

New Connections

HELPING YOU FIND YOUR WAY THROUGH TREATMENT



Issue 22

With this support program, you can cope; and now, the program is online, too



I Can Cope[®] is a unique American Cancer Society program based on the premise that the more informed you are about cancer, the more in control you'll feel and the better able you'll be to make decisions with the help of your doctors and treatment team.

This complimentary program is designed to help both you and your family members cope with the cancer experience. It not only offers 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 others who have cancer, so you and your family members 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

Not only will you be able to ask any questions you may have about cancer, but it's also helps to know you're not alone. In our I Can Cope program, you're definitely not.

I Can Cope classes are available in many communities across the country. You do not need a physician's referral, but for planning purposes preregistration may be required. For more information about I Can Cope classes, click [here](#).

I Can Cope is now online, too

For those of you who do not live in a community that offers I Can Cope classes, there are free, interactive classes available online. Now, virtually everyone can get the full value of this program no matter where they live.

Online classes are also perfect for people who are not yet feeling up to going out. The online classes are self-paced, and it usually takes about 20 to 30 minutes to complete each class. But feel free to take as much time as you like, because there are

interesting videos to watch and countless links to important information.

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

**For more cancer information, call 1-800-ACS-2345
or visit www.cancer.org, anytime, day or night.**

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