

Each Moment We're Alive



A cancer diagnosis affects much more than the physical body. The members at Each Moment We'reAlive (all cancer survivors) empower women to move beyond their diagnoses and treatments through workshops & programs that incorporate music, books, beauty, and action plans. This helps women to move beyond cancer within a welcoming community.

Our philosophy is life after a cancer diagnosis is simply different, but with simple tips you can integrate into your daily routine, you can **thrive** in the "NEW" Norm.

Please call **Cindy Sheridan Murphy** at 413-204-4682 or visit www.eachmomentwerealive.org

Support Groups

Located at the Cancer House of Hope
1999 Westfield St., West Springfield, MA 01089

Women's All Cancer Support Group

2nd Tuesday of every month from 6-7:30pm

A group leader helps each individual navigate through their experience, providing information about coping with day-to-day effects of treatments. Those who attend also discuss helping their families cope with what can often be an overwhelming situation. ***This support group is open to all women dealing with any kind of cancer.***

Breast Cancer Support Group

1st and 3rd Wednesday of every month from 6-7:30pm

This support group offers a chance to talk with other people who have been through similar experiences. Many find ***comfort and relief sharing their journey*** with others who understand because they have been there.

Continued Support / Circle of Angels

4th Tuesday of the month from 6-7:30pm

Continued support for all Womens cancers. Also considered "Circle of Angels" support group for those who will be in continued treatments, have completed treatments or have participated in L.A.N.D. (Living A New Day 8 week survivorship program) and want to continue their "sister hood" with the new friends they have made, the new community they have created and maintain support from each other as they work to support each other and women beginning their journey.

Join us on Facebook at
Each Moment Were Alive
for information on
upcoming events

West Springfield, MA 01089
(413) 204-4682

cindy@eachmomentwerealive.org

Resources

L.A.N.D. (Living A New Day) 8-Week Survivorship Program

EMWA – Living a New Day, A New Norm is a guided program that offers you step-by-step processes, paired with knowledge and skills, to create positive outcomes for living a sustainable future of joy and freedom. Meet cancer survivors and other women with similar situations who can give you emotional support, new ideas, understanding and friendship. Remember, you are not alone in this journey.

Each Moment We're Alive Guide to Living a New Day, A New Norm

This book has been designed to help cancer survivors feel like the best version of themselves and live a more purposeful life after their cancer diagnosis. It is based on the premise that life after cancer is not only different, but an opportunity for a journey of personal growth and empowerment that survivors can embark upon either alone or with loved ones.

Each Moment We're Alive Action Sheet Journal

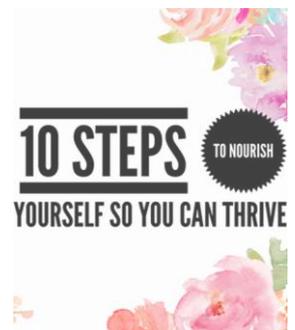
With resources and musically inspirational ideas, this guide can act as a road map to help deal with the unknowns and "what ifs" of life with, during, and after a cancer diagnosis. In this journal, survivors are prompted to create a more mindful and meaningful life by creating a new norm for living more fully in gratitude and acceptance for each moment we're alive!

Each Moment We're Alive: A Musical and Photographic Story Inspired by Cancer Survivors

A unique, coffee table-style gift book, combining art forms of Debra Lynn Alt's life-affirming songwriting and award winning travel with nature photography by Monica Schwartz Baer. A portion of proceeds from each sale is donated to EachMomentWereAlive.org for cancer support programs.

10 Steps to Nourish Yourself So You Can Thrive eBook

This ebook is designed to nourish not only your body with food, but your mind, body, and spirit with simple tips that you can integrate into your daily routine so you can thrive in the new norm.



Cancer House of Hope

10am-4pm Monday-Friday; Closed Saturday/Sunday

Whether it's reiki, a massage, yoga, relaxation, a support group, prosthetics, or wigs, CHD's Cancer House of Hope is there for you. Every supportive service they offer is **absolutely free of charge** to anyone who experiences the often painful effects of cancer treatment, bringing strength, resilience and comfort to individuals with cancer as well as those who love them. Call (413) 733-1858 or visit www.chd.org/chh for more information.

Survivor Journeys™

A community-based support network of professionals from diverse clinical and community backgrounds, Survivor Journeys provides cancer survivors, caregivers, and loved ones unique survivorship services in Western Massachusetts and Northern Connecticut. Call (413) 276-6100 or register online at www.survivorjourneys.org.



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