



Welcome to Nicki's Circle.

We know it's not easy to deal with a diagnosis of gynecologic cancer. This group is here to provide meaningful support and helpful resources to you along this difficult journey.

Our peer support groups offer a safe and caring environment for individuals dealing with gynecologic cancer:

- 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.** And, members are advised NOT to disclose information about group members or mention them by name while talking with others who do not participate in the group.

It is important to remember that these are peer support groups, not psychotherapy groups. Connecting with others through support groups has been shown to be extremely helpful in improving quality of life and survivorship for those dealing with cancer. We want to offer that benefit to you. However, some issues are not appropriate for group discussion or cannot be addressed adequately in this setting. The group facilitator will moderate these discussions and follow-up with the individual as necessary. If additional mental health support is needed, the facilitator will provide counseling resources for additional support and assistance.

We offer open, ongoing groups, which accept new members at any time. We request that you complete the [NC SignUp form](#) before attending your first group. We accept participants at any stage of the cancer experience: newly diagnosed, dealing with recurrence, and long-term survivors. Attendance is completely voluntary.

Our support groups are sponsored by Colorado Gynecologic Cancer Alliance (CGCA) and are offered at no charge. Financial donations to CGCA will continue to make these peer support groups possible. Please reach out to us at any time if you want more information about CGCA or Nicki's Circle.

Thank you!

Colorado Gynecologic Cancer Alliance

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