

# Bon Secours Breast Cancer Support Groups

## COMMUNITY EDUCATION

- Monthly private group meetings
- Resources and literature
- Fun and encouragement
- Helping others help you
- Subject experts
  - Breast cancer treatment options
  - Bone health and nutrition
  - Physical therapy for lymphedema
  - Alternative therapies
  - Image recovery
  - Intimacy and sexuality
  - Survivorship



## BREAST CANCER SUPPORT GROUPS

4th Monday each month, 6:30 to 8 PM

Bon Secours Harbour View Medical Arts Building  
5838 Harbour View Blvd., Suite 260, Suffolk, VA 23435  
Second-floor conference room

## LESLIE SMITH, RN MSN CBPN-IC BREAST PATIENT NAVIGATOR

Leslie earned her MS in Nursing from Old Dominion University in Norfolk VA. She is a certified breast patient navigator in imaging and cancer (CBPN-IC) with the National Consortium of Breast Centers. Leslie is a member of the Virginia Coalition of Oncology Nurse Navigators (VCONN) and Virginia's Cancer Plan Action Coalition (CPAC). One of her goals as a nurse navigator is to improve the quality of care to the community through outreach programs, education, support and increased access to care. Leslie began facilitating the breast cancer support groups at Bon Secours in 2008. Her favorite part about her role is helping patients become connected to the resources they need, including support from each other.



## SUPPORT GROUP GOALS

- Provide group members with an experience of belonging.
- Help members explain their situations, offer suggestions, provide support and learn from others.
- Encourage sharing, risk taking and problem solving.
- Give group members a chance for “reality testing” — to practice behaviors and attitude changes and see how people react.
- Provide group members the opportunity to help and be helped, becoming a source of mutual aid.
- Enhance the dignity, individuality and self-determination of all women in the group.
- Provide a means of empowerment. Encourage group members to take action to improve their life situations and provide them access to resources.

For more information, please call (757) 541-1902, visit [bshr.com/women](http://bshr.com/women) or e-mail [Leslie\\_Smith@bshsi.org](mailto:Leslie_Smith@bshsi.org)



BON SECOURS VIRGINIA HEALTH SYSTEM

caring for women