

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



Breast Cancer Support Programme Thrive

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

T: 028 9066 3281

E: care@cancerfocusni.org

www.cancerfocusni.org

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



Charity No: NIC 101307



Breast Cancer Support Programme

Thrive for Under 50s



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?

The programme is packed with tools and techniques to help participants reflect on where they are and how they might want to move forward in a positive way. The group provides a safe space for women with a breast cancer diagnosis to share their story, if they feel comfortable doing so, with other women who have had similar experiences.

Support provided:

- Goal setting
- Exploration of common emotions
- Managing different types of thinking
- Managing stress and boundaries
- Consideration of physical health and wellbeing.

About the service

The programme is designed for younger women (under 50) who have had a breast cancer diagnosis.

Run by an experienced Cancer Focus NI facilitator, the support group meets over a six-week timeframe and is delivered in a variety of locations throughout 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

“It was a fantastic experience and great to meet so many lovely ladies all going through the same experience. It was really uplifting and has helped me start to think about a future beyond breast cancer.”

Past Participant

