

2019 *IN REVIEW*

In 2019, Cancer Support Community of Greater St. Louis welcomed:

2,140

visits to our support group sessions

"I continue to come as I learn new information, hear how others cope with the illness, learn about side effects and feel as though I can voice my feelings which are not always easy to discuss with my family and friends."

Lung Cancer Networking Group Participant

414

visits to our educational workshops

"Each workshop has taught me new coping skills for the variety of challenges I am facing. I now have a tool to use to deal with the stress, anger, sadness, fear and joys of this new life."

Lunch And Learn Workshop Participant

3,081

visits to our healthy eating/ cooking demonstrations, stress management classes, and healthy lifestyle sessions

"I cannot say how much this institution has helped me physically, mentally and emotionally. Movement, art, cooking, each feed a different aspect of life. Creating the best "life" is so important for creating the "new normal" that comes after cancer."

Yoga, Painting From Within, and Cooking Class Participant

1,213

visits for individual support

"CSC has given me a voice that I thought brain cancer had stolen from me. I always find great experiences and support from the staff and members at Cancer Support Community. Fighting cancer alone does not have to be the option on your journey."

Program Participant

