

Bill's Closings
Tuesday Seattle KP Cancer Support Group

AUGUST 6, 2019

Writer Zack Eswine penned: "Emotionally, we've sometimes worked a full day in one hour." That resonates with us in Group. Waiting for test results or a call from the doctor's office can drain us in no time. Trying to diagnose our own ailments or figure out our medications can produce weariness in short order. Often we come to Group exhausted on this emotional roller coaster ride.

This journey is more than medications and treatments. It is also about feelings, emotions and relationship. In these areas we get help in Group. The soothing calmness is welcome. The hour and a half on Tuesday afternoon is often our most relaxing time of the week. Most of the time we leave with a sigh of relief and release.

Using Group balm,
Bill