



*We have been helping people with cancer in  
for more than 25 years.*

### **We understand.**

We encourage you to join a support group. Choose to attend in-person or via Zoom. Together we help one another keep hope, joy and comfort in focus. All groups and services are free.

### **You are not Alone.**

*A list of current support groups is on the reverse side.*

### **Other opportunities for support:**

Individual emotional support, HealinComfort Shirt, Patient Planner, Wigs, Bras, Forms, Comfort Bag, Transportation, & Lodging

Please contact Friends Together for more information about all of our programs and services.

We are here so you are not alone.

*www.friendstogethermi.org*

**105 Prentiss Street, Alpena MI 49707 (989) 356-3231**

### **Friends Together North**

Men and women can meet on Mondays at the Presque Isle Library in Rogers City at 3:00pm.

### **Friends Connect Together**

Learn crafty ways to overcome 'chemobrain'. Meets the first Monday of the first full week each month at 3pm. For men and women.

### **Good Grief**

Meets Tuesdays at 10am to support those dealing with loss.

### **Mindful Movement for Healing**

For women only. Whole body slow movement to improve balance and overall health during and after treatment. Call for dates.

### **Friends Together South**

Men and women can meet on Tuesdays at *Knights of Columbus in East Tawas* at 5:00pm.

### **Guys Like Us**

For men with cancer. Meets each Wednesday at 10:00am.

### **Women on Wednesday**

For women with cancer. Meets each Wednesday at 4:30pm for a dash of hope, some laughter, and real-talk.

### **Friends Breathe Together**

Meets the first Thursday of the first full week of the month at 2:00pm. For men and women who want to improve breathing, speech, swallowing, and cognitive function following treatment.

### **Friends Eat Together**

For both men and women with cancer who find eating in public uncomfortable due to dysphagia. Meets the first Thursday of the first full week of the month at 4:00pm.

***All groups meet in Alpena at Friends Together and are available via Zoom, unless noted.***

**Call for more information. (989) 356-3231**