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.

Program:
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