

# New Connections

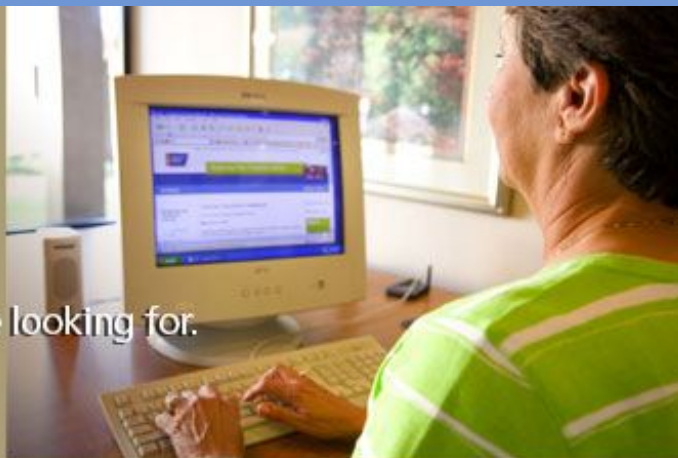
HELPING YOU CARE FOR A LOVED ONE DURING TREATMENT



Issue 13

## I Can Cope<sup>®</sup>

It might just be  
the program you're looking for.



I Can Cope is a unique American Cancer Society program based on this premise: the more informed you are about cancer, the less fearful you'll be and the better able you'll be to work in concert with your loved one and your loved one's doctors and treatment team.

This complimentary program is designed to help both you and your loved one cope with the cancer experience. It offers not only knowledge, but also encouragement and practical tips for helping you to develop positive attitudes and coping skills.

You'll be in a very supportive environment with caregivers and others who have cancer, so you and your loved one can be comfortable working through the variety of feelings and frustrations that commonly accompany a cancer diagnosis. Courses feature candid, straightforward presentations and class discussions facilitated by doctors, nurses and other health care professionals.

Topics include:

- Diagnosis and treatment
- Side effects of treatment
- Emotions and self-esteem
- Cancer and intimacy
- Communication skills
- Community resources
- Financial concerns
- Pain management
- Nutrition
- Fatigue

Everything you've wanted to know about cancer, you can now feel comfortable asking. It always helps to know you're not alone, and in our I Can Cope program, you're definitely not.

I Can Cope classes are available in some communities across the country. For planning purposes, pre-registration may be required. For more information about I Can Cope classes in your area, contact your local American Cancer society office, call 1-800-ACS-2345 or visit our Web site, [www.cancer.org](http://www.cancer.org).

### **I Can Cope is now online, too.**

The American Cancer Society's free, interactive online I Can Cope classes allow you to take classes in the privacy of your home or location of your choice at a time that is convenient for you. Classes are self-paced. It usually takes about 20-30 minutes to complete a class, but it may take longer if you watch the videos and read the linked information.

To take an online class right now, [click here](#).

**For more cancer information, call 1-800-ACS-2345  
or visit [www.cancer.org](http://www.cancer.org), anytime, day or night.**

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