

## Future Meeting Dates & Times

August 13th

September 10th

October 8th

*Oct 26th Albury Wodonga 'Relay For Life'*

November 12th

December 10th (Christmas Function alternative venue)

*January break*

February 11th

March 11th

April 8th



### Venue:

Albury Commercial Club

Dean St , Albury

Join us at 6.30 while we have dinner at the club prior to the meeting.

Early detection of prostate cancer is the key.

# BE AWARE

Over 50? PCFA recommends testing!

Talk to your Doctor

### Support Group:

President - David Ryan

M: 0407 691636

Secretary - Glenn Rose

M: 0417 275446

### Contact

E: [awpcsg@gmail.com](mailto:awpcsg@gmail.com)

Website: [www.awpcsg.org](http://www.awpcsg.org)

### Useful Contacts

Prostate Cancer Foundation of Australia

Ph: 1800 220 099

E: [enquiries@pcfa.org.au](mailto:enquiries@pcfa.org.au)

Cancer Council Help Line

13 1120

## ALBURY WODONGA


### Prostate Cancer

### Support Group

For anyone who has been diagnosed with prostate cancer, their partners, carers, family and friends.



PROUDLY AFFILIATED WITH

 Prostate Cancer  
Foundation  
of Australia

It's important for anyone diagnosed with prostate cancer, their families and friends, to know they're not alone.

There is HELP and SUPPORT at hand

## About Albury Wodonga Prostate Cancer Support Group

Everyone is welcome to attend our support group.

Meetings are conducted on the second Tuesday of each month at 7:00 pm.

Each meeting includes:

- Question Time
- Open-forum discussion
- Information Sharing

Guest speakers are invited to address the group on topics as suggested by members.

Our meetings are both friendly and helpful and we are committed to providing a *confidential and non-judgmental environment, equal opportunity to speak, honesty and openness.*



*"The support I got from AWPCSG really helped me when I had to decide on treatment options. I couldn't choose, and was only when I met other blokes who had the same difficulty making my mind up, that the choice became easier"*

### Our group has the support of:

- Urologists
- Oncologists
- Practice Nurses
- Albury Commercial Club
- Breast Cancer Support Group



## Why a support group ?

There are many reasons why people join a support group. These may include: A place to..

- Relax
- Have a chat
- Obtain more information (from guest speakers, other experiences of people in the group)
- Feel empowered
- Feel comfortable around people who have had a similar experience

*"Support groups are not only a place for the serious business of cancer - to vent feelings and frustrations - but also a place for laughter and having fun. We need a place to let our hair down and cry. We also need to laugh until we feel good and feel like just another person, not a cancer victim." (Cancer Support Group, rural NSW)*