

The service area of Cancer Support Community Montana is the entire state.



Empowered by
Knowledge
Strengthened by
Action
Sustained by
Community

Cancer Support Community Montana is a non-profit organization dedicated to providing a full range of support programs, in a comfortable home-like setting, completely *free of charge*.

- All programs are available to cancer survivors, caregivers, family members and friends.
- You will have opportunities to learn vital skills to regain control, reduce feelings of isolation, and restore hope through meaningful connections with others living with cancer.



Education

Education Pathways programs allow participants to gain knowledge from leaders in oncology, integrative medicine, nutrition, and complementary modalities.

Including:

Take Charge: Reclaiming Wellness
Frankly Speaking about Cancer
Cooking Classes
Guest Speakers
Garden Program



Emotional Support

All emotional and informal support groups are led by licensed mental health professionals and provide a safe place to come together, share resources, and make connections.

Including:

<i>1- on 1 counseling</i>	<i>Bosom Buddies</i>
<i>Couple's workshops</i>	<i>GYN Cancer Support Group</i>
<i>Previvor Support Group</i>	<i>Friends & Family Connection</i>
<i>Cancer Support Group</i>	<i>Multiple Myeloma Connection</i>
<i>Prostate Connection</i>	<i>Cancer Support Group in Dillon</i>



Healthy Lifestyle

Physical activity can reduce stress, depression, and anxiety. A variety of healthy lifestyle programs are provided to that will help build strength and increase health.

Including:

<i>Steps for Strength</i>	<i>Healthy Excursion examples:</i>
<i>Group Water Fitness</i>	<i>Hiking/ Snowshoeing</i>
<i>Strength Training 2x/wk</i>	<i>Cross Country Skiing</i>
<i>5k Training</i>	<i>Fly Fishing</i>
	<i>Indoor Rock Climbing</i>



Family Programs

Kids Corner programs are provided for kids, teens, and families impacted by cancer to connect, learn, socialize, and have fun.

Including:

Stronger Together Winter Family Camp
For One Another Summer Family Camp
Kid Support®
Little Chefs Cooking Classes
Holiday Carnivals



Mind/Body

Mind-Body programs are a combination of stress-reduction and strength-building for anyone affected by cancer, caregivers, and loved ones.

Including:

Gentle Yoga
Yoga Nidra
Mindfulness classes
Stress Reduction Practices
Meditation Classes

Don't live nearby? You can now easily join us through our Virtual Community.
To learn more about Zoom and receive instructions on how to join us virtually please call 406.582.1600.

"When we started coming to programs it felt like everyone is 'there' for you, like they have your back"



"CSC is Medicine, CSC is 911, CSC is love. CSC connects us to people who understand us"

"I've been attending support groups & 'doc-talks' at CSC for nearly 10 years. Without their 'care' & welcoming atmosphere I'd be a lot more lost."



"No one really understood how I felt until coming to CSC. There I found my tribe."



Through a series of social, education, and therapeutic programs, kids learn skills, information, and meet other kids and caring adults who understand the cancer experience.



YOU ARE NOT ALONE
We are here for you!

102 S 11th Ave
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Please visit our website:
CancerSupportMontana.org

Email us:
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So That No One Faces Cancer Alone®



CancerSupportMontana.org