

# LIVING WITH SECONDARY BREAST CANCER

Secondary breast cancer is full of uncertainties. But you can count on Living with Secondary Breast Cancer to be there for you, no matter what.



To find out more and to register for our groups or expert speaker sessions scan the QR code with your mobile:



**BREAST  
CANCER  
NOW** The research  
& care charity

**We know that living with a diagnosis of secondary breast cancer can mean adjusting to difficult changes in your life, and sometimes it can help to talk with other people in a similar situation.**

We have different options, all facilitated by trained counsellors, to help you find the support you need. Face-to-face or online. Expert tips or peer-to-peer groups. Whether you want to explore wellbeing, side effects, exercise – or just share what’s on your mind.

Whatever you choose, you’ll be able to talk, listen and learn with people who understand the challenges that secondary breast cancer brings.

We have Living with Secondary Breast Cancer groups across the UK. To find one near you or to register for our online groups and expert speaker sessions, visit our website **[breastcancernow.org/living-secondary-breast-cancer](https://breastcancernow.org/living-secondary-breast-cancer)** or call us on **03457 077 1893**

**Everyone affected by breast cancer can turn to us for support.**

Whoever you are, and whatever your experience of breast cancer, our free services are always here for you. Whether you’re dealing with a diagnosis, managing side effects, working out life with treatment – or someone you love is.

Through our trusted information, empowering support and tailored courses, we’ll be with you. The whole way through.

For breast cancer support and information, call our free Helpline on **0808 800 6000** or visit **[breastcancernow.org](https://breastcancernow.org)**