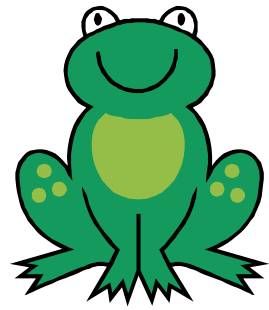


Buzzum Buddies

A Small Group Ministry of High River United Church



Buzzum Buddies is a companioning group for women who have been affected by various types of cancer, either directly or through a loved one.

We gather on the last Saturday of the month from January – December

We meet in the parlour at the High River United Church at 10 am for coffee and to update each other as to how we are doing. We also phone each other for support whenever needed. You do not need to be a member of the church to join us.

Those who have been long time cancer survivors continue to attend the group to support and companion newly diagnosed patients or their friends and family members who need a place to be heard. We do not give advice (that's the doctors and nurses area of expertise). We simply listen and share our stories to encourage each other where ever we are on our journey.

We are a no-guilt-group, which means If you can't make a meeting you do not need to call or explain. Just come when you can and don't worry if you can't. You may discover that you only need to come to a few meetings and that is all you need from the group. No guilt!!

We have occasional picnics and we also have a special Christmas dinner in December and a potluck brunch in the Spring. Gathering around a meal creates a very relaxed and inviting setting for folks to gather and share.

At our gatherings we pass around a stuffed frog we've affectionately named '**Buddy**'. Whoever has Buddy in their hands, has our undivided attention while they share as much or as little as they wish at the time. It is a confidential, warm, supportive sharing process.

Please feel free to drop in to a meeting.

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You do not need to walk this path alone!

