

Finding Solace Together

BREAST CANCER MINORITY SUPPORT GROUP

A welcoming
space for healing,
connection
and support.

Monthly meetings at
Simmons Cancer Institute
at SIU Medicine

REFRESHMENTS | FELLOWSHIP
ACTIVITIES | CIRCLE OF HOPE
ALL ARE WELCOME



SIU MEDICINE

Finding Solace Together

BREAST CANCER MINORITY SUPPORT GROUP

Through education, mentorship and emotional support, **Finding Solace Together** creates a safe, empowering space for everyone affected by breast cancer. Whether you're newly diagnosed, navigating recovery or many years into survivorship—you belong here.

This group embraces diversity in all its forms. We honor the unique experiences of minority communities while welcoming individuals of all races, genders and identities.

WHAT TO EXPECT

- Expert-led health and wellness discussions
- Hands-on creative activities
- Peer support and shared experiences
- Snacks and refreshments provided

SAMPLE TOPICS & ACTIVITIES

- Coping strategies and personal testimonies
- Breast reconstruction education
- Emotional trauma and resilience
- Spa day, glamour shots and more

WHY JOIN FINDING SOLACE TOGETHER?

- Meet others who truly understand your journey
- Build community with fellow survivors
- Learn from physicians and wellness experts
- Take part in uplifting, healing activities

**Meets monthly on Mondays at
Simmons Cancer Institute at SIU Medicine**

MEETING DATES

Nov 10, 2025 | Dec 8, 2025 | Jan 12, 2026 | Feb 16, 2026
Mar 30, 2026 | Apr 27, 2026 | May 11, 2026 | June 8, 2026

EVERYONE IS WELCOME

Open to all races, genders and backgrounds

**For more information, please contact
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