date : March 2018 - January 2019

Meeting Time : 10:30 am — 12:30 pm on every 3rd Wed. of the month

Location : Heart of Hope Asian American Hospice Care
1922 The Alameda, Suite 215, San Jose, CA 95126
(Parking entrance by McKendrie St)

Registration: Call 1-408-986-8584 to register in advance