



# THE SUPPORTIVE SPOUSE

How You and Your Spouse Can Cope  
with Prostate Cancer

**14 January 2009**

**This women's group meets the second Wednesday of each month  
(right before the WRAMC Us TOO Support Group meeting)**

**1200 to 1300 hours**

**Center for Prostate Disease Research, Ward 56**

## **Purpose of the group:**

To provide emotional support and information to the supportive spouses in our community who are affected by prostate cancer. The group offers frank discussion, support, information, sharing experiences, camaraderie and FUN!

## **Discussion Topics:**

- *Communicate with your Spouse*
- *Your Role as a Supportive Spouse*
- *The Treatment Process:  
What to Expect*
- *Live with Uncertainty*
- *Tend to Emotional Well-Being*
- *Discuss Intimacy Challenges*

## **Group facilitators:**

Jane Hudak, R.N., Ph.D.  
*CPDR Patient Educator*

Leslie Cooper, Ph.D.  
*CPDR Staff Psychologist*

**For more information,  
call Jane Hudak at 202-782-4199**