

# Breast Cancer Support & Stress Reduction Group

for women with breast cancer and their family members

## DATE:

Every 2nd & 4th Monday

DATE: 4:00 pm - 6:00 pm

## WITH:

Elizabeth Mejia, LMFT  
*Cancer Support Community*

## COST:

Free!  
Light snacks provided.

## RSVP:

Not required. Just show up!

## LOCAL:

White Memorial Medical Center  
Cecilia Gonzalez De La Hoya Cancer Center  
Physicians Conference Room  
1720 East Cesar Chavez Boulevard  
Los Angeles, CA 90033  
Parking is free!

## FOR MORE INFORMATION:

Stephanie Chicas  
Tel: 310-314-2557  
Fax: 310-979-7586

Visit our website at:  
[CancerSupportCommunityBenjaminCenter.org](http://CancerSupportCommunityBenjaminCenter.org)



Studies have indicated that reducing stress improves quality of life and aids in the recovery process. Cancer Support Community and White Memorial Hospital offer a support group for Spanish-speaking women with breast cancer and their families, helping to:

- Learn new relaxation techniques
- Begin to express feelings through writing
- Receive support and share with others within the group

All groups are facilitated by a licensed therapist from Cancer Support Community Benjamin Center. Join us for a time of relaxation and rejuvenation. You do not have to be a patient of White Memorial Medical Center to participate.

*In collaboration with Susan G. Komen Los Angeles County, White Memorial Medical Center and Cancer Support Community Benjamin Center*

