



## Why Join a ZERO Us TOO Support Group?

### What is an Us TOO Support Group?

A support group is a group of people with common experiences or concerns who meet regularly to provide one another with encouragement, comfort, and advice. Us TOO Support Groups are offered to patients, partners, and caregivers and provide a safe space to meet and discuss topics including: testing, treatment options, side effect management, sexual health and intimacy concerns after treatment, emotional distress, caregiver challenges, and everything else in between. Support groups are also offered for Black men, the LGBTQIA+ Community, deaf men, Spanish-speaking men, and female caregivers, just to name a few.

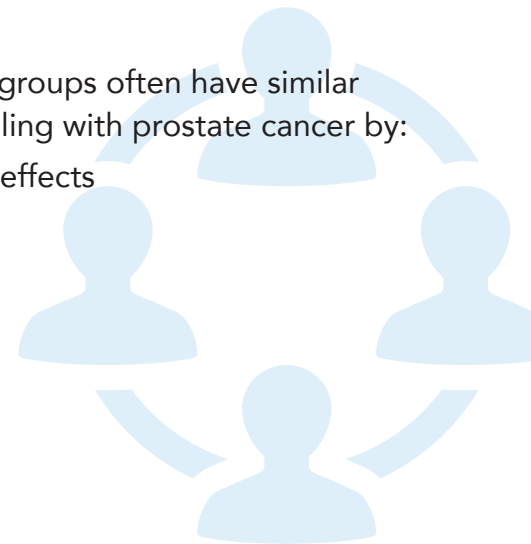
Support groups may meet in person or virtually and there are advantages to both. In addition to providing support, some groups invite medical experts to share the latest in prostate cancer education, treatment, and research.

The interactive format of a support group allows members to exchange information and ideas with the goal of empowering members with knowledge that comes from a shared experience.

### Why Should I Join a Support Group?

While every prostate cancer diagnosis is unique, members of support groups often have similar feelings and concerns. Joining a support group may benefit those dealing with prostate cancer by:

- Improving understanding of prostate cancer treatment and side effects
- Helping with feelings of loneliness, isolation, and fear
- Providing practical feedback about treatment options
- Having open and honest discussions
- Improving skills to cope with challenges
- Reducing distress, depression, anxiety, or fatigue
- Giving members a sense of empowerment and hope
- Learning from others who have “been there, done that”



Every person benefits from support in different ways. ZERO also offers virtual support options, one-on-one support, and educational events to help all those impacted by prostate cancer to stay connected and informed. Learn more at [www.zerocancer.org/get-support](http://www.zerocancer.org/get-support).

### About ZERO

ZERO – The End of Prostate Cancer is the leading national nonprofit with the mission to end prostate cancer and help all who are impacted. ZERO advances research, provides support, and creates solutions to achieve health equity to meet the most critical needs of our community.

## Leading a ZERO Us TOO Support Group

The interactive format of a support group allows members to exchange information and ideas with the goal of empowering members with knowledge that comes from a shared experience. Us TOO Support Groups are always in need of strong, experienced, dedicated leaders to provide valuable support and educational resources to those affected by prostate cancer in their local communities.

### Why become an Us TOO Support Group Leader?

- Access to a password protected Support Group Leader Resource Page on the ZERO website, which provides free educational materials, training videos, and webinars to share at your meetings
- Monthly *Support Group for Group Leaders* ZOOM calls to connect with other leaders across the country to share successes, recommendations, or struggles they may be facing in their groups
- Learn from other Support Group Leaders, many with 10+ years of experience leading support groups
- Invitation to in-person and virtual training opportunities and a chance to meet with top experts in prostate cancer to discuss quality of life issues, side effect management, and sexual health
- Personalized business card to promote your group
- Access to ZERO materials and "swag"
- Support from the ZERO community, including Regional Chapter Directors
- Opportunities to be part of a national run/walk series and annual ZERO Summit
- Support group contact and meeting information listed on the ZERO website

### How Do I Become an Us TOO Support Group Leader?

1. Contact Terri Likowski, Director, Us TOO Support Groups: [supportgroups@zerocancer.org](mailto:supportgroups@zerocancer.org)
2. Review and agree to Us TOO Support Group Policies & Procedures
3. Watch Support Group Leader Virtual Training Video Series
4. Participate in monthly Support Group Leader calls
5. Share monthly reports on meetings
6. Consider 1-2 alternate Support Group Leaders who could fill in for you, if necessary

No fee or signed contract is necessary to become affiliated with ZERO or an Us TOO Support Group.

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