

WomenCARE provides the following services:

❖ **ENTRE NOSOTRAS (BETWEEN US).**
Our Watsonville office provides culturally sensitive support to Spanish speaking women with cancer: emotional support groups; home visits and education for the entire family; transportation; translation; referrals to, and assistance in accessing, needed resources.

❖ **INFORMATION & REFERRALS**
Phone support and referrals to local and non-local cancer resources

❖ **SOS: SISTERS OFFERING SUPPORT**
Trained cancer survivors provide one-on-one peer support for women living with any type of cancer.

❖ **PRACTICAL SUPPORT**
Transportation to medical appointments, meals, light house cleaning, occasional childcare, & more

❖ **BODYWORK AND BODY CARE**
Certified practitioners offer massage, energy work, acupuncture, nutritional consultations, facials, & more. Sessions are free to WomenCARE clients.

❖ **COMMUNITY OUTREACH AND EDUCATION**
Speaker's Bureau, outreach to medical community, and on-site lending library

❖ **LEGAL ADVOCATES**
Lawyers provide simple wills and durable power of attorney.

VOLUNTEER OPPORTUNITIES

Loyal volunteers deserve credit for most of WomenCARE's services. If you have skills or experiences that would serve women with cancer, or our organization, please call us to learn more about opportunities.

WOMENCARE

(831) 457-2273

2901 Park Avenue, Suite A1
Soquel, CA 95073

HOURS

Monday and Wednesday, 9 AM to 1 PM
Tuesday and Thursday, 1 to 5 PM

E-MAIL

office@womenscanceragency.org

WEBSITE

womenscanceragency.org

facebook.com/WomenCARE

ENTRE NOSOTRAS

(831) 761-3973

406 MAIN STREET, ROOM 309
WATSONVILLE, CA 95076

WomenCARE is a program of Family Service

Agency of the Central Coast.

Family Service Agency Administrative Office:

PHONE: 831-423-9444 | FAX: 831-423-1532

www.fsa-cc.org

WomenCARE

WomenCARE is a program of a non-profit, 501(c)(3) organization. Donations are tax deductible to the fullest extent allowed by law. Tax ID #94-1716354

"Antes de venir al grupo mi tristeza y mi depresión eran muy grandes. Ahora, sé que tengo cáncer, pero sé que no estoy sola y que hay mucho apoyo." (Before I came to the group [Entre Nosotras] I was very sad and deeply depressed. Now, I know I have cancer but I also know I'm not alone and that I have a lot of support.)

—MARIA T, CLIENTE

WomenCARE

Women's Cancer Advocacy, Resources & Education



Support services for women
with all types of cancer,
at all stages of the journey

(831) 457-2273

Servicios de apoyo para mujeres
con cualquier tipo de cáncer, cubriendo
todas las etapas de la jornada.

(831) 761-3973

"You are not alone."



WomenCARE

If you are a woman with any kind of cancer, we offer you, your family, your friends, and health care practitioners, a wide array of support services throughout your journey.

Cancer weaves innumerable changes—small and profound—into women's lives. We acknowledge cancer as a complicated disease that can strike any woman, and we believe no woman is to blame. WomenCARE honors the unique choices you make in managing your illness.

WomenCARE offers a variety of groups and classes:

EMOTIONAL SUPPORT GROUPS

- ❖ Tuesday's Cancer Support
- ❖ Advanced, Recurrent, Metastatic (Arm-In-Arm)
- ❖ Post Treatment
- ❖ Spanish language in Santa Cruz
- ❖ Friends & Family
- ❖ Entre Nosotras in Watsonville

HEALING CIRCLE CLASSES

- ❖ Art for Healing
- ❖ Complementary Treatment Forum
- ❖ Dreamsharing
- ❖ Mindfulness Meditation
- ❖ Sound Play
- ❖ Writing
- ❖ Qi Gong

"You have allowed me to rest and heal and lean on you . . . which has allowed me in turn to learn what I need to do in order to survive . . . recover . . . and live a more meaningful life. You make me feel safe in an unknown sea of possibilities. Thank you, WomenCARE, for being you." —JONI, A CLIENT

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