

# Peer-to-Peer Support

Most people with cancer find it helpful to connect with other people who have been affected by cancer. Peer groups can be a place to share your feelings and experiences.

## TRY THIS

**Join a peer group.** It may be helpful to talk with others who have had the same experiences.

---

## CHECK THIS OUT

**Visit** the Springboard page on Peer-to-Peer Support.

<https://smokefree.gov/springboard/get-support/peer-to-peersupport>

**Find** a peer group. <http://goo.gl/MXKIEP>

**Learn** about the Cancer Survivors Network. <http://goo.gl/3bmbWJ>