

If you have any concerns about cancer you can talk to one of our experienced nurses on the Cancer Focus NI **FREE** information and support Nurseline

**0800 783 3339**

Monday, Wednesday and Friday 9am - 1pm.  
Calls are **free** and **confidential** from a landline.  
[nurseline@cancerfocusni.org](mailto:nurseline@cancerfocusni.org)



### Exploring my Cancer Journey

If you would like to know more about this programme, please contact:

**T: 028 9066 3281**

**E: [care@cancerfocusni.org](mailto:care@cancerfocusni.org)**  
**[www.cancerfocusni.org](http://www.cancerfocusni.org)**

Cancer Focus Northern Ireland  
40-44 Eglantine Avenue  
Belfast BT9 6DX



**Charity No: NIC 101307**



# Exploring my Cancer Journey Programme



**When someone is diagnosed with cancer, they may experience feelings of shock, anger, or confusion. Even the most supportive family members, friends, or employers cannot understand exactly how it feels to go through a cancer journey.**

A programme like this is one way for individuals to interact with other people in similar circumstances.

### **What to expect?**

A series of 5 sessions providing an opportunity for a small group of people with a cancer diagnosis to meet together to share, listen, discuss and explore their personal experience of cancer in a safe and supportive therapeutic environment.

### **About the service**

This programme is designed for people who have had a cancer diagnosis. Run by experienced Cancer Focus NI facilitators over a five-week timeframe, it is delivered in a variety of locations across Northern Ireland.

It is because of generous donations that we can continue to deliver vital complimentary cancer support services to local people and families. To donate to or support our charity, please email [fundraising@cancerfocusni.org](mailto:fundraising@cancerfocusni.org)

**“I had the opportunity to explore my personal experience of cancer with others who became friends. I felt heard and came away feeling encouraged and supported.”**

**Past Participant**

