



Come Join Us! Saturday, May 13th

Dear Jerry,
Friendly reminder about groups on Saturday. Hope to see you there!

News worthy items

1. Are you going to bring food? Please let me know so I can fill in the gaps with other items. I try to keep everything balanced so we don't have too many carbs for example. Send email to amy@thegcap.org

2. **Its garage sale time!!!! Our annual garage is Friday, May 19 and Saturday May 20th!!! Do you have donations? We will take anything over the next week except clothes and things that need to go the trash. Please bring items to 9601 Wilshire Ave NE. Call Marvin or Sandra Sanchez at 505-821-2256 to make arrangements to drop stuff off. Deadline for donations is Wednesday May 17th. Do you have time to volunteer at our sale? Let us know....we especially need help Friday morning. That is when the sale is usually the busiest.**

Thank you!
Amy

About Circles of Hope group:

Who can come:

Gynecological Cancer **AND** Breast Cancer Survivors **AND** their caregivers.

Who is a caregiver?

ANYONE who loves and helps care for or support a woman with cancer. That could be a spouse, partner, sister, adult child, best friend, etc.

When:

0930am-Fellowship time with light breakfast and coffee

1000am-1100am 3 separate, simultaneous groups

Gynecological Cancer Survivor Group, Breast Cancer Survivor Group, and The Caregiver of any woman with cancer group

Important Details:

- **Where:** NMCPG office in the Mountain Run Shopping Center on Eubank and Juan Tabo. 5850 Eubank Blvd NE It is on the 2nd floor above Kellys Liqueurs.
- There is an elevator in middle of shopping center if needed to get to 2nd floor.
- **When:** 2nd Saturday of Each Month **930am-1100am**
- Cost: Free to ALL

Benefits of participating in support groups may include:

Feeling less lonely, isolated or judged.

Gaining a sense of empowerment and control.

Improving your coping skills and sense of adjustment.

Talking openly and honestly about your feelings.

Reducing distress, depression, anxiety or fatigue

Connecting with new people who may be experiencing similar things as you

For more information, please contact Pat Belletto at pbelletto@msn.com or call GCAP at 505-610-9300.

Looking forward to seeing you there,
The Circles of Hope Team!