



## PATIENT & CAREGIVER EDUCATION

# Ostomy Support Group

This is an online support and education group for people who are living with an ostomy, regardless of their cancer diagnosis. The group will discuss issues that may come up while adjusting to living with an ostomy. It is an opportunity for participants to provide each other with emotional and practical support and to share information and experiences.

Topics may include:

- Education around ostomy care and supplies
- Adjusting to life with an ostomy
- Impact of an ostomy on intimate relationships
- Coping strategies

The group meets on the third Thursday of every month from 4:00 p.m. to 5:00 p.m.