

I Can Cope...



A free educational series is available for cancer patients, their families, and their friends. The group meets at the Portland VA and is staffed by a medical professional.

Sponsored By:
The American
Cancer Society

Classes include:

- Learning about Cancer
- Understanding treatments
- Managing side effects
- Communicating concerns / feelings
- Mobilizing support services
- Managing resources
- Coping with emotional issues
- Shared decision making



**Classes are held every Thursday
9:30am to 10:30am at the main hospital
Building 100, 5D, Room 122**

**No registration is required
Facilitator is Joyce Willison LMSW
She can be contacted at 503-220-8262 or 800-949-1004 X57048**