



Connections

to others, to information, to wellness

OVERVIEW

Connections is a multi-faceted program designed specifically for breast cancer survivors, fighters, co-survivors, and caregivers. The goal is to provide support through meaningful connections that address the impact breast cancer has on a person's emotional and physical health, family, co-survivors, caregivers, and job responsibilities.

The program fills a need in the South Plains for resources that focus on the unique challenges of our family, friends, co-workers, and neighbors who are battling breast cancer. Conceived by a local task force for Susan G. Komen Lubbock Area to implement, the program is funded in part by the generosity of The CH Foundation.

AREAS OF EMPHASIS

Groups: discussion-based meetings led by licensed therapists and activity-based groups such as exercise, gospel singing, and arts and entertainment.

Webinars: credentialed presenters provide valuable information on a wide-range of topics, including what to ask your doctor, what financial resources are available, health and nutrition tips, and the short- and long-term effects of treatment; live webinars will be recorded.

Outreach: the presence of staff, volunteers, and marketing materials in treatment centers and other strategic locations to enhance the visibility of Connections, especially to the newly diagnosed.

MONTHLY PROGRAMMING (as of July 7, 2016)

1st Mondays, 7-8 p.m.	Discussion group	St. John's UMC, 15th & University
2nd Saturdays, 11:45 a.m.-1 p.m.	Yoga	HWY 108, 4410 50th Street
3rd Mondays, 6-7 p.m.	Metastatic discussion group	Second Baptist Church, 6109 Chicago
3rd Thursdays, 4-5 p.m.	Discussion group	Larry Combest Center, 301 40th Street

CONTACT INFORMATION

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