CANCER CAN TAKE MANY THINGS FROM YOU, DON'T LET IT TAKE YOUR MINDSET!

Cancer got you down? Looking for support along the journey that not everyone understands? Look no further!

Let's face it cancer is hard... just know you don't have to fight it alone. This is a cancer support group led by a cancer survivor herself and is for those actively going through treatments for cancer or have been given a cancer diagnosis. Come make a network of people who can truly understand the struggles of the beast they call cancer in a safe space. Cancer does not discriminate- it doesn't care about age, race, or religion and neither does this aroup - all are welcome.

Specific dates are to be determined, but this group will kick off Spring/Summer 2024. Reserve your seat now, space is limited!



For more information, please reach out to Kayla Houck at (804)657-4183 OR admin@ashleymurphy.net

Seeds of Change Counseling

40 Court St. | Mathews, VA 23109 | www.ashleymurphy.net