

# OUR GOAL

Our goal is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.



# MISSION

We are part of the national and international Cancer Support Community and a division of the NVNA Foundation.

CSC-MSS is a non-profit organization whose mission is to help people impacted by cancer enhance health and well-being through a professional program of emotional support, education and hope.



HOPE · SUPPORT · EDUCATION

CANCER SUPPORT COMMUNITY  
MA - SOUTH SHORE

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Norwell, MA 02061

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[cancersupportcommunityma.org](http://cancersupportcommunityma.org)



HOPE

SUPPORT

EDUCATION

so no one has  
to face cancer  
alone®

A Division of the NVNA Foundation

“Even though the members of my group here mostly have a cancer different from mine, that’s okay because what’s important is that we all understand what it’s like to have cancer and to go through treatment and to try to figure out how to best go on with our lives.”

 CSC Participant

# WELCOME

**W**ithin our warm and welcoming space, you can be yourself...be heard by others who understand...listen and learn from other's experiences and coping strategies...and gain tools that may be useful in reducing stress and improving quality of life, either as someone diagnosed or a caregiver.



# HOPE

**W**e recognize that the 'whole' person experiences a cancer diagnosis as well as the move through treatment and beyond. Through support and educational programs, our mission is to help people impacted by cancer achieve the best quality of life possible while moving through their cancer journey.

# EDUCATION

**A**s a complement to conventional medical care, our services and programs offer an opportunity for empowerment and encourage people's active participation in their care, well-being, and recovery.

*You'll find a comfortable setting in which to participate in whatever program(s) you wish, including:*

- 🦋 Ongoing support groups, facilitated by licensed professionals, for people diagnosed with any type of cancer and at any stage of their disease as well as their caregivers
- 🦋 Stress reduction and healthy living programs such as Tai Chi, Yoga, meditation and expressive arts
- 🦋 Preparation for surgery, chemotherapy and/or radiation program (Peggy Huddleston program)
- 🦋 Workshops on nutrition, meditation, healing skills, and caregiving, among others
- 🦋 Educational and informational programs focusing on specific cancer diagnoses and/or treatments

# SUPPORT

**A**ll support groups, programs, workshops and activities are offered at no cost to our participants through the generosity of individuals, corporate donors, bequests, and foundation funding.

“*It's hard to figure out what's happening and then you begin to hear other people talk about the same things that are on your mind or things you've felt or been through and suddenly you realize it's not just you. You're not the only one.*”

🦋 *CSC Caregiver*

# VISIT

**C**all or visit us to learn more about how we can help you in your cancer journey.



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