


*Breast Cancer  
Support Ministry*



*Sharing personal  
experience and  
support*



Learning you have breast cancer can change your life and the lives of those close to you. These changes can be hard to handle. It is normal for you, your family, and your friends to have many different and confusing feelings.

*For these reasons, the Corpus Christi Breast Cancer Support Ministry was formed. It has been our experience that the following statement from Susan G. Komen for the Cure is true.*

"Social support can reduce anxiety, psychological distress, depression, and feelings of pain, as well as improve mood, self-image, ability to cope, sexual satisfaction, and feelings of control in women with breast cancer. Having social connections has also been shown to help survivors with their adjustment and recovery after treatment. One study found that women who were socially-connected (for example, through marriage, close friendships, or membership in a religious organization) reported fewer limitations due to physical problems and less of a decline in their ability to perform their normal daily activities."

susan g.  
**Komen**  
FOR THE **Cure.**



*Of varied ages and length of survivorship, our group is growing. We find that the more we share, the more we have come to value this group. Please join us.*

**Contact Joyce Fleck**

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