



Welcome to Nicki's Circle. We know that if you are joining our circle, you are dealing or have dealt with a diagnosis of ovarian cancer. And we know that's not easy. This group is here to support you in this difficult journey.

Our support groups offer a safe and caring environment for women dealing with ovarian cancer and their caregivers:

- to meet with others who are experiencing similar challenges
- to explore and share feelings about your situation
- to discuss problems and stress arising from the illness and treatment
- to learn about resources, treatment options and ways to manage side effects
- to share humor, meaning and hope.

Each support group is led by a professional facilitator who invites everyone to talk about their own experiences and guides the discussion, sometimes presenting more structured information.

All information shared is to be respected and kept confidential. While talking with non-participants about your own experience at Nicki's Circle, it is important not to disclose information about other group members or mention them by name.

It is important to remember that these are support groups, not psychotherapy groups. Support groups have been shown to be extremely helpful in improving quality of life and survivorship for those dealing with cancer. We want to offer this kind of help to as many people as we can. However, some issues are not appropriate to be dealt with in a group setting. For those facing such issues, we will attempt to refer them for appropriate assistance.

We offer open, ongoing groups, which accept new members at any time. We request that you contact the support group facilitator before attending your first group, if possible. We accept participants at any stage of the cancer experience: newly diagnosed, dealing with recurrence, and long-term survivors. Attendance is completely voluntary. You are welcome to bring a caregiver or friend with you.

Our support groups are sponsored by Colorado Ovarian Cancer Alliance and are offered with no charge. We trust that voluntary contributions to COCA will continue to make these support groups possible. Thank you.

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