



Building Connections: A Breast Cancer Support Group

The Building Connections Support Group, led by Casey Nelson, MSW will guide Virginia Cancer Specialists patients with breast cancer through reflective activities and conversations to foster growth towards reaching goals. The group will utilize Solution-Focused therapy and Strengths-Based perspective techniques. Participants will be encouraged to set and reflect upon goals and to celebrate their successes along the way. This group is recommended for, however not limited to, adults with a breast cancer diagnosis in their 40s-50s.

Location:

Virginia Cancer Specialists Reston Office – Conference Room
1860 Town Center Drive, Suite 460
Reston, VA 20190

Support Group Dates:

Session 1: Defining Your Goals

Tuesday, January 9th, 2024: 1:00pm-2:00pm

Session 2: Growing Mindfully

Tuesday, January 16th, 2024: 1:00pm-2:00pm

Session 3: Cultivating Gratitude When Coping

Tuesday, January 23rd, 2024: 1:00pm-2:00pm

Session 4: Self-Care Matters; Making Time for You

Tuesday, January 30th, 2024: 1:00pm-2:00pm

Reserve Your Spot:

Email Casey.Nelson@usoncology.com to RSVP or if you have any questions
There will be approximately 8-10 participant slots available and expected to fill quickly.
RSVP today!